

**GOVERNMENT OF INDIA  
HEALTH AND FAMILY WELFARE  
LOK SABHA**

STARRED QUESTION NO:267  
ANSWERED ON:19.08.2011  
NICOTINE REPLACEMENT THERAPY  
Verma Shri Sajjan Singh

**Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:**

- (a) whether the World Health Organisation (WHO) has recommended Nicotine Replacement Therapy (NRT) as an effective measure for smoking cessation;
- (b) if so, the details thereof;
- (c) the benefits of NRT alongwith the steps taken/proposed to introduce and popularize such therapy in the country;
- (d) whether the Government proposes to include Nicotine in the National List of Essential Medicines for the purpose; and
- (e) if so, the details thereof?

**Answer**

THE MINISTER OF HEALTH AND FAMILY WELFARE (SHRI GHULAM NABI AZAD)

(a) to (e): A statement is laid on the Table of the House.

STATEMENT REFERRED TO IN REPLY TO LOK SABHA STARRED QUESTION NO.267 FOR 19TH AUGUST, 2011

(a) to (c): World Health Organization has stated that they have included Nicotine Replacement Therapy (NRT) in the 'WHO Model List of Essential Medicines.' As stated in the 'Proposal for Inclusion of Nicotine Replacement Therapy (NRT) in the WHO Model List of Essential Medicines', 2008, NRT is a class of nicotine delivering medicines which help people to stop smoking by acting at brain nicotine receptors, thus reducing withdrawal symptoms. It is mentioned that NRT is a 'clean' form for delivering nicotine, which is not accompanied by the main carcinogens and other toxic substances found in tobacco products and produced by their combustion.

In this regard, the Government of India has taken following steps:

1. A network of 19 Tobacco Cessation Centers has been set up in the country under the Government of India -WHO collaborative Tobacco Free Initiative Programme since 2002. These centres have used established strategies for tobacco cessation including behavioral counseling and pharmacotherapy and Nicotine Replacement Therapy to assist tobacco users to quit tobacco use.
2. Under the National Tobacco Control Programme, tobacco cessation services are included in the District Tobacco Control Programme with the provision to set up clinics with dedicated staff to provide cessation facilities in the district hospitals of 42 districts in 21 states.
3. The Ministry of Health and Family Welfare has developed a 'Training Manual for Doctors', to train them in providing tobacco cessation services including use of NRT.
4. The Ministry of Health and Family Welfare has also developed 'Tobacco Dependence Treatment Guidelines' recognizing the need for professional help to tobacco users to quit as well as with an objective to sensitize, train and equip health care providers with the knowledge and skills of providing treatment for tobacco dependence.

(d) & (e) There is no such proposal at present.