

What is Shisha? Is Shisha Banned?

Shisha is a flavored tobacco that has a syrupy consistency. Here's what you need to know about shisha.

Shisha is a syrupy, flavored tobacco mixed with vegetable glycerin, molasses, and various flavorings, and smoked through a shisha pipe. Here's what you need to know about **shisha** .



What is Shisha?

Shisha , also known as hookah or water pipe, is more than just a way to smoke; it is a tradition deeply rooted in culture and social connection. For centuries, people across the Middle East, South Asia, and beyond have gathered around shisha pipes to share stories, build relationships, and enjoy moments of relaxation. Today, this ancient practice has evolved into a global phenomenon, seamlessly blending its historical charm with modern tastes and preferences.

The rise of shisha lounges around the world reflects a growing appreciation for this unique social activity. In cities like London, shisha has transcended its local roots to become an integral part of urban nightlife and entertainment. As more people discover the joys of this age-old activity, shisha lounges like Cataleya Resto & Lounge are redefining the experience, combining tradition with innovation to cater to a diverse audience.

Shisha is a smoking device designed to provide a smooth and rich experience. The process involves heating specially prepared tobacco, often seasoned with sweeteners and flavorings, and passing the smoke through water

before inhaling. This process not only cools the smoke but also adds to the enjoyment, making it a popular choice for gatherings and relaxation.

The origins of the shisha date back to the 16th century, with its invention attributed to Abul-Fath Gilani, a Persian physician living in Mughal India. Originally developed as a way to filter smoke through water, the device quickly became popular among Indian aristocrats before spreading to Persia, the Ottoman Empire, and beyond. Over time, the shisha evolved from a utilitarian device to a symbol of cultural sophistication and community bonding.



How does shisha work?

Smoking a hookah may seem complicated, but it is actually an elaborate system designed for maximum comfort. Here is a step-by-step guide to how a hookah produces smoke:

1. Heating tobacco

The journey begins with the bowl, where the shisha tobacco is placed. Charcoal is carefully placed on top, separated by perforated foil or a heat management device. The heat from the charcoal indirectly heats the tobacco, releasing flavorful vapors without burning the tobacco. This heating method is key to creating a smooth, aromatic smoke.

2. Airflow through charcoal and tobacco

As the user inhales through the pipe, air is drawn down into the bowl. This air passes through hot charcoal, absorbing the heat and continuing through the tobacco, vaporizing the molasses and releasing smoke.

3. Filter and cool smoke

The hot smoke travels down the stem and into the water-filled bowl. The tip of the stem is immersed in water, forcing the smoke through. This cools the smoke and filters out large particles and impurities. The bubbling sound you hear while smoking a shisha is the interaction between the smoke and the water, creating a sensory element that adds to the experience.

4. Inhale through a straw

After being filtered and cooled in the pot, the smoke will rise into the space above the water and be drawn into the tube. When the user inhales, the smoke will pass through the tube and into the mouth, providing an explosive flavor.

5. The role of water in the filtration process

The water in the bong plays an important dual role. First, it cools the smoke, making it more pleasant to inhale. Second, it acts as a natural filter, trapping some of the impurities and dust particles that would otherwise be inhaled. While this does not completely remove the harmful substances, it does significantly enhance the smoothness of the smoke.



Is Shisha banned in Vietnam?

In Resolution 173/2024/QH15, the National Assembly agreed to ban the production, trading, import, storage, transportation, and use of electronic cigarettes, heated tobacco products, gases, and addictive substances that are harmful to human health from 2025, ensuring public health, social order and safety.

Thus, **shisha is officially banned in Vietnam from 2025** .

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