

## Comparative study of consumption of betel nut among men and women in Andaman and Nicobar Island

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### Abstract

Areca nut palm is the predominantly grown crop in Andaman and Nicobar Islands next to coconut palm which gives remuneration to farmers. The Areca nut palm is the source of common chewing nut, popularly known as betel nut or Supari .In India it is extensively used by large sections of people and is very much linked with religious practices. Hence this study is planned with the objective of to find out the consumption of betel nut among Men and Women in rural area (North and Middle Andaman), reason behind the consumption of betel nut and effect of betel nut in their health.

**Keywords:** Areca Nut (Supari), Andaman and Nicobar, health problems

### Introduction

Betel nut is the seed of the fruit of Areca palm. It is also known as Areca nut. Betel nut is a stimulant drug (Arecoline is an alkaloid ester found in seed of the betel nut palm), which means it's speeds up the message travelling between the brain and the body. In common language betel nut is also known as 'Supari'. In India it is extensively used by large sections of people and is very much linked with religious practices<sup>[1,2]</sup> India is the largest producer of Areca-nut and at the same time largest consumer also. In India there are two varieties of areca nut. One is the white variety and other is Red variety. It is typically have a chewy texture and is served raw or dried. <sup>[3]</sup>The Supari plant grows in well drained deep clay loamy soil; lateral red loam and alluvial soil are considered most suitable. Chewing betel nut is unsafe it make your mouth lips and stool turn red. It can cause stimulant effects similar to caffeine and tobacco use.

It can also cause more severe effects including gum problems, chest pain, abnormal heartbeat low blood pressure etc. <sup>[4,5]</sup>

### Objectives

The objective of the study was to compare the consumption of betel nut among men and women in rural area, as well as it's effect among the consumed people in Andaman and Nicobar Island.

### Methodology

The study was carried out in December 2023- February 2024. Survey was conducted in the rural area of North and Middle Andaman (Diglipur), Andaman and Nicobar Island. Total 27 families were included and 100 samples were taken for this study.

**Table 1:** Analysis of Paan Chewing Habits

Sl. No.	Total no. of paan consumed daily	No. of individual between 18-25 years	No. of individual between 26-35 years	No. of individual between 36-45 years	No. of individual between 46-50 years	No. of individual above 50 years	Total
1.	1-2	5	10	10	12	28	65
2.	3-6	-	5	3	9	8	25
3.	7-11	-	-	2	4	4	10
<b>Total</b>							<b>100</b>

From the above table it is clearly evident that as the age increased number of individual who consuming paan are also increased.

**Table 2:** Analysis for reason of consuming paan

Sl. No.	Reason	Between 18-25 years	Between 26-35 years	Between 36-45 years	Between 46-50 Years	Above 50 years
1.	Habit	1	11	13	16	35
2.	Entertainment	4	-	-	3	-
3	Maintain Social Status		4	2	6	5

It is apparent from the above figure that most of the individual consumed paan because of their habit.

**Table 3:** Examine the number of men and women

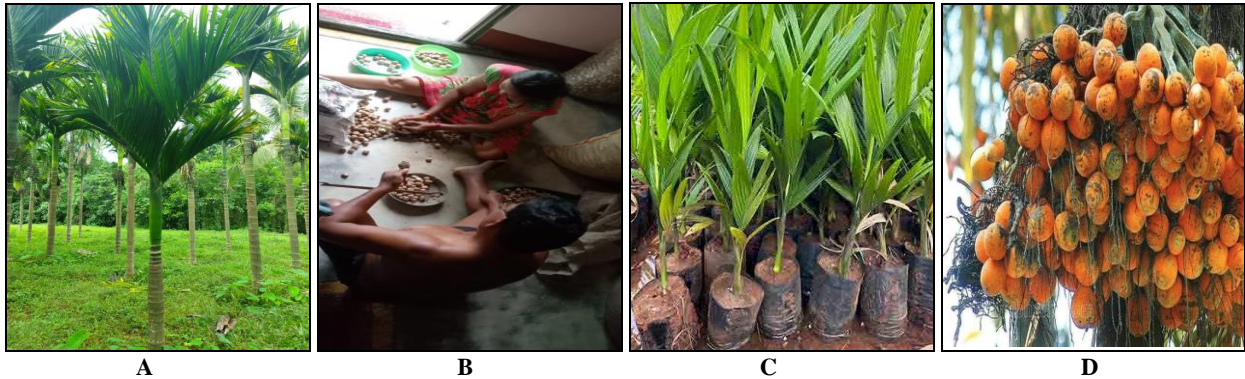
Sl. No.	Sex	Between 18-25 years	Between 26-35 years	Between 36-45 years	Between 46-50 Years	Above 50 years	Total
1.	Men	3	13	9	11	20	56
2.	women	2	2	6	14	20	44
<b>Total</b>		<b>5</b>	<b>15</b>	<b>15</b>	<b>25</b>	<b>40</b>	<b>100</b>

The above table depicts that men are more tend to consumed paan compared to women, but number are not much differ it slightly same.

**Table 4:** Analysis of common problems in mouth

Various effects of Paan	Men	Women
Pain in Jaw	5	10
Tooth Decay	13	10
Ulcer in Mouth	3	3
Loss of taste	5	6
Oral Cancer	-	1
Total	26	30

The table 1.04 reveals that women are faced more common problems in mouth compare to men.



**Conclusion**

As per the study old age are very fond of consuming paan, because continuously they are consuming paan and it is convert to their habit, at the time of survey most of old age people indicate that they try to quit paan, but unable to do that, only they can do is they are consumed less number of paan that is 1-2 paan in a day. Most common reason of consumed paan in rural area is availability, means they get free from their home only.

Some of the people are having problems in their mouth. As per the table 1.04 clearly evident that out of 100 individual 26 are Men and 30 are women, who are having problems like pain in jaw, tooth decay, ulcer in mouth and loss of taste. And only one woman found who is suffering from oral cancer.

So study concludes that paan doesn't have instant impact in the health but it slowly affect the person and change body's metabolism and later it convert into serious health issues even death.

**References**

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