

Effect of Cupping Massage and Cupping in the Management of Arthralgia

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INTRODUCTION

Joint pain is referred to as Arthralgia in Medical Terminology, which is main symptom of the disease Arthritis. In Classical Unani Literature *Waja ul Mafasil* is ascribed for the condition. It is an Arabic term, where *Waja* means ‘pain’ and *Mafasil* means ‘joints’. Arthralgia is caused by inflammatory condition affecting joints and its surrounding muscle and ligaments¹. *Waja ul Mafasil* in initial stage can be treated easily but if it persists for a longer period it becomes difficult to treat.²

Management in Regimanal Therapy

Massage

Massage is a type of *Riyazat* which resolves and liquefies morbid matter collected and produces moderate heat and strengthen ligaments and muscle³

Since *wajul mafasal* (Arthralgia) is considered *Marz-e-Barid*, massage removes *burudat* and morbid material collected in joint spaces.

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Hijama

Hijama (Cupping) is one of the popular therapeutic regimen in Unani system of medicine done in different types of *Waja ul Mafasil*. It is beneficial for *Waja ul Mafasil* because it is used for *Tanqiya and Imalae mawad* (diversion and evacuation of morbid matter) from affected part it relives pain, resolves inflammation, produces localized heat by increasing local blood circulation^{4,5,6}

Jalinoos believed that *hijama* is beneficial in resolving *Ghaleez Khilt*⁷

Combined Therapy

Now a days Massage is combined with *Hijama* to get improved results. *Roghaniyat* (oils) used for the purpose are *Roghane Baboona, Roghane Surkh, Roghane Gule Aak, Roghane Malkangni, Roghane Kuchla, Roghane Shibit, Roghane Qust*^{8,9,10}

MATERIAL AND METHOD

This study was conducted in Shamim Ahmad Saeedi Unani speciality hospital for Joints pain (Funded by Department of AYUSH, Ministry of Health and Family Welfare, Govt of India, New Delhi) at on 30 patients with collaboration of P.G. Department of Moalijat of Jamia Tibbiya Deoband.

Since, hip and knee osteoarthritis are two most common forms of osteoarthritis affecting the general population. In view of this distribution of osteoarthritis and the ease of application of the cupping instrument, knee osteoarthritis was specifically selected for the study. Cupping massage was done with *Roghan Farfiyoon* for 3 minutes and thereafter multiple cups were placed for 10 minutes. The procedure was done on every alternate day for 28 days.

The patients were included on the basis of the clinical symptoms and signs viz. pain, swelling, restricted movement (flexion & extension), difficulty in walking and morning stiffness. The clinical signs and symptoms were recorded with scoring on the VAS on

alternate visit. The initial score was compared with final score and statistically analyzed using student's paired t test to assess the efficacy of the regimen.

Patients having treatment for the same disease for less than 2 months were excluded from the study. Patients having active heart diseases, active hepatic diseases, active renal disease, severe anaemia, and diabetes mellitus, pregnant and lactating women were also excluded from the study.

OBSERVATIONS AND RESULTS

Table 1: Statistical analysis for **PAIN**

Baseline Score	Final Score
2.37±0.56	0.90±0.40
t=15.82	p<0.001

Table 2: Statistical analysis for **SWELLING**

Baseline Score	Final Score
2.23±0.43	0.90±0.40
t=15.23	p<0.001

Table 3: Statistical analysis for **RESTRICTED MOVEMENT**

Baseline Score	Final Score
2.06±0.45	0.73±0.52
t=15.23	p<0.001

Table 4: Statistical analysis for **DIFFICULTY IN WALKING**

Baseline Score	Final Score
1.60±0.49	0.40±0.49
t=10.77	p<0.001

Table 5: Statistical analysis for **MORNING STIFFNESS**

Baseline Score	Final Score
0.83±0.69	0.20±0.41
t=6.24	p<0.001

Table 6: Statistical analysis for **CUMULATIVE SCORE**

Baseline Score	Final Score
9.10±1.39	3.17±1.48
t=22.62	p<0.001

DISCUSSION AND CONCLUSION

Cupping exhibits beneficial effects in wajaul mafasil muzmin (osteoarthritis) because it removes morbid material from joint space. The morbid material is the reason for the symptoms like pain, swelling, restricted movement and morning stiffness etc. Cupping massage followed by cupping most probably dilutes the toxin and morbid material collected in the joint space and making it readily expellable due to increased blood and lymphatic circulation along the affected joint space.^{3,11}

Thus with the above observations and results it is to conclude that cupping massage with Roghan Farfiyoon followed by cupping is most beneficial regimen for the management of osteoarthritis. Further it is proposed that some other oil with anti-inflammatory effect should be used for cupping massage and cupping should be applied for a longer period and more frequently for next study to establish the efficacy of cupping massage and cupping in the management of osteoarthritis.

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