

# Plasma Concentration of Ascorbic Acid and Some Hematological Parameters in Tobacco Snuffers Among the Igbos of Southeastern Nigeria

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## Abstract

**Background:** Tobacco snuffing, like cigarette smoking, is known to be a common habit among the adults of Igbo communities in Nigeria. In view of the various pharmacological actions of nicotine and other additive constituents of tobacco snuff, there is growing concern that ascorbic acid, which is a vital antioxidant, and blood cell production or morphology may be affected. **Objective:** To investigate the possible effects of prolonged use of tobacco snuff on plasma ascorbic acid concentrations and some hematological parameters. **Materials and Methods:** Fifty adults of Igbo extraction (35 males and 15 females) residents in and around Enugu metropolis, who have been snuffing tobacco for 6 years and above, were recruited for the study, after they gave informed consent. Also, 50 apparently healthy, age-matched persons (25 males, 25 females), who do not smoke or take tobacco snuff, served as controls. Spectrophotometric method was adopted for ascorbic acid determination while hematological profiles were assessed by Bain method. **Results:** The results showed no significant difference in the measured parameters relative to the controls AA ( $P=0.08$ ); Hb ( $P=0.19$ ); PCV ( $P=0.10$ ); RC ( $P=0.06$ ); TC ( $P=0.20$ ); WBC ( $P=0.09$ ). **Conclusion:** The results of the study suggest that tobacco snuff inhalation may not adversely affect plasma ascorbic acid concentration and hematological parameters in adult humans. The study, however, has not concluded that tobacco snuffing is totally wholesome.

**Keywords:** Ascorbic acid, Hematological profiles, Igbos, Tobacco

## Introduction

Ascorbic acid (vitamin C) is a water-soluble vitamin present in animal and plant tissues, which serve as dietary sources. It functions as an antioxidant<sup>[1]</sup> and participates in some biochemical pathways and immunological responses.<sup>[2-4]</sup> Qualitative and/or quantitative deficiency of the vitamin has long been associated with scurvy. Hematological parameters are indicators of blood cells production and quality. They are affected variously in some diseases and consequently

are useful diagnostic and prognostic factors of medical and surgical management.<sup>[5,6]</sup> In the assessment of nutritional status of individuals, hematological parameters are also utilized.

Tobacco snuff is obtained from the dried leaves of the plant *Nicotiana glauca* which is widely cultivated in America and some West African countries. It is yellowish-brown in color with a strong and bitter taste. The principal content of tobacco is nicotine, an alkaloid with diverse pharmacological actions.<sup>[7]</sup> It has no use in medicine, though it is of value as an insecticide.<sup>[7]</sup> Tobacco snuff is in powdered form with potash and sweeteners as the main additives. In Igbo communities where it is utilized for cultural and traditional purposes, it is either inhaled through the nose or applied orally. Some addicts also chew the dried leaves. Nicotine intoxication has been associated with tobacco addiction in regular smokers and snuffers. In small doses, it has a stimulatory effect on the autonomic nervous system, which causes raised blood pressure and pulse rate.<sup>[8]</sup> In view of the various pharmacological actions

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# Snuffers Nutritional Information

**Samuel Butler (B.A., St John's Coll.,  
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