Introduction

The Mood Elevator: Take Charge of Your Feelings, Become a Better You. Human beings means we, all ride the mood elevator. We want to get relief from huge work pressure or changing our mood by using few mood elevators. We start our day in a great place and high mood after a morning run and a good breakfast.

Betel quid (BQ) is one of the mood elevating food in the world. An estimated 600 million people worldwide, 10% of the world’s population, chew betel quid [1]. Betel quid chewing has been common in South and Southeast Asia countries with betel quid chewing habit. Nitrosamines formed from alkaloids in betel nut during betel quid chewing may be implicated in the etiology of oral cancer. Reactive Oxygen Species (ROS) are generated due to slaked lime which is also present in betel quid. Mitotic activity has proven to be an efficient prognostic indicator of squamous cell carcinoma of various sites. Micronuclei (MN) have been proposed as a good biomarker to assess cytogenetic damage. The present review focuses on the adverse effects of betel quid with different abnormalities which acts as a mood elevator on Indian population.

Abstract

Betel chewing is a popular habit in Asia. Oral squamous cell Carcinoma or Oral cancer is one of the most common malignancies in South and South East Asian countries with betel quid chewing habit. Nitrosamines formed from alkaloids in betel nut during betel quid chewing may be implicated in the etiology of oral cancer. Reactive Oxygen Species (ROS) are generated due to slaked lime which is also present in betel quid. Mitotic activity has proven to be an efficient prognostic indicator of squamous cell carcinoma of various sites. Micronuclei (MN) have been proposed as a good biomarker to assess cytogenetic damage. The present review focuses on the adverse effects of betel quid with different abnormalities which acts as a mood elevator on Indian population.

Keywords: Betel quid; Toxicity; Oral Cancer; Micronuclei; Mitotic Index.
of chromosomal aberration (CA) is higher in cancer cases with betel quid chewing habit. There is no Chromosomal Aberration (CA) was seen among healthy control. Chromosomal Aberration (aneuploidy) is found in betel quid chewers than normal. Statistically highly significant between betel quid, MN and MI (p<0.0001*)[8].

Conclusion
Betel quid chewing is an ancient custom in several parts of south-east Asia and India. In our study we have screened 311 subjects from different areas of Eastern and North Eastern India and also from RKMSP hospital, Kolkata, India. Out of which 61.09% had betel quid chewing habit. Betel quid acts a mood elevator at one side for relaxation on human life and acts as a silent killer at another side by increasing percentage of MN (oral cancer biomarker) with Chromosomal Aberration (aneuploidy) which is related with oral cancer.

References