



## Mini-Review Article

**The Value of Cupping Therapy as a Treatment in Present Day Medication**

IZHARUL HASAN\*

Consultant Unani, Ayush wellness centre, President estate, New Delhi

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*Keywords:*Cupping Therapy,  
Toxins**ABSTRACT**

Cupping therapy pulls toxins, pathogenic elements, blood poison, dead lymph and cell flotsam and jetsam from profound inside the tissues to the surface. These crippling operators are then more effortlessly removed from the body. The stores disseminate from a couple of hours up to a little while, contingent upon the measure of stagnation and the patients post treatment exercises. The nature of the pathogenic components changes as indicated by the seriousness of the patient's blood stasis; which associates with the nature, seriousness and sort of condition they have. It can show up from a light pink to a dim purple, yet is normally a shade of red. Regularly modest raised knocks will show up. In some cases a reasonable liquid will be attracted to the surface. These are largely consequences of sickness and toxins being expelled from profound inside the tissues. For the most part, the expert will see the best measure of stores being attracted to the surface in the initial couple of medicines. The stores will decrease in force as the more profound issues are settled and the stagnations and toxins have been dug up and flushed out by means of the bodys' own circulatory frameworks, removal from the pores and sweat. Although the marks look painful, they are not. Patients usually feel an immediate sense of relief.

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**INTRODUCTION**

Since antiquated occasions, complementary and alternative medicines (CAM) have assumed a critical job in human wellbeing and welfare. Cupping treatment gets its name from the cups that are utilized to convey the treatment. Cupping has turned out to be progressively accessible to general society in the ongoing years [1]. "Cupping Therapy is an old restorative treatment that depends after making a nearby suction to assemble blood stream with the end goal to advance mending". Cupping is a conventional idea thought to help in medicinal conditions and has turned out to be progressively more famous in specific situations. It is as yet drilled in country zones as it was rehearsed a huge number of years back, yet as of late has been recognized in the western culture [1, 2]. Cupping treatment is rehearsed worldwide and among various societies to oversee pain and other medical issues. Pain can be enduring and consistent with the patient inclination inconvenience, trouble and frequently anguish if the seriousness is high.

Pain that can't be overseen by customary restorative consideration, is the most widely recognized explanation behind looking for remedial options in contrast to traditional medication and the more serious the torment, the more incessant is the utilization of such treatments.

**Definition of Cupping Therapy**

Cupping therapy is therapy of alternative traditional medicine. Due to utilization of cups, it is called as cupping therapy. 'Hijama' is alternative name of cupping therapy. It is Arabic word, which means 'to suck'.

**History of Cupping Therapy**

There is reason to trust the practice dates from as right on time as 3000 BC. The Ebers Papyrus, composed 1550 BC and one of the most established therapeutic course readings in the Western world, portrays the Egyptians' utilization of cupping, while at the same time making reference to comparable practices utilized by Saharan Peoples. In ancient Greece, Hippocrates (400 BC) utilized cupping for interior malady and basic issues. The method was profoundly suggested by Muhammad and

**\*Author for Correspondence:**

Email: drizharnium@gmail.com

henceforth very much drilled by Muslim researchers who explained and built up the technique further. Continuously, this method in its various structures spread into medication all through Asian and European human advancements. In China, the most punctual utilization of cupping that is recorded is from the popular Taoist chemist and botanist, GeHong (281-341 A.D.) [1-4].

### Aims and Objective

Cupping treatment ends up prevalent day by day. Many physicians interested to practise this therapy. But very short information they fear to practise. Keeping this fact in mind this article is written to provide basic information of cupping therapy to all research scholar and physicians.

### Methods of Cupping

Cupping can be wet or dry. In dry cupping cups are set on flawless skin and the point is to just expel blood and liquid from the site of aggravation to the surface of the skin. Wet cupping, otherwise called phlebotomy, is the point at which mini incisions are made with an exceptional sort of lancet on the locale of the skin where the cup is connected.

The point is to evacuate shallow blood that streams into the cup which is believed to be brimming with poisonous and harmful substances. Cupping is performed by making a vacuum in the cup set on the skin by either applying a warmed cup on the skin which devours the air inside it (fire cupping) or by utilizing a suction pump (suction cupping) [5-7]. In flame cupping the expert may utilize a cup made of glass, metal or wood (bamboo). The cups are then warmed by consuming liquor splashed cotton inside the cups. The cup is then set looked down level on the skin as the warmth makes suction on the skin. Suction cupping utilizes a suction pump to direct the let some circulation into of the cup after it is connected to the skin.



**Dry Cupping**



**Fire Cupping**



**Wet Cupping**

### Duration of Cupping

The cups are left in place anywhere from 10 to 15 minutes depending on the nature of the individual's condition. However duration of cups left, may vary patient to patient and severity of the disease. A general course of treatment involves four to six sessions in intervals starting from 7 to 15 day gaps.

### Indications of Cupping Therapy [1-4]

**1. Musculoskeletal and autoimmune disorders:** Cupping can eliminate pain causing substances, prostaglandins, inflammatory mediators and cytokines.

- Neck pain, cervical spondylosis
- Back pain (lumbago) and lumbar disc herniation
- Lumbar disc prolapse unless surgery is indicated
- Fibromyalgia and fibrositis
- Neck and shoulder pain, stiffness, spasm
- Skeletal pain, myalgia
- Knee osteoarthritis, Rheumatoid arthritis
- Shoulder back myofascitis
- Post fracture pain, sprain, traumatic strain
- Muscles spasm
- Tendonitis
- Carpal tunnel syndrome
- Sciatica
- Ankylosing spondylitis
- Addisons disease
- Autoimmune anaemia

**2. Cardiovascular diseases:** Cupping eliminates excess intravascular fluids, excess lipids, vasoconstrictors and aetiology concerning substances.

- Hypertension (through removing excess serum fluids and vasoconstrictors)
- Edema (through removing excess fluids and clear interstitial spaces)
- Myocardial ischemia and arrhythmia
- Rheumatic fever
- Vascular thrombosis
- Coronary artery diseases (narrowing of the arteries)
- Abnormal heart rhythms

**3. Gynaecological disorders:**

- Amenorrhoea
- Dysmenorrhoea
- Leucorrhoea
- Infertility
- Haemorrhage (vaginal bleeding)
- To stimulate the ovaries
- Menstruation problems

**4. Haematological disorders:** Cupping clears blood from fragments of haemolysed cells, liberated Hb, excess iron

- Sideroblastic anaemia (to excrete excess iron)
- Thalassaemia (to excrete excess serum iron, fragmented cells and ferritin)
- Polycythemia

**5. Dermatological disorders:** Cupping clears toxic blood from fragments of abnormally high IgE and other diseases

- Psoriasis
- Atopic dermatitis
- Acne vulgaris
- Leucoderma/vitiligo
- Cellulitis
- Idiopathic urticaria

**6. Endocrinal/metabolism disorders:** Cupping eliminates accumulated substrates and metabolites from body and induces blood clearance; induce immunity boosting and pharmacological potentiation.

- Hypothyroidism
- Hyperthyroidism
- Obesity
- Prevents diabetes mellitus complications
- Osteoporosis
- Gout and gouty arthritis

- Hyperlipidemia
- Hormonal imbalance

**7. Neuropsychiatric disorders:** Cupping removes pain causing substances, prostaglandins and aetiological concerning fluids from the body.

- Headache
- Migraine
- Anxiety
- Depression
- Obsessive compulsory disorders
- Insomnia
- Dementia
- Trigeminal neuralgia
- Laziness, lassitude and somnolence

**8. Respiratory and ENT disorders:** Cupping removes pathology concerning substances and boost immunity.

- Allergic rhinitis
- Bronchial asthma
- Tonsillitis
- Motion sickness
- Sinusitis
- Otitis media
- Bronchitis

**9. Gastrointestinal disorders:**

- Constipation
- Irritable bowel syndrome (IBS)
- Gastritis
- Ulcerative colitis
- Gastroesophageal reflux disease (GERD)
- Intoxication (toxins, food and drugs administration)

**10. Miscellaneous:**

- Cellulitis
- Diabetic foot (excrete abnormal, harmful metabolites, increase immunity, and improve local circulation in foot)
- Influenza, epidemic flu as cupping enhances the natural antiviral immunity
- Prevents parkinson disease progress
- Frozen shoulder
- Varicose veins
- Blockages and congestion

**Contraindication of Cupping Therapy**

- Bleeding disorders such as haemophilia or who are being treated with anticoagulants
- Active inflammation, burns, infection, and open wounds.
- A child

- Pregnant
- Menstruating

### **Side Effects of Cupping Therapy**

There are No side effects of cupping therapy, if done by expert.

### **Special Note**

This particular method of wet cupping is a specialty treatment and must be performed by trained and qualified Unani physician.

### **CONCLUSION**

Cupping therapy treatment allows the practitioner to determine with the aid of suction cups whether the position of the symptoms is the true location of the disease. Additionally, we can detect which organ is defective and in need of treatment. With the many forms of cupping therapy health care provider should review the literature and make their selection of cupping method and points based on treatment studies.

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