

Tobacco (*Nicotiana tabacum*): Man himself is initiator/destroyer.

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Man himself is responsible for the development or destruction of his species. Nature has been provide plentiful natural resources to us but their use totally depend on human instinct i.e. how better can he used them for the development of their civilization and himself.

Cultivation of tobacco possibly started since 1400-1000 B.C from Mexico. India is second top producer of tobacco. Tobacco commonly termed as leaves of more than 70 plant species belonging to the genus *Nicotiana* of *Solanaceae* family. Their chief commercial species is *Nicotiana tabacum*. While in India *Nicotiana rustica*, species mainly grown. They mainly consists nicotine alkaloid while a large number of harmful compounds generated during smoking. Worldwide, Tobacco is the single greatest cause of avoidable death. Generally it uses as smoke form. It brutally targeted to the heart, liver and lungs. Smoke contains several carcinogenic pyrolytic products which may cause genetic mutations by binding with DNA and thus makes normal cells to cancerous cell. They contain nearly 45 carcinogenic compounds that's can cause lung cancer, pancreatic cancer, mouth cancer, etc. Tobaccos can miscarriages and increases risk for Sudden Infant Death Syndrome (SIDS). Tobacco also contains a little amount of radioactive carcinogens such as Pb²¹⁰ and Po²¹⁰.

Only MAN and their WILLPOWER can avoids use of tobacco and other harmful natural/plant products and will helpful for making a “Disease free, Healthy and Peaceful World” for providing better environment to grownup his species.