HOOKAH

waa tuubo biyood oo loo isticmaalo in lagu cabo qiiqa tubaakada dhadhanka leh, sidoo kale loo yaqaan shiishada, iyada oo loo marinayo biyo la qaboojiyey.

Hal saac oo ah kalfadhiga hookaha wuxuu ka kooban yahay **36 jeer** qiiq ka badan sigaarka.

Dhadhanka tubaakada Hookah **waxay soo jiidataa** dhalinyarada iyo dadka waaweyn.

Shiishada waa tubaako dhegdheg ah, oo inta badan lagu qooyay malab ama molasses. Shiishada dhirtu waxay noqon kartaa **sun** la mid ah tan shiishada tubaakada.

Hookah waxaa qaab elektaroonik ah loogu cabi karaa **qalimaanta hookah** ama **e-hookah**, mana la garanayo saameynta y ku leedahay acaafimaadka.

Qiiqa Hookah wuxuu kordhiyaa **halista cudurro** ay ka mid yihiin kansarka, halbowlayaasha oo xirma, cudurrada wadnaha, cudurrada sambabada iyo dhibaatooyin dhaca xilliga uurka.

Wadaagista qaybta afka la gashto ee hookah waxay kordhisaa halista faafinta **cudurrada lakala qaado** sida qaaxada, cagaarshowga, herpes, iyo hargabka.

Hookah MAAHA MID AMAAN AH OO LAGU BEDDELAN KARO sigaarada.

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