

The effect of Hijamah on different health parameters

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Summary. *Objectives:* To find Hijamah as preferred and accepted therapeutic procedure because of its effectiveness and safety in comparison to manufactured drugs toxicity. Cholesterol, triglycerides, blood sugar and blood pressure were selected to investigate the effectiveness of Hijamah in the current study. *Subject and Method:* twenty healthy females were selected as subjects for Hijamah in this study. The selected females were 25-38 years old. Their blood samples were collected and a routine biochemical assessment was carried out on collected venous blood samples. This assessment is carried out two times, once before Hijamah at baseline time and then after ten days of Hijamah. *Result:* The blood assessment results were compared and it is found that blood pressure (systolic and diastolic) was significantly reduced after Hijamah ($P < 0.05$). Furthermore, serum total cholesterol and fasting blood glucose levels were also found to be decreased after Hijamah ($P < 0.05$). *Conclusion:* According to these findings Hijamah is a therapeutic technique that can be effective in decreasing the risks of obesity as well as risks associated with cardiovascular diseases.

Keywords: Hijamah, wet cupping, dry cupping, traditional medicine, Kuwait

Introduction

Hijamah or Blood Cupping is used for therapeutic purposes in various populations around the world (1). The history of use of Hijamah was dated to Hippocrates time (400 BC) (2). Hijamah is considered a cultural practice in the Middle East for thousands of years. In eastern society, the ancient Egyptians were first who use the cupping practice. The first records of use of cupping in Egypt were found in their medical text-book Ebers Papyrus that was written in 1550 BC (3). The Hijamah practice is very old in the UK as well, and its records dated back a long time in the medical history of UK (3).

The Cupping practice can be performed in two ways, with wet-cupping and with dry-cupping. The dry-Cupping is more common in Far-East. Wet-Cupping and is more common in Middle East countries as well as in some parts of Europe (4).

The Dry-Cupping procedure is based on a single suction step. In this technique, the cups are used

to suck skins into the cups. The cups are moved and this therapy is known as moving cupping therapy. In Traditional Wet-Cupping therapy, the skin is cut superficially and cups are used to apply suctions on those cuts, therefore, the wet-cupping technique is a two steps procedure (2-4).

Hijamah is wet-cupping and it literally means to suck and it is one of the ancient methods that have been used in the treatment and cure of a broad range of conditions throughout the Eastern and Western societies. Hijamah is used to treat many medical conditions that include hemophilia, sciatica, migraine, back pains, rheumatic arthritis, and other blood related medical disorders. Traditionally, the primary purpose of cupping is to remove blood that is supposed to be detrimental to the body which in turn relieves the body of possible harm from symptoms leading to a reduction in health (2-4).

AlBalawi (5) suggested that cupping is a therapeutic procedure that can be effective in pain reliefs, to treat blood-related disorders, to relief in inflammatory conditions, and to boost mental and physical

