

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

UNSTARRED QUESTION NO:4309  
ANSWERED ON:22.03.2013  
NICOTINE REPLACEMENT THERAPY  
Das Shri Ram Sundar

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

- (a) the benefits of Nicotine Replacement Therapy (NRT);
- (b) the steps taken/proposed by the Government to introduce and popularize NRT including the number of centres providing such therapy in the country, State/UT-wise;
- (c) whether the World Health Organisation (WHO) has included Nicotine Replacement Therapy (NRT) in the `WHO Model List of Essential Medicines` and if so, the details thereof;
- (d) whether the Government also proposes to include NRT in the National List of Essential Medicines; and
- (e) if so, the details thereof and if not, the reasons therefor?

**Answer**

THE MINISTER OF HEALTH AND FAMILY WELFARE (SHRIGHULAM NABI AZAD)

(a) Nicotine Replacement Therapy is useful in preventing cravings in a smoker whilst allowing him to abstain from tobacco and thus avoid the harmful effects of smoking.

(b) The Nicotine Gum containing upto 2 mg of Nicotine is exempted under Drugs & Cosmetics Rules for the provisions of Sales License. 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 counseling in the district hospitals of 42 districts in 21 states. Further, the Ministry has developed a Training Manual for Doctors`, to train them in providing tobacco cessation services including use of NRT.`

Tobacco Dependence Treatment Guidelines` have been developed 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 for providing treatment for tobacco dependence.

(c) Nicotine Replacement Therapy (NRT) is included in the `WHO Model List of Essential Medicines1. (17th list (March, 2011).

(d)& (e) No such proposal is under consideration as the drug is already exempted for the requirement of Sale License under the Drugs & Cosmetics Rules, 1945.