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**HOOKAH SMOKING AND ITS INFLUENCE ON PEOPLE'S HEALTH**  
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Hookah is one of the oldest devices for smoking. It is a flask with water where the smoke of the burning tobacco is filtered and cooled. It is considered that hookah smoking originated in India, then it became popular in neighboring countries in the West, including Persia and the Ottoman Empire.

In eastern countries, especially in Turkey, hookah smoking is considered almost a sacred process. Turks pay special attention to this device, and it plays an important cultural role. For example, if a guest pays a visit, he must smoke hookah. In Europe hookah appeared in the 18th century, but it was used as a souvenir. In the 19th century, the hookah became more popular and began to be used for tobacco smoking.

Many people consider that hookah smoking is not harmful to general health. According to the World Health Organization, hookah smoking poses serious potential health damage and it is not a harmless alternative to cigarettes.

A person inhales 100-200 times more smoke during the one hour of hookah smoking than smoking a cigarette. The danger of hookah smoking is associated not only with nicotine. Inhalation of such a large amount of tobacco smoke allows carbon monoxide, heavy metal compounds, carcinogens and other chemicals enter the human body in quantities that are harmful for people's health.

Passive hookah smoking is also as dangerous for non-smokers as cigarette smoking, particularly for children and pregnant women.

Hookah smoking is one of the risk factors for diseases of the cardiovascular system, those of the respiratory system, liver diseases, cancer. The general use of the mouthpiece increases the possibility of contracting herpes infection or other serious infectious diseases, including tuberculosis, hepatitis.

Smoking also affects the state of the organs and tissues of the oral cavity. During smoking, tobacco smoke components act directly on the oral mucosa. Indirect effect occurs when these substances enter the salivary glands from the bloodstream and are secreted from the saliva in the oral cavity. Consequently, there are changes in oral fluid, oral mucosa and salivary glands which can be the first symptoms to diagnose somatic diseases caused by smoking tobacco.