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Theoretical and practical importance of Hijamah (Cupping Therapy)

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Hijamah (cupping) comes from the original Arabic word "Al- hajm", which means to restore to original size or to diminish in volume and to suck. Cupping (Hijamah) is the process of applying cups to various points on the body by removing the air inside the cups to form a vacuum. It is used for the action of draining the breast when an infant sucks the breast. In Hijamah blood is sucked after applying cup to specific areas of the body. Cupping (Hijamah) was also known as Seenghi Lagwana as in ancient times, hollow horns were used as cupping instruments for Hijamah. In Urdu language the horns are known as Seengh. The earliest record of cupping is in Ebers Papyrus, one of the oldest medical textbooks in the world (1,550 BC) It is believed that the practice dates back from 3000 BC. In ancient Greece, Galen and Hippocrates (C. 460 - C. 370 BCE) also greatly advocated cupping. In Egypt cupping was the remedy not only for every type of disease but also for preserving. The earliest cupping instruments were hollowed horns of animals. The older cups have now been replaced by modern sophisticated electrical and mechanized suction cup which is known as the symbol of medicine. Findings of experts suggested that cupping is effective for pain, inflammations, musculoskeletal disorders, visceral dysfunctions, gynecological, neurological diseases etc. Different aspects of cupping Hijamah like introduction, terms, geographical growth, classification and types, material and method, mechanism, mode of action as per Unani system of medicine significance of lunar dates and sunnah points, local injury effect, inflammatory effect, role of WBC's, role of epidermal growth factor, indications, precautions, and complications etc.

Biography

Md Obiedullah Baig has completed his Bachelor of Unani Medicine and Surgery (BUMS) from Tamil Nadu Dr. M.G.R. Medical University, India. He has completed his Post Graduate Diploma in Herbal Biotechnology from the University of Madras, MD from Indian Institute of Alternative Medicine & Research Centre, India. He is the Chief Editor of Dr Baigs Advance Unani magazine.

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