Types of Tobacco Use

Manufactured cigarettes consist of shredded or reconstituted tobacco processed with hundreds of chemicals. Often with a filter, they are manufactured by a machine, and are the predominant form of tobacco used worldwide.

Bidis consist of a small amount of tobacco, hand-rolled and tied with string. Despite their small size, their tar and carbon monoxide deliveries can be higher than manufactured cigarettes because of the need to puff harder to keep the bidis lit.

Cigars are made of air-cured and fermented tobaccos with a tobacco wrapper, and come in many shapes and sizes. They are usually more popular than unfiltered cigarettes. Hand rolled cigarettes are also widely smoked in many countries.

Kretekts are clove-flavoured cigarettes. They contain a wide range of exotic flavourings and eugenol, which has an anaesthetising effect, allowing for deeper smoke inhalation.

Pipes are made of briar, slate, clay or other substance – tobacco is placed in the bowl and inhaled through the stem, sometimes through water.

Sticks are made from sun-cured tobacco known as brisk and wrapped in cigarette paper.

Chewing tobacco is also known as plug, loose-leaf, and twist. Pan masala, or betel quid consists of tobacco, areca nuts and staked lime wrapped in a betel leaf. They can also contain other sweetenings and flavouring agents. Varieties of pan include kaddipudi, hogesoppu, gundi, kadapam, zarda, pattiwala, kowam, mishri, and pills.

Moist snuff is taken orally. A small amount of ground tobacco is held in the mouth between the cheek and gum. Increasingly, manufacturers are pre-packaging moist snuff into small paper or cloth packets, to make the product easier to use. Other products include khaini, shammaah and nass or naswa.

Dry snuff is powdered tobacco that is inhaled through the nose or taken by mouth. Once widespread, its use is now in decline.

Smoking tobacco

Whether it is inhaled, sniffed, sucked or chewed, or whether it is mixed with other ingredients, there is no safe way of using tobacco.