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Review Article

Therapeutic Application of Cupping Therapy (Hijama): A Brief Review

Madiha Khan Niazi¹, Farooq Hassan², Syed Zahoor Ul Hassan Zaidi³, Saira Ghaffar⁴, Zuha Sohail¹, Talha Noor³, Zeerak Aamir⁵ and Muhammad Amjad Ismail³

¹University Institute of Diet and Nutritional Sciences, Faculty of Allied Health Sciences, The University of Lahore, Lahore, Pakistan

²Punjab Healthcare Commission, Lahore, Pakistan

³Faculty of Eastern Medicine, Hamdard University, Karachi, Pakistan

⁴University College of Conventional Medicine, Faculty of Medicine and Allied Health Sciences, Islamia University of Bahawalpur, Pakistan

⁵Zeerak Matab Herbal and Hijama, Lahore, Pakistan

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*Corresponding Author:

Madiha Khan Niazi

University Institute of Diet and Nutritional Sciences,
Faculty of Allied Health Sciences, The University of
Lahore, Lahore, Pakistan
dr.madihaniazi@gmail.com

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ABSTRACT

Hijama is a form of Unani medicine that involves using heat or suction to partially vacuum a Hijama glass placed on the surface of the body in order to remove disease-causing material or divert it from the diseased area, return displaced organs to their proper positions, and encourage blood flow to the intrusion site. The cups used to administer hijama therapy gave the treatment its name. For sucking purposes, glass or wooden cupping glasses are employed, and a vacuum pump creates the suction. Hijama involves placing a cup to a specific area of the body and sucking blood from there. Hijama is a method of Istifragh that removes the disease's root cause.

INTRODUCTION

Hijama is an Arabic phrase that signifies "applying cups," and its literary equivalent is "sucking" [1]. It is a procedure that involves applying cup-shaped glass containers to the body's surface the removal of morbid materials, their diversion from the diseased area, and the use of heat or specialised suction equipment to generate a vacuum, and promote blood flow to the affected area. Cupping is a technique used to release toxic blood from superficial tiny capillaries in muscles [2]. HIJAMA is a minimally invasive surgical excretory procedure that opens the skin barrier by

scarifying the top layer of skin. It also improves blood flow and waste excretion through the skin by applying pressure gradients and traction forces to the skin and underlying capillaries[3].

Equipments Of Hijama

- Glass or plastic cups
- Suction pump or lamp or candle
- Antiseptics
- Inflammable small cones of paper or cotton
- Sterilized gloves

- Sterilized medical scalpel
- A pack of cotton and medical sterilized gauze pieces
- Micro pore adhesive tape
- A razor to remove the hair of site to be cupped if needed

Classification of cupping therapy types

Initial classifications for cupping therapy included dry and moist, but six new categories were added in 2016: technical types, power of suction, method of suction, materials inside cups, and area treated, sports, cosmetic, and aquatic cupping as depicted in figure 1[4]. Aquatic cupping was included in the fourth category. This update provides a precise taxonomy of the many types of Hijama[5].

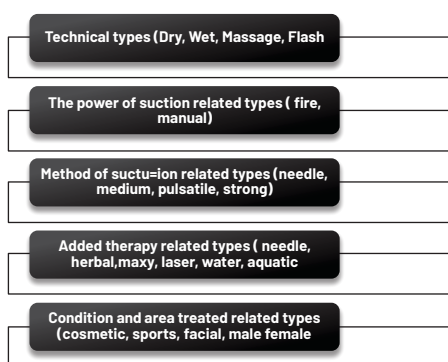


Figure 1: Classification of cupping therapy types

Classification of cupping therapy sets

Standard cupping therapy equipment should include a suction device, six or more cups in varying sizes, and more [6]. The three main categories of cupping therapy sets are as follows: the initial group is "cupping sets related to the types of cups" and it comprises silicone, silicone rubber, silicone glass, rubber bamboo, ceramic, and metal cupping sets. "Cupping sets related to the methods of suction" is the second classification, which comprises manual, automatic, and self-suction cupping sets. "Cupping sets related to uses" is the third classification as shown in figure 2, which comprises face, male, female, and sets for massage cupping[7].

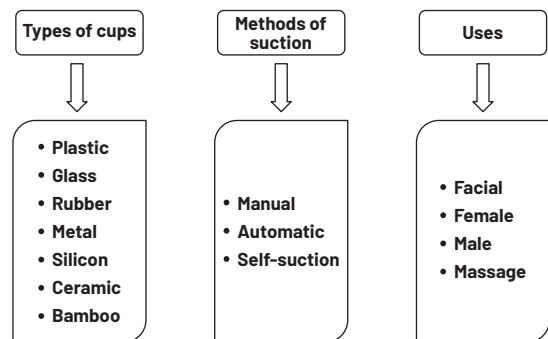


Figure 2: Classification of cupping therapy sets

Mechanisms of action of cupping therapy

Cupping therapy has been shown to increase blood flow, alter the biomechanical features of the skin, increase pain thresholds, improve anaerobic metabolism locally, reduce inflammation, and alter cellular immune response [8]. The mechanics of the cupping action are explained by a variety of ideas, such as the immune modulation theory and the genetic theory. Clinical research is needed to understand the processes underlying cupping therapy's effects[9, 10].

Indications

The objectives of cupping therapy include health promotion, treatment, and prevention [11, 12]. Numerous conditions have been claimed to benefit with cupping therapy[13, 14]. The two categories of these situations are localised conditions and systematic conditions. The location of cupping therapy is selected based on the disease being treated [15]. The back, followed by the chest, belly, buttocks, and legs, is the body part where the product is most frequently applied [16]. Other areas, including the face, can be treated using cupping [17].

Contraindications

People with cancer and organ failure should not have cupping therapy, pacemakers, haemophilia, acute infections, anticoagulants, serious chronic illnesses, puberty, pregnancy, menstruation, anaemia, a recent blood donation, recent wet cupping session, unanticipated medical issues, and refusal of the procedure [18, 19].

Adverse Effect

Cupping therapy has a variety of side effects, including scar formations, skin infection, burns, abscess formation, bullae formation, insomnia, skin discolouration, hyperpigmentation, and vasovagal attack[20].

CONCLUSIONS

Traditional and alternative medicine practitioners have used cupping therapy for centuries. There is mounting evidence that it may be helpful in treating various disorders, particularly those connected to pain. The practise of cupping therapy includes adhering to infection control procedures. This paper proposed three new classifications: one for cupping therapy sets, one for cupping therapy adverse events, and one for cupping therapy kinds.

Authors Contribution

Conceptualization: MKN
 Formal Analysis: FH
 Writing-review and editing: SZUHZ, SG, ZS, TN, ZA, MAI

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Conflicts of Interest

The authors declare no conflict of interest.

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