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### **'More regulation on beedis needed'**

GANESH PRABHU

Experts cautioned against the use of tobacco products especially beedis here recently . They sought more regulation on beedis.

Addressing presspersons here, Vijaya Hegde, Head of the Department of Public Health Dentistry, A.J. Institute of Dental Sciences, said that 19 per cent of tobacco consumption in the country was in the form of cigarettes, while 53 per cent was in the form of beedis. While beedis were a cheap alternative to cigarettes, tar levels delivered by beedis were high, at 45-50 mg/beedi.

“One study found that beedis produced approximately three times the amount of carbon monoxide and nicotine and approximately five times the amount of tar as cigarettes,” she said.

Surendra Chinbalkar, District Health and Family Welfare Officer, said that in Karnataka, of the 11.9 per cent adults who smoked, about 8.3 per cent smoke beedis. “Beedi puffing is harder on the lungs because of the relatively low combustibility and non-porous nature of the tendu leaves requiring more frequent and deeper puffs by the smoker to keep beedis lit,” he added.

Shubhan Alva, president-elect of Karnataka State chapter of Indian Dental Association, said though tobacco control measures were in place, more awareness was needed among the masses.

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