

# Hijamah in Scientific Prospective

\*Dr. Rehana Alvi

\*\*Dr. Saima

\*Associate Professor, PG Deptt. of Moalejat, Jamia Tibbiya Deoband.

\*\* Physician, Shamim Ahmed Saeedi Unani Speciality Hospital for Waja-ul-Mafasil (Joints Pain) funded by Department of AYUSH Ministry of Health & Family Welfare Govt. of India, New Delhi

## Introduction:

As such there is no definition of *Hijamah* in Unani classical literature. Hijama translated as cupping, literally means to suck. Keeping in view of its all aspects, *Hijamah* can be defined as, “*Hijamah* is a Unani mode of treatment in which application of cup shaped glass vessels on the body surface, creating vacuum by heat or by special suction apparatus, in order to evacuate the morbid materials, to divert the morbid material from the diseased part, to return a displaced organ to its natural position or to encourage the blood flow to the site of *Hijamah*”. *Al-hajjam* is the name given to the cupper, and *hijamah* is the name given to this profession. *Al-mihjam* is the name given to the tool in which blood is collected and the *mishrat* is the instrument, which is used for scarification or prickling the skin (Blade, Lancet or Scalpel). Those persons who performed the hijamah (wet cupping) made him resistant to diseases. The accumulation of spoiled blood (old and fragmented part of RBCs) increases in the body with advancing age hindered the circulation of the whole blood, eventually paralyzed the work of the young red corpuscles results in hampered the normal growth and development of the body and vulnerable to various kinds of diseases. When one performed hijamah, the blood returned to its original condition and the stagnant blood went away (that blood which contained maximum rate of senile red corpuscles and their cells ghosts and abnormal shapes of red blood cells, and other impurities). The pressure on the blood circulation was lessened and the pure blood formed from young red corpuscles rushed to feed the cells and the body organs, and released them from harmful residues, damages and unwanted materials.

## Commonest Site of Toxins accumulation:

It is near the lower end of the shoulder blade (the scapula) in the two symmetric locations between the spine and the inside limit of the scapula. The hijamah (cupping) operation makes a kind of blood congestion in the upper part of the back these two symmetric places of back” by using air cups. This cup is applied on the upper frontal part of the back, near the lower end of the scapulae and on the two sides of the spine. This is because it is the calmest area in the body and void of moving joints. This area is a net of plexus capillaries of much ramification and profusion which makes the flow rate of blood circulation much less where the blood of the body precipitates its harmful precipitations (such as cell ghosts and dead of red blood cells) in it. A lab study was done on this case and found that the white corpuscles were less in this area of the back on the other hand the cupping blood (the Withdrawn blood by cupping) was full of cell ghosts, dead and abnormal red blood cells Which made the cupping operation very suitable here. A study of cupping operations was performed on the leg, the two jugular veins, and the back near the pelvis. The cupping blood in these places was similar to the vein blood.

## Timing of Hijamah

During Hijamah (Cupping operation) following four points have been considered.

- 1. The annual time:** It is usually performed from year to year for both the healthy and the patient. It is used as prophylaxis for the healthy and a medicine for the patient.
- 2. The seasonal time:** Hijamah should be performed before the summer season to relieve from the intensity of heat. The best season for Hijamah is spring time (April, May and perhaps late of March and the early of June). If the seventeenth of the lunar month in April has cold weather, we wait until the weather becomes moderate and warm during the period of this lunar month (17-27) then we start Hijamah.
- 3. The Monthly Time:** Cupping should be start when the full moon begins to decrease i.e. seventeenth day of the lunar month and it will certainly be the first day for performing Cupping until the twenty-seventh day.

### Material and Methods:

This study was performed on 30 cases of Low back pain in the OPD and IPD section of “Shamim Ahmed Saeedi Unani Speciality Hospital for Waja-ul-Mafasil (Joints Pain)” funded by Department of AYUSH Ministry of Health & Family Welfare Govt. of India, New Delhi from the period extending from 05-09-2015 to 20-09-2015 the duration of study was two weeks. The patients are advised not to take any other treatment and follow up was done on twice a week basis. WOMAC scale is applied for the improvement of the clinical outcome.

### The Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC)

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Instructions: Please rate the activities in each category according to the following scale of difficulty: 0 = None, 1 = Slight, 2 = Moderate, 3 = Very, 4 = Extremely

Circle **one number** for each activity \_\_\_\_\_

Pain 1. Walking 0 1 2 3 4

2. Stair Climbing 0 1 2 3 4

3. Nocturnal 0 1 2 3 4

4. Rest 0 1 2 3 4

\_\_\_\_\_ 5. Weight bearing 0 1 2 3 4

Stiffness 1. Morning stiffness 0 1 2 3 \_ 4

\_\_\_\_\_ 2. Stiffness occurring later in the day 0 1 2 3 4

Physical Function 1. Descending stairs 0 1 2 3 4

2. Ascending stairs 0 1 2 3 4

3. Rising from sitting 0 1 2 3 4

4. Standing 0 1 2 3 4

5. Bending to floor 0 1 2 3 4

6. Walking on flat surface 0 1 2 3 4

7. Getting in / out of car 0 1 2 3 4

8. Going shopping 0 1 2 3 4

9. Putting on socks 0 1 2 3 4

10. Lying in bed 0 1 2 3 4

11. Taking off socks 0 1 2 3 4

12. Rising from bed 0 1 2 3 4  
 13. Getting in/out of bath 0 1 2 3 4  
 14. Sitting 0 1 2 3 4  
 15. Getting on/off toilet 0 1 2 3 4  
 16. Heavy domestic duties 0 1 2 3 4  
 17. Light domestic duties 0 1 2 3 4  
 Total Score: \_\_\_\_\_ / 96 = \_\_\_\_\_ %

Inclusion and Exclusion criteria are given below.

**Inclusion Criteria:-**

- (1) Patient with low back pain
- (2) Morning stiffness
- (3) Limitations of movement

**Exclusion Criteria:-**

- (1) Patient having other concomitant disease with low back pain
- (2) Patient with any deformity.
- (3) Patient who did not complete the trial.

**Observation:**

SHAMIM AHMAD SAEEDI UNANI SPECIALITY HOSPITAL FOR WAJAUUL MAFASIL FUNDED BY:-DEPTT.OF AYUSH MINISTRY OF HEALTH FAMILY WELFARE GOVT.OF INDIA-NEW DELHI						
Table of the patients treated in Shamim Ahmad Saeedi Hospital to show the response of HIJAMAH (CUPPING)in LOW BACK PAIN						
<b>MAXIMUM WOMAC SCORE=96</b>						
NO. OF PATIENT SELECTED FOR STUDY	WOMAC SCORE BEFORE TREATMENT	WOMAC SCORE AFTER Ist. CUPPING	WOMAC SCORE AFTER IIInd. CUPPING	WOMAC SCORE AFTER IIIrd. CUPPING	WOMAC SCORE AFTER IVth. CUPPING	RESULT
1.	72	72	58	36	20	GOOD
2.	56	40	20	10	0	EXCELLENT

3.	69	54	42	26	10	GOOD
4.	63	48	30	0	0	EXCELLENT
5.	61	61	61	56	56	LOW RESPONCE
6.	57	36	20	4	0	EXCELLENT
7.	71	71	71	74	74	NO RESPONCE
8.	70	58	40	30	18	GOOD
9.	64	50	42	26	0	EXCELLENT
10.	64	58	46	32	26	GOOD
11.	71	50	36	30	22	GOOD
12.	58	52	41	25	12	GOOD

13.	64	48	32	22	12	GOOD
14.	69	55	30	22	0	EXCELLENT
15.	53	46	33	23	15	GOOD
16.	62	58	39	24	10	GOOD
17.	65	65	65	65	65	NO RESPONCE
18.	56	38	32	26	18	GOOD
19.	49	33	12	0	0	EXCELLENT
20.	62	47	32	16	10	GOOD
21.	61	50	48	32	18	GOOD
22.	59	38	26	22	16	GOOD

23.	70	58	34	28	12	GOOD
24.	58	40	26	12	0	EXCELLENT
25.	63	56	40	32	18	GOOD
26.	56	32	25	8	0	EXCELLENT
27.	61	49	27	20	11	GOOD
28.	60	46	32	28	16	GOOD
29.	64	60	42	30	0	EXCELLENT
30.	62	48	30	24	16	GOOD

### RESULT-

In a 2 weeks study in which the dry cupping episodes were given to the patient twice a week the results were as follows.

EXCELLENT :- 09

GOOD :-18

LOW RESPONSE:-01

NO RESPONSE:- 02

**SHAMIM AHMED SAEEDI UNANI SPECIALITY HOSPITAL FOR JOINTS PAIN-  
DEOBAND**

*Funded by :-Deptt. of Ayush, Ministry of Health and Family Welfare Govt. of India-New Delhi*

**The Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC) Score**

NAME OF PATIENT.....CR.NO.....

AGE.....SEX..... DATE OF ASSESSMENT.....

**SCALE OF DIFFICULTY: None=0, Slight=1, Moderate=2, Very Much=3, Extreme=4**

PAIN		None	Slight	Moderate	V. much	Extreme
1	WALKING	0	1	2	3	4
2	STAIR CLIMBING	0	1	2	3	4
3	NOCTURNAL	0	1	2	3	4
4	REST	0	1	2	3	4
5	WEIGHT BEARING	0	1	2	3	4
STIFFNESS						
1	MORNING STIFFNESS	0	1	2	3	4
2	STIFFNESS OCCURRING LATER IN THE DAY	0	1	2	3	4
PHYSICAL FUNCTIONS						
1	DESCENDING STAIRS	0	1	2	3	4
2	ASCENDING STAIRS	0	1	2	3	4
3	RISING FROM SITTING	0	1	2	3	4
4	STANDING	0	1	2	3	4
5	BENDING TO FLOOR	0	1	2	3	4
6	WALKING ON FLAT SURFACE	0	1	2	3	4
7	GETTING IN / OUT OF CAR	0	1	2	3	4
8	GOING SHOPPING	0	1	2	3	4
9	PUTTING ON SOCKS	0	1	2	3	4
10	LYING IN BED	0	1	2	3	4
11	TAKING OFF SOCKS	0	1	2	3	4
12	RISING FROM BED	0	1	2	3	4
13	GETTING IN/OUT OF BATH	0	1	2	3	4
14	GETTING ON/OFF TOILET	0	1	2	3	4
15	SITTING	0	1	2	3	4
16	HEAVY DOMESTIC DUTIES	0	1	2	3	4
17	LIGHT DOMESTIC DUTIES	0	1	2	3	4
TOTAL SCORE=96	ACHIEVED SCORE					

## **Conclusion:**

In 9 cases out of 30, study reported that pain decreased more rapidly within 2 weeks i.e. 30% shows excellent response and pain continued to decrease rapidly in 18 patients, It means that 60% cases show good response. The study provided data within 2 weeks follow up showed that pain levels remained nearly constant in 1 case i.e. shows low response while only 2 patients (6.66%) shows no response in reducing the pain after completing the treatment.

So, it was concluded from the study that cupping is more effective in Low back pain. Cupping was acceptable to almost all the patients as it was easy to process and is devoid of side effects.