

Chapter 9: Consuming Tobacco

Pregnant women are advised to abstain from cigarettes and any other type of tobacco based product. Consuming of tobacco is not only deleterious to their personal health but will also have harmful effect on their foetus. In this connection we quote from a paper published in a foreign journal. We invite your attention to what it has to say:

“One study made in the Scandinavian countries on 6363 pregnant women showed that those of the group who smoke have given birth to babies on an average weighing 170 grams less than the babies of the women who do not smoke. This weight difference was recorded in 50% of pregnant women who habitually smoked. On the other hand the height of the babies of the smoker mothers was recorded to be less than the other group.

Similarly the heads and the bladders of the babies of smoker mothers were found to be smaller than those of non-smoker mothers are. The infantile mortality of the babies of the smoker mothers has also been recorded to be six times more than those from the other group. The children of the smoker mothers are likely to be born with physical defects than those of non-smoker mothers.

The use of cigarettes causes deficiency of oxygen in the blood of the foetus thereby causing excessive production of hemoglobin. Congenital heart disease is 50% more prevalent in babies born to cigarette smoking mothers than others. Statistics prove that children of mothers who smoke are poorer at their studies when they go to school than those of the other group.

The intensity of this condition depends on the quantum of smoking the mother did during her pregnancy because the tobacco causes reduction in the cells of the brain of the foetus. What has been said above is only a part of the damage that can be caused to the baby of the mother who consumes tobacco.

Perhaps there are more serious damages caused by cigarette smoking that have not been identified so far. Therefore, all those mothers who are concerned about their own and their children’s health should avoid smoking. ¹

Dr Jazairi writes:

“Tobacco smoking is harmful for the mother and also for the baby growing in her foetus. Alcoholic beverages too are very dangerous for carrying mothers. In addition to the poisonous effect of the alcohol it destroys the vitamins which are the essential requirement of the mother and her foetus. Such women have the risk of giving birth to babies with disabilities. Smoking and consumption of strongly brewed tea too are very harmful for pregnant women. ”[2](#)

Dr Jalali writes:

“Alcohol, marijuana and other drugs get into the blood stream of the parents and move into the embryo thereby affecting the growth of the foetus adversely. Some experts are of the opinion that when pregnant women smoke cigarette, the heart of the foetus is affected and its beats increase abnormally.”[3](#)

[1.](#) Maktab Islam, Year 15, Issue No. 6

[2.](#) Aijaz khurakia, p.215

[3.](#) Rushinasi Kudak, p. 222

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