

## Cupping Therapy in Today's Era: A View

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### ABSTRACT

*Hijamah is an Arabic word which comes from the root word 'hajm' which means to suck or to extricate. Hijamah also known as cupping is an antiquated technique for treatment utilized by unani doctors for neighborhood departure or redirection of morbid humors by making negative pressing factor by making vacuum on the outside of the skin. Cupping therapy is found to have both healing and preventive abilities. By improving the flow of blood, lymph and other imperative liquids and separating and scattering blockages and clogs affronting waste issue, poisons and sullen humors, cupping improves the eliminative capacities and the departure of squanders from the body. In Unani Medicine, the legitimate and opportune departure of squanders from the body (Istifragh) structures a significant part of cleanliness and preventive medication. The current investigation is an endeavor to uncover the job of cupping therapy in wellbeing advancement and illness anticipation. Cupping has acquired exposure in current occasions because of its utilization by American game superstars. Presently, it's utilized in entire world with change of cupping instrument. Point of this review paper is to collect basic information of cupping therapy in current scenario.*

**Keywords:** Hijama, Cupping, Unani

### INTRODUCTION

The Arabic word *Hijama* is frequently converted into English as 'cupping'. This interpretation however, isn't altogether exact as it gives the feeling that *Hijama* includes all types of cupping therapy. *Hijama* is normally express to one type of cupping therapy, which is 'blood cupping', otherwise called 'wet cupping'. Albeit like dry cupping whereby cups are put on the outside of the skin, sucking the ventilate, and making a vacuum to direct the progression of blood and to animate life-energy, blood-cupping goes above and beyond, with the specialist making minor incisions on the outside of the skin to free the patient of blood balance inside the body. Cupping therapy is an old strategy for treatment that has been utilized in the treatment of a wide scope of conditions. There are numerous sorts of cupping therapy; nonetheless, dry and wet cupping are the two principle types. This account survey depicts the historical backdrop of cupping, definitions, cupping instruments and the customs of cupping among different developments of the world. The significance of this paper is that it will top off the information hole throughout the entire existence of cupping. It additionally

gives a solid source to chronicled information on a few parts of cupping therapy, which can be utilized for preparing of customary and current professionals and to help scientists around the globe.

### Historical Background

This old cure has profound verifiable roots in Chinese development and has been an indispensable piece of Traditional Chinese Medicine (TCM) for quite a long time. The most punctual records of cupping in China are found in *Bo Shu* [1], a book composed on silk, found in an antiquated burial place of the Han Dynasty. A mainstream saying in China advises us: "Acupuncture and cupping, the greater part of the ills restored" [2]. The various types of cupping therapy applied today as a feature of TCM incorporate 'dry cupping', 'needle cupping', 'moving cupping', 'moxa cupping', 'natural cupping', 'water cupping', and 'blood cupping' [3].

Notice of cupping can likewise be found in the Ebers and veterinary papyri that go back to 1,550 and 2,200 BCE individually [4]. This training was then moved from the old Egyptians to the Greeks, where clear literary

proof can be found in the works of Hippocrates [5,6] (460–377 BCE) here he pushed the utilization of dry and blood cupping. The Romans in this manner received cupping from the Greeks and got famous for utilizing parasitic bloodsuckers in their training. The popular Greek doctor Galen [7] (129–200 or 216 CE) recorded the utilization of cupping when his home city of Pergamum was important for the immense Roman Empire. The clinical author Oribasius [8] (320–400 CE), who was the individual doctor of the Roman sovereign Julian the Apostate, additionally alluded to its viability. It is accepted that the training at that point got normal in Europe following the Arab attack of Spain in 711 CE and through correspondence among Arab and Italian doctors in the period paving the way to the Renaissance.

In the hundreds of years that followed, some notable doctors, for example, Ambroise Pare [9] (1509–1590 CE) supported the utilization of cupping. In Europe it turned out to be essential for the clinical calling and up until the nineteenth century, it was routinely polished in emergency clinics [10]. Considering it was less fragile than phlebotomy strategies, which were very basic at that point, it proceeded as a piece of well known medication as drilled by lay people. Thus, the utilization of parasitic bloodsuckers in Europe looked between the early and late 1800s [11]. In any case, with the ascent of current pathology–prompting developing incredulity and change in the perspectives of doctors towards phlebotomy systems; and improved expectations for everyday comforts among the center and lower social classes which brought about their having plan of action to general specialists as another standard of clinical consideration the training turned out to be essentially wiped out basically because of social elements and not because of target logical enquiry [12]. How much hijama was drilled in pre-Islamic Arabia is right up 'til today still hazy. The Arabs regularly occupied with exchange with extensive nations making it possible that the training was experienced on a portion of their movements, destined to Syria. It is accepted that pre-Islamic medication was extraordinarily affected by Greco-Roman medication, consequently the

utilization of cupping, searing and siphons that would have been predominant at that point. The old Arabic word 'natasy', which signifies 'a shrewd doctor', is really Roman in beginning [13]. Despite the Arabs monitoring hijama be that as it may, it was probably not going to have been ordinarily drilled, as intrusive mending and odd people cures depending on notions were mainstream during the pre-Islamic time. As indicated by Muslims, the act of hijama is accepted to be from numerous points of view a consequence of heavenly comprehension. One custom reports that on the Prophet's rising to paradise, all the incredible blessed messengers whom he met advised him to urge hijama on his kin [14]. Regardless of whether the genuineness of this custom can be demonstrated and notwithstanding consciousness of hijama in pre-Islamic Arabia, Muslim researchers are consistent that heavenly information would have in any event driven the Prophet to get mindful of its 'mending' abilities. It is additionally most likely that the Prophet needed hijama to supplant the normal and insufficient act of phlebotomy followed by searing, which was normal for crude social orders and may have been genuinely regular during that time.

### **Ancient to Modern Civilizations and Cupping Therapy**

Ancient Egyptians were the first to work on cupping therapy in the Western world and afterward they spread its training to Greeks. Old Chinese, Greeks and Middle-East human advancements rehearsed cupping therapy and added to its persistent turn of events. All the while, cupping instruments and strategies were improved and in every progress, cupping was utilized viably against an assortment of illnesses. At present, the utilization of cupping is expanding for wellbeing advancement and treatment of assortment of infections across the world. Cupping therapy has a decent security profile yet is accounted for to have some results when utilized by undeveloped specialists. There is a requirement for more exploration on the components of activity, viability and wellbeing of cupping therapy to give proof based information and backing in setting up cupping therapy principles, rules and guidelines.

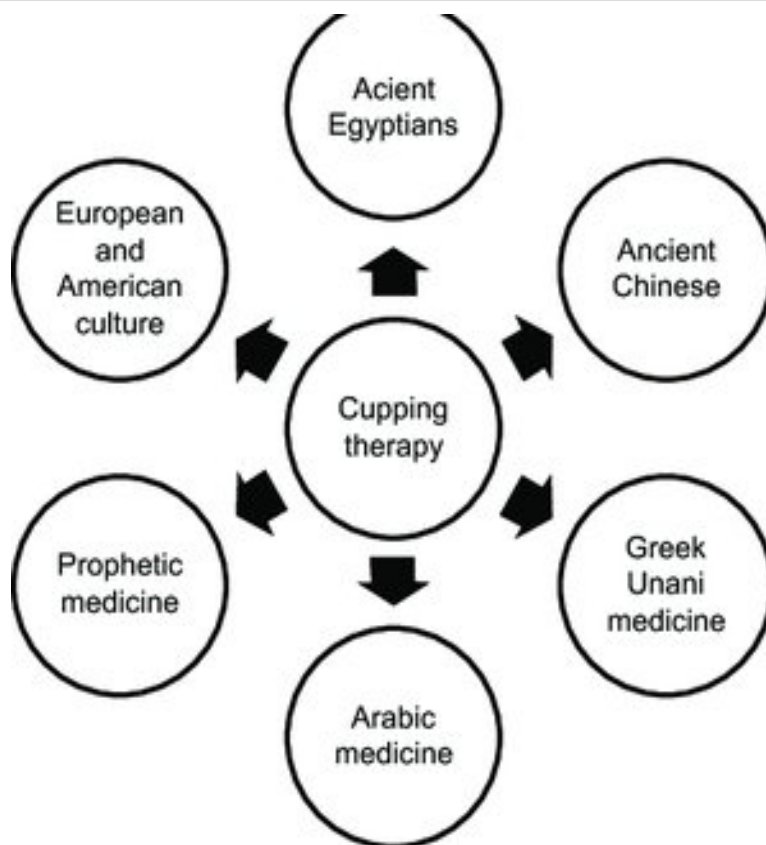


Fig. 1. Ancient to Modern Civilizations and Cupping Therapy

## MATERIALS AND METHODS

This review zeroed in on speculations and theories that clarify cupping therapy from a cutting edge medication viewpoint. Speculations identified with conventional frameworks of medication, for example, Traditional Chinese Medicine, Unani Medicine or other customary mending rehearses are remembered for this review. The significant writing distributed in English was looked in PubMed, Cochrane Library and Google Scholar information bases. The Boolean administrators and watchwords utilized in different electronic ventures were cupping [All Fields] and [mechanism of action] [All Fields] OR impact [All Fields]. The inquiry system and the catchphrases were altered as suitable as per the information base hunt. Likewise, the examinations' recorded references in included articles were hand looked.

## DISCUSSION

Al-Hijama (WCT), one of the well known regimens of Unani system of medication, has been used for millennia for the clearing and

discharge of morbid humors from the body. Its component or method of activity depends on the standards of departure and redirection of morbid humors. Clearing implies the goal and discharge of morbid humors or overabundance liquids from the body, in this manner keeping up the homeostasis in the quality and amount of four body humors, which are answerable for the upkeep of ordinary wellbeing. Redirection alludes to stream of the morbid humor from the site of influenced organ to the site where from it is effectively removed from the body tissues. In view of this all encompassing methodology, Unani doctors have been generally utilizing this remedial routine for treating way of life infections. The adequacy of this therapy may likewise be credited to the mitigating activities, pain relieving, raise inborn insusceptibility, control the chemicals, increment measure of cortisone in blood and securing the body against unsafe substances through making explicit changes in nearby tissue structures, neighborhood negative pressing factor in the cups which extends the nerve and muscle causing an expansion in blood stream alongside increment hairlike

porousness at specific point. It is likewise recommended that putting cups on those acupoints on the skin produces hyperaemia or haemostasis which brings about a remedial impact. Various RCTs on cupping therapy have been directed in different sicknesses like migraine, back torment, joint and solid agony, barrenness, sexual issues, rheumatic illnesses,

hypertension, corpulence, diabetes mellitus, sleep deprivation, stroke and blood issues and distributed during the previous many years. Various competitors from the Olympics in Rio 2016 utilized cupping. This was effectively seen by round markings on a portion of the U.S. swimming club individuals.

**TYPES OF CUPPING**

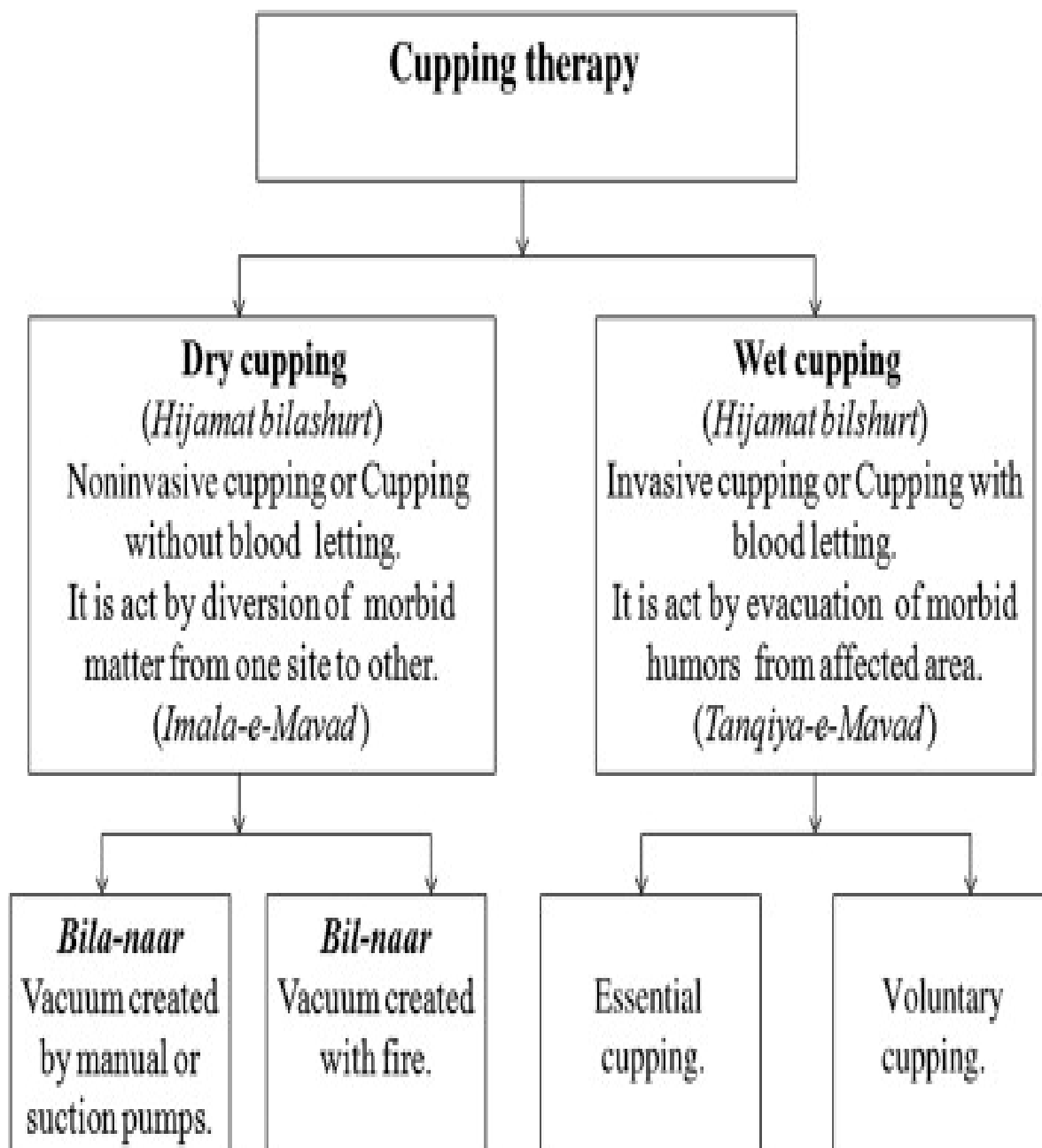


Fig. 2: Types of Cupping according to Unani System of Medicine

**Classification of Cupping Therapy Types in Modern Era**

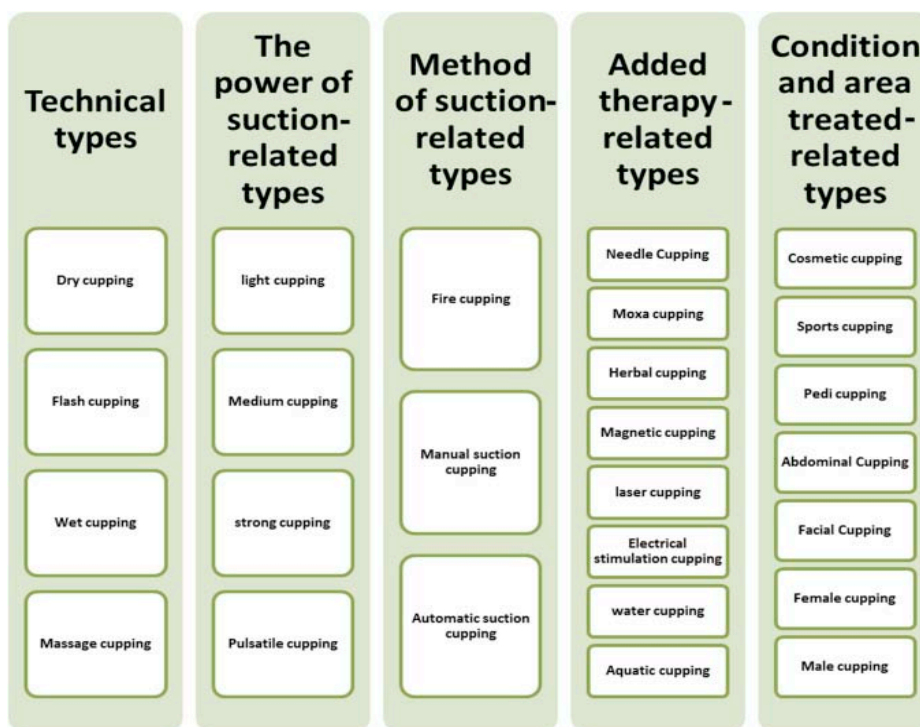


Fig. 3: Classification of Cupping Therapy Types in Modern Era

**Classification of Cupping Sets**

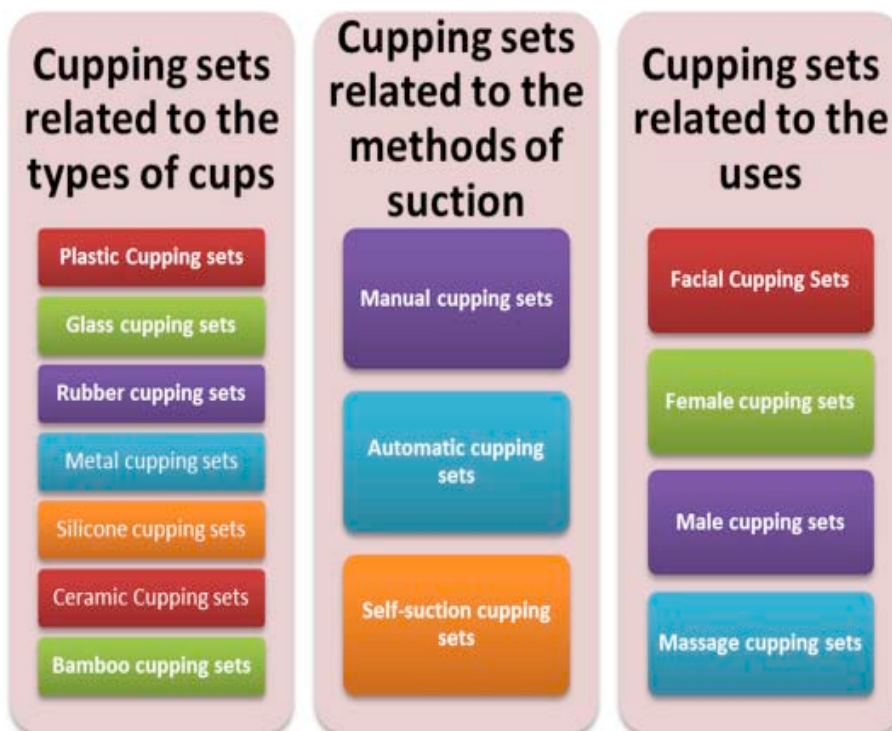


Fig. 4. Classification of cupping sets

### **Mechanism and Mode of Action**

The Cupping Therapy mechanism of action is not clear. Cupping may increase local blood circulation, and may have an immunomodulation effect. Local and systemic effects of Cupping Therapy are reported.

Regarding the mechanism and mode of action of Al-Hijama (WCT), recently an article was published in Journal of Integrative Medicine by El Sayed SM, Mahmoud HS and Nabo MMH. In this review, the author systematically addressed the possible mechanism of Al-Hijama (WCT) in light of modern medicine as well as prophetic medicine.

According to El Sayed SM, when the first suction (negative pressure) was applied on targeted area (specific point) produces erythema while there is no outflow of blood or waste matter through skin barrier. The uplifted skin size (inside the cup) gradually increase, it may decrease local pressure of blood capillaries (around the uplifted skin) causing progressive decrease in the absorption at the venous end of capillaries which ultimately leads to filtration of more fluids inside skin [15].

**Blood Detoxification Theory:** This theory addresses the removal of toxic substances from the affected area where the cups are applied. According to the blood detoxification theory, there is a decrease in the level of uric acid, LDL and the molecular structure and function of hemoglobin (Hb) and other hematological adjustments. This theory explains how the body is relieved of toxins and harmful materials through the underlying mechanism of cupping therapy.

**According to Genetic Modulation theory,** In wet cupping therapy, skin incisions are performed leading to a superficial wounds. Mechanical pressure, pain, anaerobic metabolism plus or minus superficial incisions could produce physiological and mechanotransduction signals. These signals can activate or inhibit gene expression. The result is activation of transcription factors by signaling cascades which lead to activate or inhibit transcription of responsive target

genes[16]. This mechanism of action may underlie some of the local and systemic therapeutic effects of cupping therapy.

According to Hong *et al.* reported that cupping therapy works via creating specific changes in local tissue structures as a result of local negative pressure in the cups used which stretches the nerve and muscle causing an increase in blood circulation and causing autohemolysis. When investigating the mechanisms proposed by Hong *et al.*, it may be accepted to mention that local negative pressure may affect tissue structure and increase blood circulation but this is not enough to explain benefits of cupping therapy in treating cellulitis, migraine, headache, hypertension, and others. In addition to that, is autohemolysis beneficial for therapeutic benefit in previously mentioned diseases? The answer is negative. Hong mechanisms partially succeeded in explaining therapeutic effect of cupping therapy [17].

**Nitric Oxide Theory:** This substance is very important substance released in the body from any trauma and released also during and after cupping therapy. The functions of nitric oxide are:

- 1) Vasodilatation- this gives more blood to the area
- 2) Two way vasodilatation effects
- 3) Muscle relaxation which cure spasms
- 4) Anti-thrombotic- protects the vessels from thrombosis
- 5) Anti-inflammatory and prevents stenosis of blood vessels.

**Prostaglandin Theory:** Prostaglandins are products of inflammation in our body and they transmit pain signals to the brain. By doing wet cupping therapy, we take these products out from the body and this kills the pain.

**Immune System Theory:** Cupping is likely to affect the immune system via three pathways. First, cupping irritates the immune system by making an artificial local inflammation. Second, cupping activates the complementary system. Third, cupping increases the level of immune products such as interferon and tumor necrotizing factor. Cupping effect on the

thymus increases the flow of lymph in the lymphatic system.

### **Cupping Therapy in Certain Medical Conditions**

Cupping therapy is accounted for to treat an assortment of infections because of the impacts of different kinds of incitement [18]. Cao and partners (2010) proposed that cupping therapy has all the earmarks of being successful for different ailments, specifically herpes zoster and related torment and skin inflammation, facial loss of motion, and cervical spondylosis [19]. Cupping therapy is regularly utilized for bringing down circulatory strain and forestalls the advancement of cardio vascular diseases (CVDs) in individuals [20]. Wet cupping related to regular treatment is accounted for to successfully treat oral and genital ulceration in patient with Behçet's sickness [21]. There is developing proof that wet cupping is viable in musculoskeletal agony, [22] vague low back torment, [23] neck torment, [24] fibromyalgia [25-26] and other agonizing conditions [27]. Michalsen et al. (2009) inferred that cupping therapy might be viable in mitigating the torment and different manifestations of Carpal Tunnel Syndrome [28]. Cupping therapy is additionally discovered to be powerful in cerebral pain and headache. Cupping therapy is viable for decreasing systolic pulse in hypertensive patients for as long as about a month with no genuine results [29]. Obviously, cupping therapy is compelling in the treatment of cellulitis [30]. Cupping therapy has been utilized with different degree of proof (I to V) in numerous conditions, for example, hack, asthma, skin inflammation, regular cold, urticaria, facial loss of motion, cervical spondylosis, delicate tissue injury, joint pain and neuro-dermatitis [31].

### **CONTRAINDICATIONS**

*Al-Hijamah* ought not be performed on

1. Open injuries and wounds
2. Around skin ulcers.
3. It is contraindicated on aggravated skin or
4. Over hypersensitive skin or
5. Where any skin injuries are available.
6. It ought to likewise be evaded in older individuals with meager, sensitive skin.

7. If the patient has a draining issue *Al-Hijamah* ought not be finished.
8. It is likewise inadvisable to perform *Al-Hijamah* any place there are incredible vessels, and
9. It is additionally not advantageous if the patient has genuine coronary illness

### **CONCLUSION**

A review on *Al-Hijamah* (Cupping therapy) incorporates the definite presentation, purposes of *hijamah* that are measured on the different pieces of the human body with its shared advantages, kinds of it whether it is dry or back rub or wet therapy. These sorts of treatments are varient from each other while seeping of blood by means of wet cupping is perhaps gainful that it can recuperate numerous afflictions of our body. The security of this sort of therapy is a lot of calculable which doesn't do any harm or leave characteristics of the penetrates on the body while cupping is performed. Considerably more new treatments were examined under it identified with organs and conceivable illness that can be restored by cupping. Many archived claims in the old style Unani literatures are in effect deductively explored and approved in the present period of logical advances. *Hijamah* (Cupping therapy) is one among them. Numerous examinations uncover that it is broadly acknowledged in masses for their diseases for both remedial and prophylactic purposes. Subsequently dependent on its corrective and preventive abilities an advanced methodology can be created to consolidate this therapy in medical care conveyance arrangement of the country.

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