

## Smoking tobacco

**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.

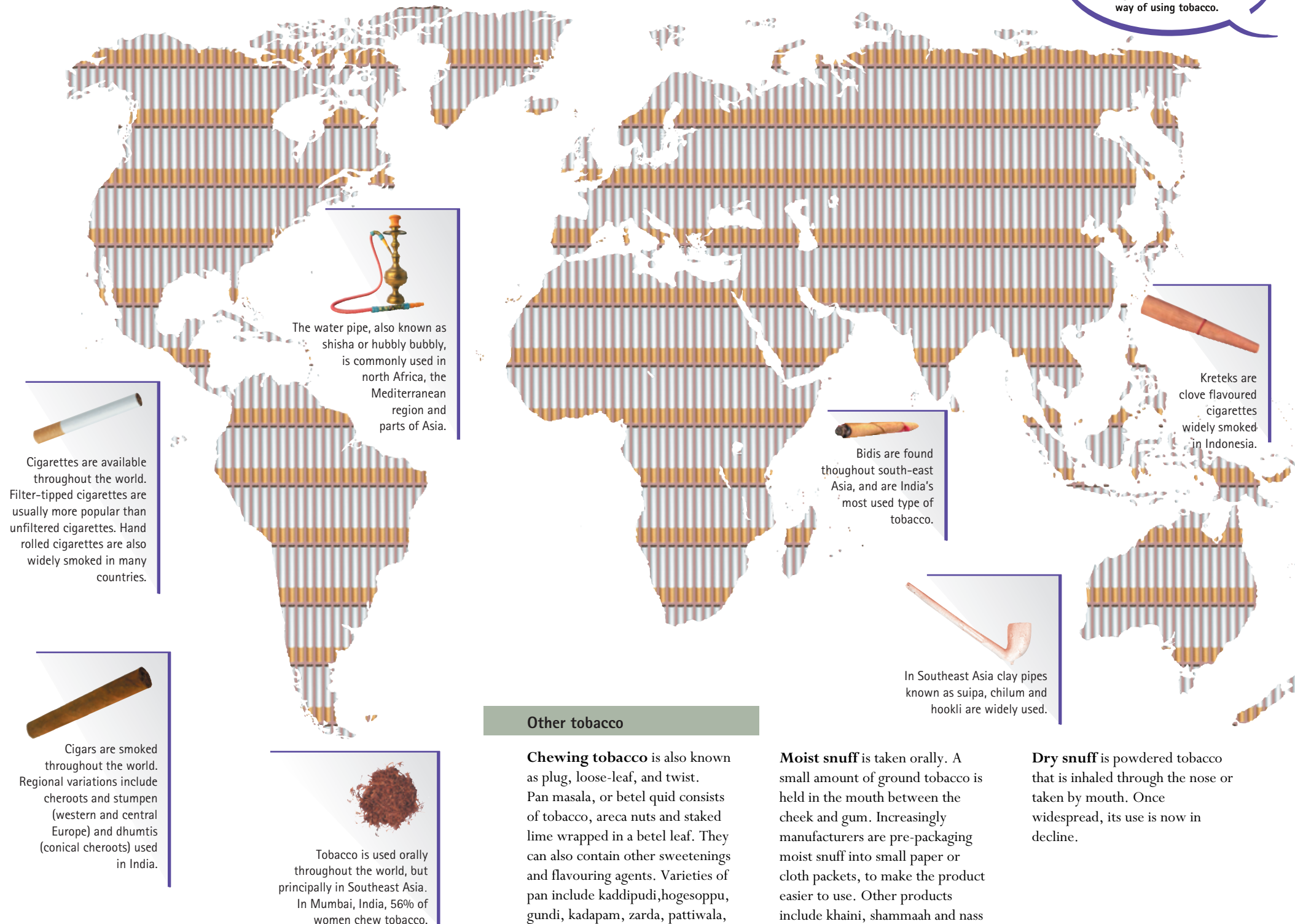
**Bidis** consist of a small amount of tobacco, hand-wrapped in dried temburni leaf and tied with string. Despite their small size, their tar and carbon monoxide deliveries can be higher than manufactured cigarettes because of the need to puff harder to keep bidis lit.

**Cigars** are made of air-cured and fermented tobaccos with a tobacco wrapper, and come in many shapes and sizes, from cigarette-sized cigarillos, double coronas, cheroots, stumphen, chuttas and dhumtis. In reverse chutta and dhumti smoking, the ignited end of the cigar is placed inside the mouth. There was a revival of cigar smoking at the end of the 20th century, among both men and women.

**Kreteks** 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 brus and wrapped in cigarette paper.



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

## Other tobacco

**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, kiwam, 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.