

# Over 3,000 vapers write to Modi to legalise e-cigarettes

**New Delhi, May 15:** Over 3,000 users of Electronic Nicotine Delivery Systems (Ends), including e-cigarettes, have written to Prime Minister Narendra Modi and urged him to legalise these devices in the country, saying they are safer alternatives to conventional cigarettes.

The move comes amid a raging debate over the harm reduction aspects of Ends with the government seeking to ban them, stating they pose health risks to users, that are similar to those of traditional cigarettes, amid claims by some organisations that they help in smoking cessation and are less harmful alternatives to traditional cigarettes. The health ministry, however, argues there is no considerable evidence to establish

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these theories. Ends are devices that heat a solution to create an aerosol, which also frequently contains flavours, usually dissolved into propylene glycol and glycerin.

Electronic cigarettes or e-cigarettes are devices that do not burn or use tobacco leaves but instead vaporise a solution, which a user then inhales.

In their petition to the PM, the users claimed their health has improved significantly after they switched to vaping from

smoking conventional cigarettes.

"I am 51 and have successfully quit a 20-year habit of smoking over 40 cigarettes a day with the help of vaping, also known as e-cigarettes. I have regained stamina, my heart condition is better and there is no smoker's cough.

"There are thousands like me whose lives have been positively impacted," said Jagan-nath Sarangapani, a professional from Hyderabad.

Mr Sarangapani, who initiated the petition to counter the misinformation surrounding Ends, said smoking is among the toughest habits to give up and stressed they need more options to wean away from deadly cigarettes and Ends are now the most effective means to do so. —PTI