



## **INDIAN COUNCIL OF MEDICAL RESEARCH**

Department of Health Research – Ministry of Health & Family Welfare  
Government of India

**Media report on (Electronic Nicotine Delivery System (ENDS))**

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## **Preface**

*The PR Unit/PRO office of ICMR since last one and half years have reached from (where is ICMR located) to (everyday mention of ICMR and DG ICMR in National Media). This change from where to why signifies the media visibility and importance of our organization within this stipulated time duration.*

*Every week Indian Council of Medical Research and Director General ICMR are mentioned by dozens of daily news papers, periodicals and magazines including online editions.*

*This report regarding “Electronic Nicotine Delivery System (ENDS)” features the media/news coverage provided to the project by major national news papers of the country such as The Hindu, Hindustan Times, The Times of India and The New Indian Express among others.*

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## **HEADLINES** (As it is)



### **E-cigarettes pose public health risk, says ICMR**

May 31, 2019/The Hindu

### **ICMR calls for ban on e-cigarettes**

May 31, 2019/The Hindu Business Line

### **White Paper On Electronic Nicotine Delivery System (ENDS) Released At ICMR Hqrs**

May 31, 2019/The Express Healthcare

### **'Vaping Could Put You on Path from Womb to Tomb': ICMR Recommends Ban on E-cigarettes**

May 31, 2019/News18

### **ICMR recommends ban on Electronic Nicotine Delivery Systems (ENDS) including e-cigarettes**

May 31, 2019/Outlook India

### **E-cigarettes cause as much harm as smoking say doctors on World Tobacco Day**

May 31, 2019/The New Indian Express

### **ICMR recommends ban on Electronic Nicotine Delivery Systems**

May 31, 2019/News on Air

### **E-cigarettes Ban In India: ICMR Recommends Complete Ban To Prevent Nicotine Addiction Among Non-smokers**

May 31, 2019/Republic world

### **ICMR recommends 'complete' ban on e-cigarettes**

May 31, 2019/Hindustan Times

### **ICMR recommends ban on Electronic Nicotine Delivery Systems (ENDS) including e-cigarettes**

May 31, 2019/Business Standard

**AVI questions ICMR paper recommending "complete" ban on ENDS**

May 31, 2019/Devdiscourse

**ICMR Calls for Ban on E-Cigarettes**

May 31, 2019/The Wire

**World No-Tobacco Day: ICMR calls for ban on e-cigarettes**

May 31, 2019/Down to Earth

**ICMR warns: E-cigarettes can lead to public health disaster**

May 31, 2019/Drug Today Medical Times

**ICMR white paper backs ban on e-cigarettes**

June 1, 2019/Pune Mirror

**Experts call for full e-cigarette ban**

June 1, 2019/The Telegraph

**ICMR seeks complete ban on e-cigarettes**

June 1, 2019/ET Healthworld

**ENDS White Paper: Why ICMR is calling for a ban on ENDS or e- cigarettes**

June 2, 2019/Speciality Medical Dialogues

### **E-cigarettes pose public health risk, says ICMR**

May 31, 2019/The Hindu

The **Indian Council of Medical Research (ICMR)** has warned of a potential public health disaster if action was not taken to completely prohibit and dissuade the use of Electronic Nicotine Delivery Systems (ENDS) or e-cigarettes given that the nicotine delivered by these devices adversely affect almost all systems in a human body. E-cigarette use adversely affects the cardiovascular system, impairs respiratory immune cell function and airways in a way similar to cigarette smoking and is responsible for severe respiratory disease. It also poses risk to foetus, infant, and child brain development, the council noted in a white paper released here on Friday.

#### ***Harmful effects***

“Use of e-cigarettes has documented adverse effects on humans which include DNA damage; carcinogenesis; cellular, molecular and immunological toxicity; respiratory, cardiovascular and neurological disorders and adverse impact on foetal development and pregnancy,” said Prof. Balram Bhargava, director general ICMR. Given the harmful health effects e-cigarettes pose to users, as well as passive exposure, failure to make appropriate interventions at the right time — by bringing together all stakeholders under one umbrella to prevent this impending epidemic of e-cigarettes use — could lead to a public health disaster in India, Dr. Bhargava asserted.

### **ICMR calls for ban on e-cigarettes**

May 31, 2019/The Hindu Business Line

The **Indian Council of Medical Research (ICMR)** has recommended complete ban on e-cigarettes and other electronic nicotine delivery systems (ENDS), based on currently available scientific evidence. In a white paper released today, the council noted that e-cigarettes and other such devices contained not only nicotine solution, which was highly addictive, but also harmful ingredients such as flavoring agents and vaporizers. “Use of ENDS or e-cigarettes has documented adverse effects on humans, which include DNA damage; carcinogenic, cellular, molecular and immunological toxicity; respiratory, cardiovascular and neurological disorders; and adverse impact on fetal development and pregnancy,” the paper noted. The paper has rejected the argument that e-cigarettes could help smokers quit tobacco consumption. “While such benefits have not been firmly established, there is also evidence that there is risk of people continuing to use both them as well as tobacco products. In addition, these devices could encourage non-smokers to get addicted to tobacco,” it said.

## [White Paper On Electronic Nicotine Delivery System \(ENDS\) Released At ICMR Hqrs](#)



May 31, 2019/The Express Healthcare

On the eve of World No Tobacco Day, the **Indian Council of Medical Research** released White Paper on Electronic Nicotine Delivery System (ENDS).

ENDS or e-cigarettes are battery-powered devices used to smoke or 'vape', a flavoured solution containing a varying concentration of nicotine, an addictive chemical found in cigarettes and other forms of tobacco products. These devices also contain other ingredients as flavouring agents and vapourizers, which are also found to be harmful for health. The most common type of such devices is e-cigarettes that produce an aerosolized mixture of the flavoured liquids and nicotine, which is inhaled by the user. Nicotine is considered as one of the most addictive substances and the rapidity at which it is introduced into the body, age of first exposure and the dosage administered all add to determine the potential risk of a person being addicted to it throughout life. ENDS or e-cigarettes are manufactured in such a way to resemble traditional tobacco products like cigarettes, pipes, cigars, and common gadgets like flash drives, flashlights, or pens. Currently, there are more than 460 different e-cigarette brands with varied configuration of nicotine delivery available in the market. Use of e-cigarettes adversely affects almost all the human body systems with impact across the life course, from the womb to tomb.

## ['Vaping Could Put You on Path from Womb to Tomb': ICMR Recommends Ban on E-cigarettes](#)

May 31, 2019/News18

New Delhi: The **Indian Council of Medical Research (ICMR)** has recommended a complete ban on e-cigarettes and other electronic nicotine delivery systems (ENDS) and said that it "adversely affects almost all the human body systems with impact...from womb to tomb". The medical research body published a white paper on Electronic Nicotine Delivery System (ENDS) on the eve of World No Tobacco Day. The ICMR said, "Use of e-cigarettes adversely affects almost all the human body systems with impact across the life course, from the womb to tomb."

The ICMR noted that e-cigarettes could, in fact, increase the possibility of non-smokers turning to smoking. "Use of ENDS or e-cigarettes by non-smokers can lead to nicotine addiction and regular smoking," it said and added that several studies have found that youths using ENDS or e-cigarettes were "more likely to use regular cigarettes later". While maintaining that e-cigarettes have adverse impact that is comparable to cigarette smoking – damage to cardiovascular system, impaired respiratory immune cell function and severe respiratory disease – it added, e-cigarettes also "poses risk to foetal, infant, and child brain development". Passive smoke from e-cigarettes or vapes is also harmful, it said. "Passive exposure to vapours during pregnancy can severely affect the health of both the mother and foetus," it said in a statement, while also flagging reported cases of "accidental swallowing" by children. Professor Balram Bhargava, Secretary, Department of Health Research, Government of India and Director General ICMR, New Delhi warned that the situation could lead to a "public health disaster" in India. He said, "Given the extent of harmful health effects of e-cigarettes to the users as well passive exposure and multiple faces of the ENDS or e-cigarettes use epidemic around the world" unless appropriate interventions are taken.

## [ICMR recommends ban on Electronic Nicotine Delivery Systems \(ENDS\) including e-cigarettes](#)



May 31, 2019/Outlook India

New Delhi, May 30 Apex research body - **Indian Council of Medical Research (ICMR)** has recommended a "complete" ban on Electronic Nicotine Delivery Systems (ENDS), including e-cigarettes, saying their use can initiate nicotine addiction among non-smokers. ENDS are devices that heat a solution to create an aerosol, which also frequently contains flavours, usually dissolved into propylene glycol and glycerin. There are various types of ENDS devices like e-cigarettes, heat-not-burn devices, vape, e-sheesha, e-nicotine flavoured hookah among others. The most common type is an e-cigarette that produces an aerosolised mixture of the flavoured liquids and nicotine, which is inhaled by the user. In a white paper released on Friday on World No Tobacco Day, the ICMR said e-cigarettes adversely affects the cardiovascular system, impairs respiratory immune cell function and airways in a way similar to cigarette smoking and is responsible for severe respiratory disease. It also poses risk to foetal, infant and child brain development, the white paper claimed. The release of the white paper comes amid a raging debate over the harm reduction aspects of ENDS with some organisations claiming that they help in smoking cessation and are less harmful alternatives to traditional cigarettes. The Indian government, is however seeking to ban them stating that they pose health risks to users, that are similar to those of traditional cigarettes.

Professor K Srinath Reddy, President, Public Health Foundation of India and a renowned cardiologist who chaired the ICMR expert group for this white paper said that the tobacco consumption, especially cigarette smoking, has shown a decline in India in recent years, in response to several tobacco control measures that has already been initiated. "Thus, at this juncture, marketing of a product like ENDS or e-cigarettes, with unproven benefit and high potential harm from addiction and health risks, is unwarranted as a tobacco control measure,"

Professor Balram Bhargava, Director General of ICMR said, "Given the extent of harmful health effects of e-cigarettes to the users as well passive exposure and multiple faces of the ENDS use epidemic around the world where it was introduced, if no appropriate interventions are taken at the right time by bringing together all stakeholders under one umbrella to prevent this impending epidemics of e-cigarettes use, it can lead to a public health disaster in India."

## [E-cigarettes cause as much harm as smoking say doctors on World Tobacco Day](#)

May 31, 2019/The New Indian Express

NEW DELHI: E-cigarettes, which contain solvent and nicotine, is as much harmful and addictive as consuming tobacco but has, yet, seen a rise in demand, medical experts from AIIMS have said. "It is myth that e-cigarettes are better. While there's no specific data on how the e-cigarettes are selling in the country, they are especially popular with the young generation," Dr Randeep Guleria, Director, AIIMS, said. The latest survey conducted by New Delhi-based Consumer Voice, a non-profit organisation, has found that 36 brands have been selling the devices illegally in the country over the last three years. "There are doctors who have supported e-cigarettes. They often promote such products because they are involved with certain brands," said Dr SK Choudhary, HOD, Department of CTVS, on the eve of World No Tobacco Day, which is observed on May 31. Dr Choudhary noted that e-cigarette contains a solvent, synthetic chemical, which is a major

contributor to cancer. He added that the consumption rate is more among youths, especially those who have never smoked cigarettes before. Earlier this month, the Union health ministry had issued a circular asking other government department not to publish any research, reports or studies on e-cigarettes and other devices, which release nicotine, without consulting the ministry. The doctors from AIIMS, however, added that **Indian Council for Medical Research** had taken an initiative to conduct a study on e-cigarettes and will release a 'white paper' on Friday. "Most of the vendors are seen outside schools, as it is easy to target children. The packaging of tobacco is colourful, which helps lure students. The lobby is strong and, perhaps, that's why tobacco sale cannot be reduced," Guleria said.

### **ICMR recommends ban on Electronic Nicotine Delivery Systems**

May 31, 2019/News on Air

Apex research body - **Indian Council of Medical Research (ICMR)** has recommended a complete ban on Electronic Nicotine Delivery Systems (ENDS), including e-cigarettes, saying their use can initiate nicotine addiction among non-smokers. ENDS are devices that heat a solution to create an aerosol, which also frequently contains flavours, usually dissolved into propylene glycol and glycerin. In a white paper released today, the World No Tobacco Day, the ICMR said e-cigarettes adversely affects the cardiovascular system, impairs respiratory immune cell function and airways in a way similar to cigarette smoking and is responsible for severe respiratory disease. It also poses risk to foetal, infant and child brain development, the white paper claimed. In August last year, the Union Health Ministry issued an advisory to all states and UTs to stop manufacture, sale and import of ENDS. The advisory was subsequently challenged in Delhi High Court which ruled it to be non-binding on states and government bodies. However, some states including Punjab, Karnataka, Kerala, Bihar, Uttar Pradesh, Himachal Pradesh, Tamil Nadu, Maharashtra, Jharkhand, Rajasthan and Mizoram have already banned use and sale of e-cigarettes, Vape and E-Hookah.

### **E-cigarettes Ban In India: ICMR Recommends Complete Ban To Prevent Nicotine Addiction Among Non-smokers**

May 31, 2019/Republic world

Apex research body - **Indian Council of Medical Research (ICMR)** has recommended a "complete" ban on Electronic Nicotine Delivery Systems (ENDS), including e-cigarettes, saying their use can initiate nicotine addiction among non-smokers. ENDS are devices that heat a solution to create an aerosol, which also frequently contains flavours, usually dissolved into propylene glycol and glycerin. There are various types of ENDS devices like e-cigarettes, heat-not-burn devices, vape, e-sheesha, e-nicotine flavoured hookah among others. The most common type is an e-cigarette that produces an aerosolised mixture of the flavoured liquids and nicotine, which is inhaled by the user. In a white paper released on Friday on World No Tobacco Day, the ICMR said e-cigarettes adversely affects the cardiovascular system, impairs respiratory immune cell function and airways in a way similar to cigarette smoking and is responsible for severe respiratory disease. It also poses risk to foetal, infant and child brain development, the white paper claimed. The release of the white paper comes amid a raging debate over the harm reduction aspects of ENDS with some organisations claiming that they help in smoking cessation and are less harmful alternatives to traditional cigarettes.

The Indian government is, however, seeking to ban them stating that they pose health risks to users, that are similar to those of traditional cigarettes.

### **ICMR recommends 'complete' ban on e-cigarettes**

May 31, 2019/Hindustan Times

Apex research body - **Indian Council of Medical Research (ICMR)** has recommended a "complete" ban on Electronic Nicotine Delivery Systems, including e-cigarettes, saying their use can initiate nicotine addiction among non-smokers. In a white paper released on Friday on World No Tobacco Day, the ICMR said e-cigarettes adversely affects the cardiovascular system, impairs respiratory immune cell function and airways in a way similar to cigarette smoking and is responsible for severe respiratory disease. It also poses risk to foetal, infant and child brain development, the white paper said. The release of the white paper comes amid a raging debate over the harm reduction aspects of ENDS with some organisations claiming that they help in smoking cessation and are less harmful alternatives to traditional cigarettes.

### **ICMR recommends ban on Electronic Nicotine Delivery Systems (ENDS) including e-cigarettes**

May 31, 2019/Business Standard

Apex research body - **Indian Council of Medical Research (ICMR)** has recommended a "complete" ban on Electronic Nicotine Delivery Systems (ENDS), including e-cigarettes, saying their use can initiate nicotine addiction among non-smokers. ENDS are devices that heat a solution to create an aerosol, which also frequently contains flavours, usually dissolved into propylene glycol and glycerin. There are various types of ENDS devices like e-cigarettes, heat-not-burn devices, vape, e-sheesha, e-nicotine flavoured hookah among others. The most common type is an e-cigarette that produces an aerosolised mixture of the flavoured liquids and nicotine, which is inhaled by the user. In a white paper released on Friday on World No Tobacco Day, the ICMR said e-cigarettes adversely affects the cardiovascular system, impairs respiratory immune cell function and airways in a way similar to cigarette smoking and is responsible for severe respiratory disease. It also poses risk to foetal, infant and child brain development, the white paper claimed. The release of the white paper comes amid a raging debate over the harm reduction aspects of ENDS with some organisations claiming that they help in smoking cessation and are less harmful alternatives to traditional cigarettes. The Indian government, is however seeking to ban them stating that they pose health risks to users, that are similar to those of traditional cigarettes. ICMR officials and scientists, who have studied over 250 research papers on nicotine delivery devices to create an official stance for India, stated that e-cigarettes are also harmful to non-users and have adverse health impacts even when people are exposed to second-hand vapours. Professor K Srinath Reddy, President, Public Health Foundation of India and a renowned cardiologist who chaired the ICMR expert group for this white paper said that the tobacco consumption, especially cigarette smoking, has shown a decline in India in recent years, in response to several tobacco control measures that has already been initiated.

## [AVI questions ICMR paper recommending "complete" ban on ENDS](#)

May 31, 2019/Devdiscourse

The Association of Vapers India (AVI), a consumer group that defends the right of tobacco users to harm reduction, has questioned the veracity of ICMR white paper on Electronic Nicotine Delivery Systems (ENDS), saying empirical evidence from countries that have allowed e-cigarettes show "smoking rates have declined at a historic pace". The consumer body was reacting to the white paper released Friday by the **Indian Council of Medical Research (ICMR)**, the apex research body, which has recommended a "complete" ban on ENDS, including e-cigarettes. It said their use can initiate nicotine addiction among non-smokers and adversely affects health in a way similar to cigarette smoking. ENDS are devices that heat a solution to create an aerosol, which also frequently contains flavours, usually dissolved into propylene glycol and glycerin. The white paper published by Indian Council of Medical Research (ICMR) does not present the true picture on ENDS, AVI said. "The findings of the ICMR paper run counter to empirical data from countries where e-cigarettes are regulated and research conducted by some of the most credible organisations in the world. "This could be because they have cherry-picked studies to make a targeted case against e-cigarettes," Samrat Chowdhery, the director of AVI, said. AVI said contrary to claims made in the white paper that these devices have no net population-level benefit, "empirical evidence from countries which have allowed e-cigarettes shows that smoking rates have declined at a historic pace as more and more smokers make the switch". Over 40 million smokers worldwide have transitioned to risk-reduced alternatives in less than a decade according to market research agency Euromonitor. This represents a significant public health gain, which has resulted in lowest-ever smoking rates in the UK, many parts of the EU and the US where e-cigarettes are gaining popularity, AVI said.

## [ICMR Calls for Ban on E-Cigarettes](#)

May 31, 2019/The Wire

New Delhi: The **Indian Council of Medical Research (ICMR)** has recommended a complete ban on e-cigarettes and other electronic nicotine delivery systems (ENDS) based on currently available scientific evidence. In a white paper released today, the council noted that e-cigarettes and other such devices contained highly addictive nicotine solutions that were highly addictive as well as harmful ingredients such as certain flavouring agents and vapourisers. "Use of ENDS or e-cigarettes has documented adverse effects on humans, which include DNA damage; carcinogenic, cellular, molecular and immunological toxicity; respiratory, cardiovascular and neurological disorders; and adverse impact on foetal development and pregnancy," a paper released by the organisation noted. The document has also rejected the argument that e-cigarettes could help smokers quit tobacco consumption. "While such benefits have not been firmly established, there is also evidence that there is risk of people continuing to use both them as well as tobacco products. In addition, these devices could encourage non-smokers to get addicted to tobacco," it said. A committee headed by K. Srinath Reddy of the Public Health Foundation of India analysing over 300 research articles from across the world and prepared the white paper. It noted that manufacturers add to the allure of the devices using various flavours and attractive designs, and that in many countries, disturbing trends of adolescent people using these devices have

emerged. “Use of ENDS or e-cigarettes can open a gateway for new tobacco addiction. On balance, these have a negative impact on public health.” The committee included experts from ICMR, the All India Institute of Medical Sciences, New Delhi; the Post-Graduate Institute of Medical Education and Research, Chandigarh; the Ministry of Health and Family Welfare; and the Food Safety and Standards Authority of India. Reddy noted that, at present, there are more than 460 different e-cigarette brands providing different configurations of nicotine delivery systems, that they come in over 7,700 flavours and that they are fast becoming a fad among youngsters.



### **World No-Tobacco Day: ICMR calls for ban on e-cigarettes**

May 31, 2019/Down to Earth

The **Indian Council of Medical Research (ICMR)** has recommended a complete ban on e-cigarettes and other electronic nicotine delivery systems (ENDS), based on currently available scientific evidence. In a white paper released on May 31, the council noted that e-cigarettes and other such devices contained not only nicotine solution, which was highly addictive, but also harmful ingredients such as flavoring agents and vaporisers. “Use of ENDS or e-cigarettes has documented adverse effects on humans, which include DNA damage; carcinogenic, cellular, molecular and immunological toxicity; respiratory, cardiovascular and neurological disorders; and adverse impact on fetal development and pregnancy,” the paper noted. The paper has rejected the argument that e-cigarettes could help smokers quit tobacco consumption. “While such benefits have not been firmly established, there is also evidence that there is risk of people continuing to use both them as well as tobacco products. In addition, these devices could encourage non-smokers to get addicted to tobacco,” it said. Last year, the Centre had issued an advisory recommending a ban on the sale of e-cigarettes in India. A committee headed by K Srinath Reddy of Public Health Foundation of India (PHAI) analysed over 300 research articles from across the world and prepared the white paper. It notes that various flavours and attractive designs are adding to the allure of the devices, and there was an increasing trend of using e-cigarettes among youth and adolescents in many countries. “Use of ENDS or e-cigarettes can open a gateway for new tobacco addiction. On the balance, these have a negative impact on public health,” it states. The committee included experts from ICMR, All India Institute of Medical Sciences, Post Graduate Institute of Medical Education and Research (Chandigarh), Ministry of Health and Family Welfare, and Food Safety and Standards Authority of India. Ravi Mehrotra, Director of National Institute of Cancer Prevention and Research and a member of the panel, said in the wake of low barrier to entry, the market for e-cigarettes and other such devices is growing rapidly, with the industry bringing in a diverse set of products through a variety of channels. ICMR Director General Balram Bhargava said scientific and research data given in the white paper could help the government formulate necessary policies on e-cigarettes and other such devices.

## ICMR warns: E-cigarettes can lead to public health disaster

May 31, 2019/Drug Today Medical Times



NEW DELHI : Given the extent of harmful health effects of e-cigarettes on the users, the **Indian Council of Medical Research (ICMR)** has warned that if no appropriate interventions are taken at the right time, it can lead to a public health disaster in India. Prof. Balram Bhargava, Director General-ICMR, said while releasing a White Paper on Electronic Nicotine Delivery System (ENDS): “There is an urgent need to bring together all stakeholders under one umbrella to prevent impending epidemic of e-cigarettes use.” Dr Bhargava warned, “E-cigarette use adversely affects the cardiovascular system, impairs respiratory immune cell function and airways in a way similar to cigarette smoking, and is responsible for severe respiratory disease. It also poses risk to fetal, infant, and child brain development.” Prof. K. Srinath Reddy, who chaired the ICMR expert group for the white paper, said, “Marketing of a product like ENDS or e-cigarettes, with unproven benefit and high potential of harm from addiction and health risks, is unwarranted as a tobacco control measure.” He stated, “E-cigarettes can open a gateway for new tobacco addiction which is a potential threat to the country’s tobacco control laws and ongoing tobacco control programs and efforts.” Prof. Ravi Mehrotra, Director, ICMR-National Institute of Cancer Prevention and Research, said, “Smokeless tobacco use still remains a public health concern beyond the Southeast Asia Region and requires a comprehensive approach to deal with the various challenges to its control.” He stated, “ENDS or e-cigarettes are not the only products which have been marketed as an alternative to regular tobacco smoking. There are other devices already available in the market which are also used without any known safety and efficacy of these products as tobacco cessation aid.”

## ICMR white paper backs ban on e-cigarettes

June 1, 2019/Pune Mirror

A month after Food and Drug Administration (FDA), Maharashtra, banned manufacture and sale of e-cigarettes and other electronic nicotine delivery systems (ENDS), the **Indian Council of Medical Research (ICMR)** has come out with a white paper on Friday, to underscore the dangers of using such products. It has reaffirmed what has been much debated that these contraptions used as safer options to cigarettes are not so safe after all. It has pointed out that given their nicotine content, they impact the human body adversely, impairing the cardiovascular system, respiratory immune cell function and airways, not unlike the more dreaded cigarettes. They also pose risk to foetuses and child brain development. Besides the addictive substance — nicotine — the battery-powered devices contain other ingredients such as flavouring agents and vapourisers, all of which are harmful to health. Nicotine, which is rapidly introduced into the body, hooks the user for life and over time adds up into a potential risk to the addicted. As with cigarettes, ENDS is equally harmful to non-users, who are exposed to the vapours second hand. Passive exposure suffered by pregnant women, put both mother and foetus at risk. Currently there are over 460 different e-cigarette brands with varied configuration of nicotine deliver available in the market. Prof K Srinath Reddy, president, Public Health Foundation of India and a renowned cardiologist and public health expert who chaired the ICMR expert group for this white paper argued that the tobacco consumption, especially cigarette smoking, has shown a decline in India in recent years, in response to several tobacco control measures

that has already been initiated. Thus, at this juncture, marketing of a product like ENDS or ecigarettes, with unproven benefit and high potential harm from addiction and health risks, is unwarranted and to the detriment of tobacco control measures. The risk of youth addiction is high, as borne out by international experience and in Indian media reports. The adverse population-level health impact will outweigh any presumed benefit to individual cigarette smokers. Moreover, it can open a gateway for new tobacco addiction which is a potential threat to the country's tobacco control laws and ongoing tobacco control programs and efforts.

### [Experts call for full e-cigarette ban](#)

June 1, 2019/The Telegraph

India's apex medical regulatory agency has sought a "complete ban" on electronic nicotine delivery systems, including electronic cigarettes, warning they could nudge non-smokers towards nicotine addiction and have "a net negative impact on public health". The **Indian Council of Medical Research (ICMR)**, in a white paper released on Friday, said e-cigarettes are highly addictive and can harm the respiratory, cardiovascular and neurological systems the way cigarette smoking does. E-cigarettes are battery-powered electronic devices that are used to smoke or "vape" a flavoured solution containing varying concentrations of nicotine.

The white paper comes at a time tobacco lobbies have been claiming that electronic cigarettes are less harmful than cigarettes and should therefore be acceptable as a viable alternative to reduce tobacco smoking. Many public health experts believe the claim is a misleading one. The ICMR's paper says the degree to which electronic cigarettes can help people kick the habit or reduce the harm has not been firmly established. Instead, available research suggests that electronic cigarettes can drive non-smokers to nicotine addiction and initiate dual use in smokers, it adds. "They're traps that could perpetuate nicotine dependence — they push non-smokers towards nicotine addiction and smokers into dual use," said K. Srinath Reddy, a senior cardiologist and president of the Public Health Foundation of India who chaired the 12-member expert panel that produced the white paper. The health ministry had last year sent an advisory to all the states seeking a ban on the manufacture, trade and sale of e-cigarettes in line with actions by health authorities in Bihar, Jammu and Kashmir, Karnataka, Kerala, Mizoram and Punjab in 2016 and 2017.

### [ICMR seeks complete ban on e-cigarettes](#)

June 1, 2019/ET Healthworld

NEW DELHI: The government's research wing **Indian Council of Medical Research** has recommended "complete prohibition" on e-cigarettes and other Electronic Nicotine Delivery Systems (ENDS) to protect public health. In a white paper, presented on Friday, the Council said the suggestion is made based on scientific data that shows ENDS contain nicotine which is highly addictive and harmful for health. Use of ENDS also has documented adverse effects including DNA damage, carcinogenesis, cardiovascular and neurological disorders and respiratory problems among others, it said. ENDS are devices that heat a solution to create an aerosol, which also frequently contains flavours, usually dissolved into propylene glycol and glycerin. There are various types of ENDS devices like e-cigarettes, heat-not-burn devices, vape, e-sheesha, e-nicotine flavoured hookah among others. The common type is an e-cigarette that produces

an aerosolised mixture of the flavoured liquids and nicotine, which is inhaled by the user. ENDS can also cause molecular and immunological toxicity and poses risk to foetal development and pregnancy, according to ICMR's white paper. The release of the white paper assumes significance amid raging debate over the harm reduction aspects of ENDS with some organisations claiming that they help in smoking cessation and are less harmful alternatives to traditional cigarettes. However, not buying into such arguments, ICMR said, "The degree to which, if at all, the ENDS or e-cigarettes benefit as tobacco cessation aides is not firmly established, evidence suggests that there is a risk of dual use to some extent and initiation to tobacco addiction to non-smokers. Hence, on the balance these products have a net negative impact on public health." The council added, use of ENDS can open a gateway for new tobacco addiction which is a potential threat to the country's tobacco control laws and ongoing tobacco control programmes.



### **ENDS White Paper: Why ICMR is calling for a ban on ENDS or e- cigarettes**

June 2, 2019/Speciality Medical Dialogues

The apex medical regulatory body of the country, **Indian Council of Medical Research (ICMR)**, called for a complete ban on Electronic Nicotine Delivery System (ENDS) or e-cigarettes in a white paper released on May 31st, 2019 on the eve of World No Tobacco Day. The decision was taken based on the scientific evidence which is in stark contrast with the growing claims made by the e-cigarette manufacturers that it facilitates the cessation of smoking. The white paper pointed out that smoke or 'vape' which is produced by the e-cigarette contains a varying concentration of nicotine which is considered as one of the most addictive substances and the rapidity at which it is introduced into the body, age of first exposure and the dosage administered all add to determine the potential risk of a person being addicted to it throughout life. These devices also contain other ingredients as flavoring agents and vaporizers, which are also found to be harmful to health. The white paper adds the use of e-cigarettes not only poses a potential risk for the user causing adverse effects which include DNA damage; carcinogenesis; cellular, molecular and immunological toxicity; respiratory, cardiovascular and neurological disorders to its users but passive smoking can adversely affect on foetal development and pregnancy. Also, it stated that there are reports of poisoning due to accidental swallowing by children. These devices also can cause fire and explosion.

With regards,

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