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Can nicotine be blamed for smoking-related deaths?

The Association of Vapors India (AVI) recently stressed that nicotine should not be blamed for smoking-related deaths and highlighted how there are misconceptions about the health risks of vaping.



Fearing a blanket ban on e-cigarettes by the government in view of the limited awareness about the relative benefits of vaping over smoking, the Association of Vapors India (AVI) on Saturday stressed that nicotine should not be blamed for smoking-related deaths.

There is a widespread misconception about the [health risks of vaping](#), which has led many Indian states to ban e-cigarettes, depriving smokers of a safer way of inhaling nicotine, said Samrat Chowdhery, director, AVI, a not-for-profit advocacy organisation that defends the right to a healthier alternative to smoking.

This misconception is not limited to India, Chowdhery said, adding that e-cigarettes were victim to negative public perception elsewhere too. An e-cigarette is a battery-operated device that uses a liquid that may contain nicotine, as well as varying compositions of flavourings, propylene glycol, vegetable glycerine and other ingredients.

When smoked, traditional cigarettes release tar and other toxic chemicals, widely believed to be responsible for premature deaths among smokers. In contrast, e-cigarettes produce only nicotine which creates dependence, but is not harmful to health unlike tar and other carcinogens produced from the burning of tobacco in traditional cigarettes, AVI said in a statement.