

Incense sticks smoke is **MORE** harmful than cigarette smoke and may cause cancer!

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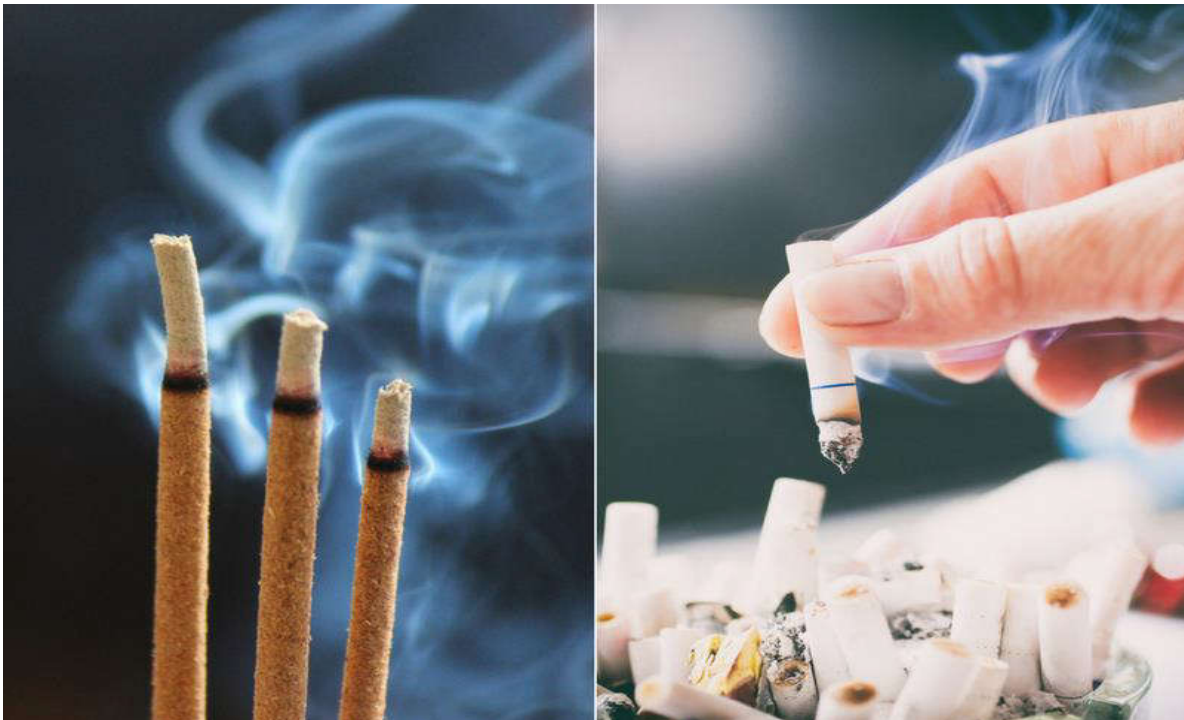
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1.Abstract: -

The scent of incense burning often signifies you've entered a spiritually pure and safe location, full of good vibes and happiness. An alternative world where the gentle smoke hanging over your head comforts and fills you with a sense of vitality. Incense sticks are an important part of Hindu rituals. Not only do they signify spirituality but also denote peace and prosperity.

But what many people don't realize is that this haven of incense is actually killing you. While the smell of all things good may make you feel calm from within, chances are that Incense sticks smoke may be harming you more than a cigarette! For those who wish to enter a space of unique aromas and fragrances, but don't wish to suffer the dangers burning incense has to offer, numerous healthy alternatives exist to fill your home with heavenly scents without killing you softly.



2.Reasons: -

2.1 Study

As per a 2015 Chinese study, when Incense sticks are lit, the smoke that comes out has tiny particles which disperse in the air. Turns out, that these fragrant sticks emit toxic particles which can harm our body at a cellular level. Burned incense releases a carcinogen called benzene into the air. If that name sounds familiar, it is because the same chemical is released into the air when one smokes a cigarette.

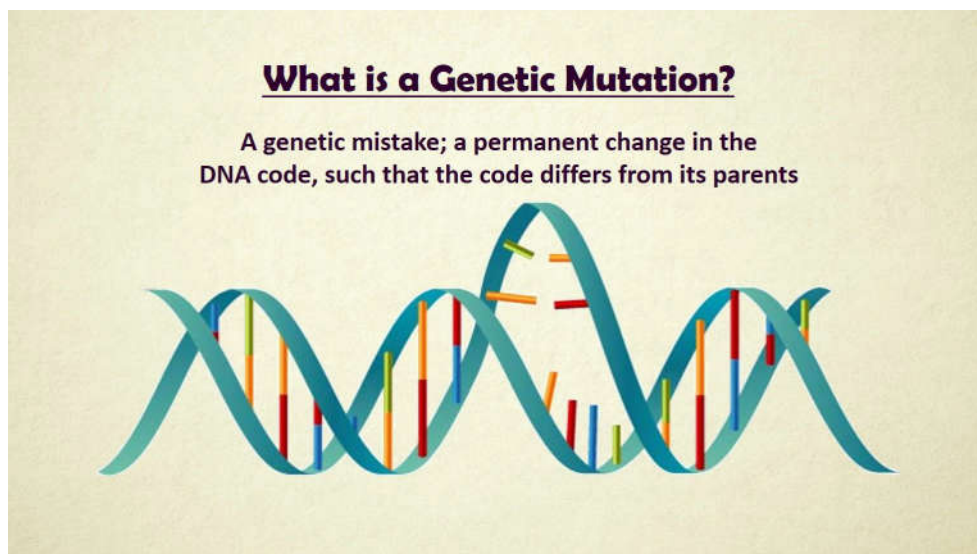
Once you breathe in the smoke coming from Incense sticks, it gets trapped in the lungs, which can lead to an inflammatory reaction. Since the particles contain as many as 64 compounds, it can cause irritation in the respiratory passage.

Short term effects of carcinogen benzene inhalation include headaches and queasiness. In long term, Leukaemia and lung cancer. While burned incense is often associated with spiritual fulfilment and New Age vitality, the truth is that it can put you in the hospital - or, worse, in the ground



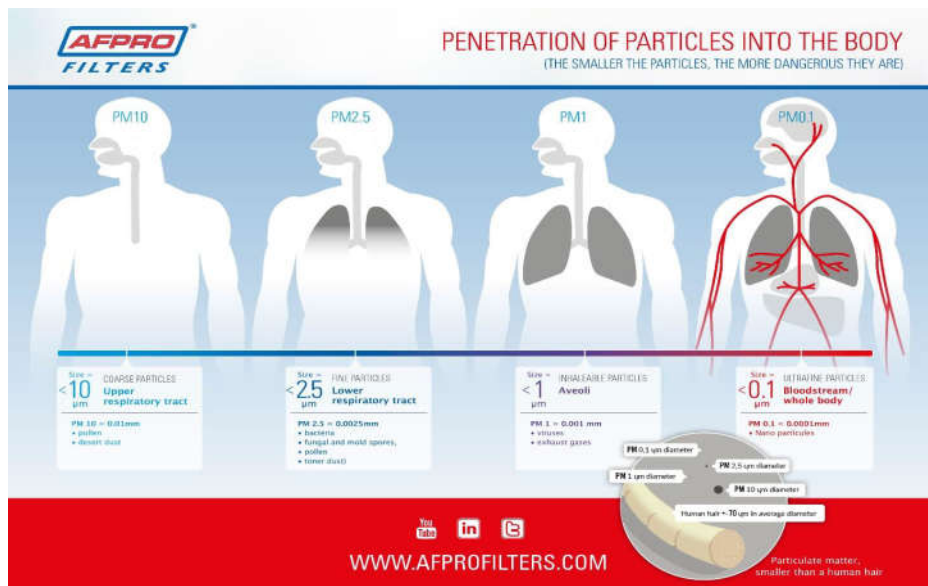
2.2 Genetic mutation

The study confirmed that incense smoke contains three kinds of toxins which can lead to cancer. These three kinds are mutagenic, genotoxic, and cytotoxic. Therefore, Incense sticks can cause a gene to mutate, which is the first pre-requisite to cancer and other lung diseases. Genetic mutation can cause a change in the DNA, which is not a good sign.



2.3 Extra fine particles

This is mainly due to the fact that Incense sticks contain extra fine particles which can be dangerous to our body, and the addition of artificial fragrances can only add to this danger.



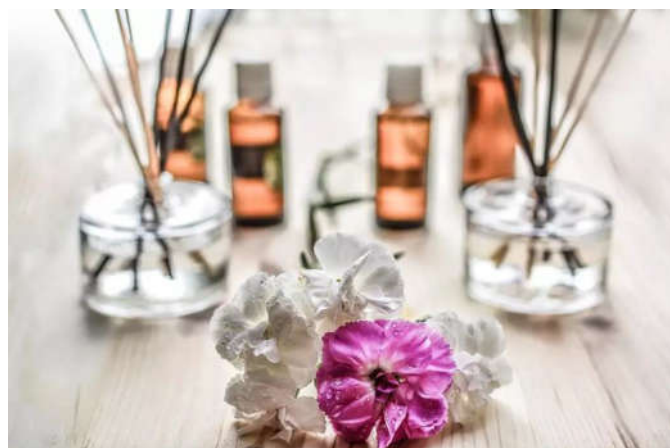
3. Remedy: -

Oil Burners

Oil burners remain an alternative to incense burning that remains awfully healthy, and won't give you cancer. To prepare an oil burner, take a small cup or saucer, and place it over a mild heat source. Drop essential oils mixed with a little water into the saucer.

Keep it suspended over the heat source. Let it wait. As it heats, the scents from the oil will be released into the air. No burning. No smoke. Just the spread of the oils throughout the entire home. You can choose whatever oils you found pleasurable, and let it sit. A long-term solution is the homemade deodorizer, a simple healthy alternative to incense that requires a little baking soda and essential oils. Simply drip the oils into the soda, shake, and let it sit.

After a while, the scents will be released into the air over a long period of time. It is a milder fragrance, but it should last for weeks on end as opposed to hours.



4.Positive Effects of Non-toxic or Ayurvedic Incense sticks: -

4.1 Air Purification

Some incense has special antibacterial properties, which purifies the air. Fresh air strengthens our body and maintain our health.

4.2 Relieves Stress and Anxiety

When we are in angry situation, our brain releases stress hormones. These hormones cause inflammation which, in turn, causes the release of inflammatory proteins called cytokines. For more stress relief, burn lavender incense. The combination of sandalwood and lavender both have an amazing impact on stress relief.

4.3 Better Sleep

Incense will calm down your worried mind, helps you in getting shut eye. So, burning an incense before getting ready for bed. It will relax your mind and create a comfort zone.

4.4 Managing Minor Pain

Serotonin also works to help lower blood pressure and balance our mood. Rose incense is mostly used to increase serotonin level.

5. Conclusion:

"Incense may need a health warning over 'toxic' smoke, claims research," The Daily Telegraph reports. Analysis of incense smoke, used in both western and Asian religious ceremonies for possibly thousands of years, found it contains many chemicals, some of which may be harmful.

The researchers – two of whom worked for a tobacco company – tested the residue of tobacco and incense smoke directly on animal and bacteria cells in a laboratory. They did this to see whether they could induce mutations in the DNA and if the smoke was toxic to the cells.

They found the effect of some of the incense smoke tested on the cells was greater than that of the tobacco smoke.

However, only four incense sticks and one cigarette were tested, so we have to be cautious about these results.

But incense isn't smoked and so is not drawn directly into the lungs in the way tobacco smoke is, so the effects on lung cells may be very different.

Still, the study is a reminder that burning anything – whether it's incense, coal or tobacco – produces smoke that can irritate and damage the lungs. If you want to make your home smell nicer, we would recommend sticking to air freshener.

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- c) <https://www.google.com>
- d) Mrs. Manasi Ghamande Ma'am.