

A CLINICAL STUDY OF CUPPING THERAPY

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ABSTRACT

Cupping therapy is one among the regimental therapies that has been given to a patient in the Center for Unani Ilaj Bit Tadbeer. Cupping therapy are two types, namely dry cupping and wet cupping. In this article, dry cupping will be discussed.

Cupping therapy is a medical technique, by utilizing the vacuum at the skin surface. This helps to draw surface and subcutaneous stagnant blood. This process helps for therapeutic purpose and maintenance of health and prevention from diseases.

In this communication “Dry Cupping” is discussed which are useful for the treatment of the following ailments.

KEYWORDS: Cupping, Morbid Matter, Regimental Therapy

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INTRODUCTION

Cupping therapy is a special technique applied for evacuation of morbid blood for the treatment of certain diseases. It is a method of relieving local congestion by applying a partial vacuum that is created in cup by suction, to evacuate morbid matter or to divert the morbid matter from the deeper tissue of the disease. “Cupping therapy”, is considered as one of the most important procedures among the regimental therapy.

Cupping therapy had its birth since antiquity. In Cupping therapy the ancient Egyptian saw remedy for about every disorder. Both Hippocrates & Galen were also the leaders, promoters and user of cupping therapy.

At “Center for Unani Ilaj Bit Tadbeer”, the ancient cupping therapy (Dry Cupping) is used for the cure of numerous diseases of the patient. Such as pain in general and joints, sinusitis and skin disorders.

AIM & OBJECTIVES

- To help in mobilizing the morbid material from the affected part. This is also called diversion or transfer of morbid matter.

- To eliminate the morbid material from the affected site by letting down the sufficient quantity of blood and there by relieving pain, inflammation and other symptoms of the diseases.
- To stimulate the organ, local blood circulation and carries away the morbid material responsible for causing disease, this is known as stimulation, absorption and diversion of matter.

MATERIAL AND METHODS

Material

- Cups no: 2 and 3
- Oil (Roghan e Surkh)
- Sterilized absorbent cotton
- Betadine Solution

Methods

In this clinical study of cupping therapy the patients were selected and decided to perform dry cupping based on their illness, and accordingly arrangements were made to apply the therapy.

The method of treatment of the Cupping therapy for this specific disease as shown below.

Patients were selected accordingly to their disease during the course of 4 years period (weekly two days) and offered cupping therapy. For each patient in different days of this period therapy was administered. The patients who were selected for dry cupping were treated as follows:

- As soon as the patient is selected by physician, the paramedical staffs were instructed for preparatory work to administrate dry cupping.
- The cups were selected and sterilized thoroughly.
- The patients who were to be administrated to the therapy were subjected to other medical parameters to confirm their suitability or fitness to with stand the therapy.
- After the fitness clearance from paramedical staff, the patients were subjected to cleaning process in the cupping area.
- Then the administration of cupping process was carried out.
- After the attainment and sufficient time limit for cupping, cups were removed from the area of cupping;
- The patients were kept under observation and the medical parameters such as pulse rate, respiratory rate and blood pressure closely monitored.

Photographs of cupping therapy done on patients at the Center for Unani Ilaj Bit Tadbeer



Figure 1: Cupping Therapy for Back Pain



Figure 2: Cupping Therapy for Knee Pain

CUPPING DATA

- The following data reveals the total number of patients treated followed by Graphical representation:

Table 1

Therapy	Period	Total Number of Patients	Total Number of Patients in Cupping
CUPPING	OCT 2011 - SEP 2015	53639	9249

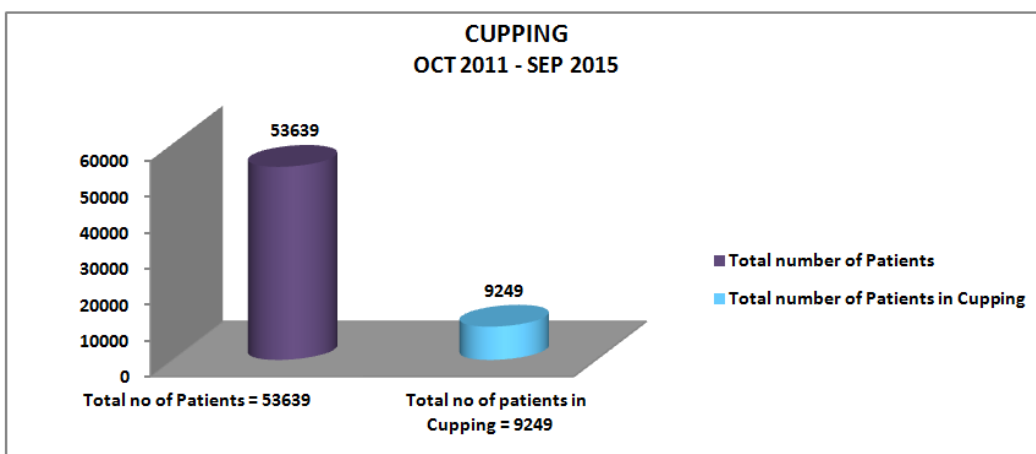


Figure 3

TOTAL NUMBER OF PATIENT’S DATA

Table 2

Therapy	Period & Total Number of Patients	Inpatient	Outpatient	Total
CUPPING	OCT 2011 - SEP 2015 & 53639	1700	7549	9249

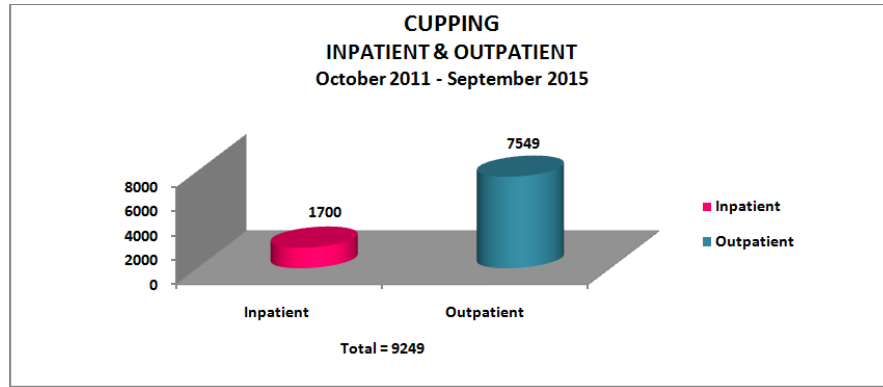


Figure 4

- The data shown are for the treatment given by Dry Cupping in order to alleviate certain diseases or illness like pain, sinusitis, skin disorders with graphical representation.

TOTAL NUMBER OF PATIENT’S DATA

In a Particular Disease

Table 3

Therapy	Pain	Sinusitis	Skin	Others	Total
CUPPING	4299	3159	665	1126	9249

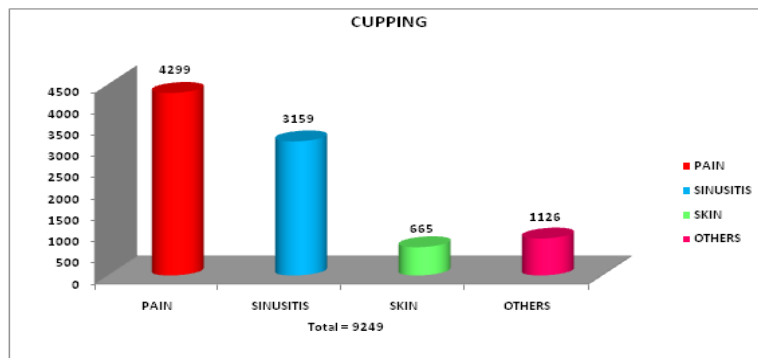


Figure 5

DISCUSSIONS AND RESULTS

By the application of cupping therapy to relieve the congestion or stagnation of morbid matter, the dry cupping was performed for various ailments like pain, sinusitis, skin disorders and others. 9249 patients have relieved of their physical illness, one of which 4299 patients exclusively suffering from pain were put to the treatment of Cupping therapy which showed remarkable results.

The back pain which is the most common of pain got relieved in patients with acute and chronic complains of this ailment. 4299 patients approximately were subjected to this therapy by clearly explaining the effect of the therapy. 2 to 3 Cups were used for this ailment for twice a week for 8-10 sitting s and patients were much for 8 – 10 sitting and the patients were much relaxed and relieved of their long time pain.

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