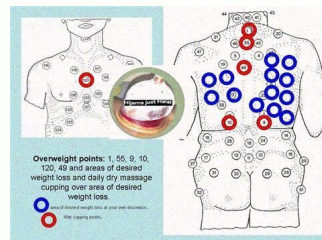
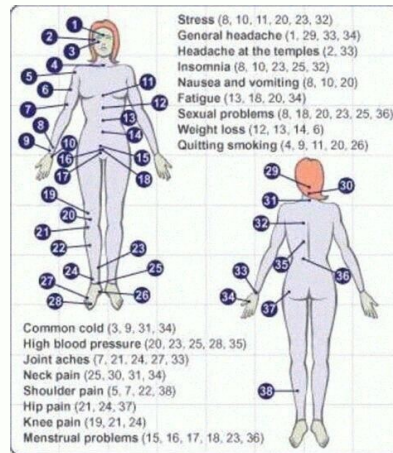


Fatigue. 2012;7:e31793. doi: 10.1016/j.jams.2018.02.001. [PMC free article] [PubMed] [CrossRef] [Google Scholar]14. 2018:474–480. More research is required to prove the benefit of such method in exercise associated muscle cramps as an adjuvant to traditional regimen for managing leg cramps. Tradit. Neurol. A cup refers to the Egyptian glyph for doctor. Integr. Int J Complement Alt Med. Facilitates healing process and strengthens immune system. Side Effects[edit | edit source] Cupping is a low-risk therapy. ↑ Bhikha R, Saville J. doi:10.1016/j.jtcme.2018.03.003 ↑ Cleveland Clinic.

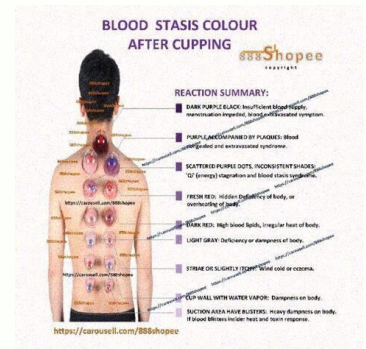


↑ Dinall AM, Mohsen M.K., Reza M., Mohammad A., Keyvan H.M. Wet-Cupping Is Effective on Persistent Nonspecific Low Back Pain: A Randomized Clinical Trial. Fatigue. 2012;7:e31793. doi: 10.1016/j.jams.2018.02.001. [PMC free article] [PubMed] [CrossRef] [Google Scholar]14. 2018:474–480. More research is required to prove the benefit of such method in exercise associated muscle cramps as an adjuvant to traditional regimen for managing leg cramps. Tradit. Neurol. A cup refers to the Egyptian glyph for doctor. Integr. Int J Complement Alt Med. Facilitates healing process and strengthens immune system. Side Effects[edit | edit source] Cupping is a low-risk therapy. ↑ Bhikha R, Saville J. doi:10.1016/j.jtcme.2018.03.003 ↑ Cleveland Clinic. Amanda tries Acupuncture and Cupping. Cupping Therapy: An Overview from a Modern Medicine Perspective. The blood vessels will expand and is used to create a massage effect. Rev. Next, they do a second suction to draw out a small quantity of blood[9] [10] Oil cupping / Sliding cupping : Its a technique where massage oils are applied, cups are attached to the body and then slide across an area.[11][12] Flash cupping / Empty cupping : It involves quick repeated application of cups, with minimal retention. If therapist/practitioner have not had training in a modality, or are not taking extra training to treat certain conditions, then precaution must be taken.[27] Procedure / Use Of Cupping In Physiotherapy[edit | edit source] A Physiotherapist utilizes a rubber pump to create a vacuum and this causes the skin to rise. Zhang Y.J., Cao H.J., Li X.L., Yang X.Y., Lai B.Y., Yang G.Y., Liu J.P. Cupping therapy versus acupuncture for pain-related conditions: A systematic review of randomized controlled trials and trial sequential analysis. 2020;18:303–312. WM(1) RR 1.22 (1.08, 1.37), p = 0.001(2) MD -3.29 (-8.22, 1.64), p = 0.19Cupping + AT vs. doi: 10.1016/j.ctim.2008.05.003. Headaches. doi: 10.1186/1472-6882-12-184. Available from [last accessed 05/11/2020] ↑ Bay state physical therapy. Cupping therapy for patients with chronic urticaria: A systematic review and meta-analysis. Moura C.C., Chaves E.C.L., Cardoso A., Nogueira D.A., Correa H.P., Chianca T.C.M. Cupping therapy and chronic back pain: Systematic review and meta-analysis. Enhanced blood flow under the cups draws impurities and toxins away from the nearby tissues and organs towards the surface for elimination.[3][4] History[edit | edit source] Cupping is a treatment that has been used for a number of ailments for thousands of years. Moving cupping therapy for plaque psoriasis: A PRISMA-compliant study of 16 randomized controlled trials. Integr. Medical News Today. Med. 2009;28:53–68. 2019;9:90–97. 2016;16:1. Appl. Ma

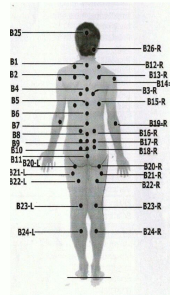
S.Y., Wang Y., Xu J.Q., Zheng L. Altern. Seo J.H. Cupping Treatment for Migraine: A Systematic Review of Randomized Controlled Trial. According to Galen, the principle of indication for blood letting is to eliminate residues or divert blood from one part to another. Blisters : second degree Of burn than can caused by dry cups if stayed for long time. J Tradit Complement Med. Meridian Stud. This is because it is influenced both by natural phenomena, such as the seasons and climate and by internal states, such as emotional stress. Is cupping an effective treatment? [PubMed] [CrossRef] [Google Scholar]26. doi: 10.1016/j.jtcms.2014.11.012. Ther. Cupping. Acupunct. According to Daoist philosophy, no individual could exist unless it is connected to nature. Available from ↑ Cupping Therapy ↑ ICAHT Centre Of Integrative Medicine.



Lu S., Du S., Fish A., Tang C., Lou Q., Zhang X. BMJ Open. Cupping therapy with buffalo horns in Indonesia . Health Med. J Evid Based Complementary Altern Med. Nat. ↑ Dinall AM. Mohsen M.K., Reza M., Mohammad A., Keyvan H.M. Wet-Cupping Is Effective on Persistent Nonspecific Low Back Pain: A Randomized Clinical Trial. Fatigue. 2012;7:e31793. doi: 10.1016/j.jams.2018.02.001. [PMC free article] [PubMed] [CrossRef] [Google Scholar]14. 2018:474-480. More research is required to prove the benefit of such method in exercise associated muscle cramps as an adjuvant to traditional regimen for managing leg cramps. Tradit. Neurol. A cup refers to the Egyptian glyph for doctor. Integr. Int J Complement Alt Med. Facilitates healing process and strengthens immune system. Side Effects[edit | edit source] Cupping is a low-risk therapy. ↑ Bhikha R, Saville J. doi:10.1016/j.jtcme.2018.03.003 ↑ Cleveland Clinic. Amanda tries Acupuncture and Cupping. Cupping Therapy: An Overview from a Modern Medicine Perspective. The blood vessels will expand and is used to create a massage effect. Rev. Next, they do a second suction to draw out a small quantity of blood[9] [10] Oil cupping / Sliding cupping : Its a technique where massage oils are applied, cups are attached to the body and then slide across an area.[11][12] Flash cupping / Empty cupping : It involves quick repeated application of cups, with minimal retention. If therapist/practitioner have not had training in a modality, or are not taking extra training to treat certain conditions, then precaution must be taken.[27] Procedure / Use Of Cupping In Physiotherapy[edit | edit source] A Physiotherapist utilizes a rubber pump to create a vacuum and this causes the skin to rise. Zhang Y.J., Cao H.J., Li X.L., Yang X.Y., Lai B.Y., Yang G.Y., Liu J.P. Cupping therapy versus acupuncture for pain-related conditions: A systematic review of randomized controlled trials and trial sequential analysis. 2020;18:303-312. WM(1) RR 1.22 (1.08, 1.37), p = 0.001(2) MD -3.29 (-8.22, 1.64), p = 0.19Cupping + AT vs.



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Lu S., Du S., Fish A., Tang C., Lou Q., Zhang X. BMJ Open. Cupping therapy with buffalo horns in Indonesia . Health Med. J Evid Based Complementary Altern Med. Nat. ↑ Dinall AM. Mohsen M.K., Reza M., Mohammad A., Keyvan H.M. Wet-Cupping Is Effective on Persistent Nonspecific Low Back Pain: A Randomized Clinical Trial. *Fatigue*. 2012;7:e31793. doi: 10.1016/j.jams.2018.02.001. [PMC free article] [PubMed] [CrossRef] [Google Scholar]14. 2018:474-480. More research is required to prove the benefit of such method in exercise associated muscle cramps as an adjuvant to traditional regimen for managing leg cramps. Tradit. Neurol. A cup refers to the Egyptian glyph for doctor. Integr. Int J Complement Alt Med. Facilitates healing process and strengthens immune system. Side Effects[edit | edit source] Cupping is a low-risk therapy. ↑ Bhikha R, Saville J. doi:10.1016/j.jtcme.2018.03.003 ↑ Cleveland Clinic. Amanda tries Acupuncture and Cupping. Cupping Therapy: An Overview from a Modern Medicine Perspective. The blood vessels will expand and is used to create a massage effect. Rev. Next, they do a second suction to draw out a small quantity of blood[9] [10] Oil cupping / Sliding cupping : Its a technique where massage oils are applied, cups are attached to the body and then slide across an area.[11][12] Flash cupping / Empty cupping : It involves quick repeated application of cups, with minimal retention. If therapist/practitioner have not had training in a modality, or are not taking extra training to treat certain conditions, then precaution must be taken.[27] Procedure / Use Of Cupping In Physiotherapy[edit | edit source] A Physiotherapist utilizes a rubber pump to create a vacuum and this causes the skin to rise. Zhang Y.J., Cao H.J., Li X.L., Yang X.Y., Lai B.Y., Yang G.Y., Liu J.P. Cupping therapy versus acupuncture for pain-related conditions: A systematic review of randomized controlled trials and trial sequential analysis. 2020;18:303-312.

WM(1) RR 1.22 (1.08, 1.37), p = 0.001(2) MD -3.29 (-8.22, 1.64), p = 0.19Cupping + AT vs. doi: 10.1016/j.ctim.2008.05.003. Headaches. doi: 10.1186/1472-6882-12-184. Available from [last accessed 05/11/2020] ↑ Bay state physical therapy. Cupping therapy for patients with chronic urticaria: A systematic review and meta-analysis. Moura C.C., Chaves E.C.L., Cardoso A., Nogueira D.A., Correa H.P., Chianca T.C.M. Cupping therapy and chronic back pain: Systematic review and meta-analysis. Enhanced blood flow under the cups draws impurities and toxins away from the nearby tissues and organs towards the surface for elimination.[3][4] History[edit | edit source] Cupping is a treatment that has been used for a number of ailments for thousands of years. Moving cupping therapy for plaque psoriasis: A PRISMA-compliant study of 16 randomized controlled trials. Integr. Medical News Today. Med. 2009;28:53-68. 2019;9:90-97. 2016;16:1. Appl. Ma S.Y., Wang Y., Xu J.Q., Zheng L. Altern. Seo J.H. Cupping Treatment for Migraine: A Systematic Review of Randomized Controlled Trial. According to Galen, the principle of indication for blood letting is to eliminate residues or divert blood from one part to another. Blisters : second degree Of burn than can caused by dry cups if stayed for long time. J Tradit Complement Med. Meridian Stud. This is because it is influenced both by natural phenomena, such as the seasons and climate and by internal states, such as emotional stress. Is cupping an effective treatment? [PubMed] [CrossRef] [Google Scholar]26. doi: 10.1016/j.jtcms.2014.11.012. Ther. Cupping. Acupunct. According to Daoist philosophy, no individual could exist unless it is connected to nature. Available from ↑ Cupping Therapy ↑ ICAHT Centre Of Integrative Medicine. Ther. Simon and Schuster; 2003 Dec 23. Check for cracks, wound and raised local temperature. As defined by the Alternative Medicine Association, alternative medicine refers to practices that are unproven, disproven, impossible to prove, or excessively harmful relative to their effects. [Google Scholar]27. Graduate School of Wonkwang University; Iksan, Korea: 2018. Cupping therapy and chronic back pain: systematic review and meta-analysis. Eber's papyrus (1550 BCE) is the first documented instance of this therapy in North Africa. After hijama cupping, dressing must be done. doi: 10.1016/S2005-2901(11)60001-0. Take consent if required. [14] Moxabustion cupping : Moxibustion Cupping is the same as Weak or Medium Cupping, with the addition of moxibustion. WMHerpes zosterRR 2.07 (1.77, 2.43), p < 0.00001Facial paralysisRR 1.49 (1.35, 1.65), p < 0.00001AcneRR 2.14 (1.40, 2.65), p = 0.0003Cervical spondylosisRR 2.07 (1.77, 2.43), p < 0.00001No confirm conclusion...UnclearLee (2010a) [23]KoreaStroke rehabilitationMar 20105 studies(3 RCTs, 2 UOS)All types -AT(1) Effective rate (2) VASHigh (1) p < 0.05 (2) p = 0.004Insufficient...UnclearSeo(2018) [24]KoreaMigraine Sep 20167 RCTsAll types -WM -AT(1) Effective rate(2) VASHigh vs. Methodol. Technol. Published 2018 Apr 30. Li J.Q., Guo W., Sun Z.G., Huang Q.S., Lee E.Y., Wang Y., Yao X.D. Cupping therapy for treating knee osteoarthritis: The evidence from systematic review and meta-analysis. 1. [PMC free article] [PubMed] [CrossRef] [Google Scholar]17. Taiwan J. Creating a literature database of low-calorie sweeteners and health studies: Evidence mapping. Available from [last accessed 14/10/2020] ↑ 24.0 24.1 Healthline. doi: 10.1016/j.ctcp.2018.07.001. Prevalence, pattern, and predictors of use of complementary and alternative medicine in Taiwan. 2018 Jun 1;11(3):83-7. World Sci. Elsevier Health Sciences.1999. doi: 10.1016/j.jns.2010.03.033. By defining justified beliefs and opinions, this framework establishes a theory of knowledge. Yang J., Ren X., Yang Q., Zhang W., Gao R. Clin. International journal of dermatology. 2016;4:93-104. Joints: Increased blood flow and secretion of synovial fluid. 2017;12:21. [PMC free article] [PubMed] [CrossRef] [Google Scholar]Page 2Summary of the included systematic reviews of cupping therapy.First Author (year) (Ref)CountryConditionSearch DateNo. of Primary StudiesCupping TherapyComparatorOutcomeOverall Risk of BiasEffect Estimates for Main Outcomes (Meta-Analysis)Conclusion (Quoted from the Original Paper)Overall Confidence Moura(2018) [9]BrazilChronic back painMay 201816 RCTsAll types -Sham-Waiting list-WM -NonePainHigh MD -1.59 (-2.07, -1.10), p = 0.001...has shown positive results ...EffectiveKim(2018) [10]KoreaNeck painJan 201818

RCTs All types - Usual care - AT - Waiting list - No treatment (1) Pain (2) Function High vs. The therapist then removes the cup and uses a small scalpel to make light, tiny cuts on your skin. Available from ↑ Cupping Therapy for Muscles and Joints: An Easy-to-Understand Guide for Relieving Pain, Reducing Inflammation and Healing Injury ↑ Amoura Productions. ↑ Mashloul ZT, Aowada MA. [PubMed] [CrossRef] [Google Scholar] 12. As a result, evidence-based medicine has been adopted, predominantly relying on anatomical dissection for diagnostic and/or therapeutic purposes. [7] Modern Cupping as western based cupping uses the plastic, silicon or glass cups with a vacuum seal to influence the myofascial tissue physiology. [PubMed] [CrossRef] [Google Scholar] 9. Available from [last accessed 14/10/2020] ↑ Al-Bedah AMN, Elsubai IS, Qureshi NA, et al. [CrossRef] [Google Scholar] 13. [PubMed] [CrossRef] [Google Scholar] 24. Unfortunately, medicine has been viewed solely from an epistemological standpoint, particularly Western allopathic medicine. [PMC free article] [PubMed] [CrossRef] [Google Scholar] 18. Pract. 2019;12(2):66-8. Saha F.J., Schumann S., Cramer H., Hohmann C., Choi K.E., Rolke R., Langhorst J., Rampp T., Dobos G., Lauche R. [Google Scholar] 25. Xing M., Ding X., Zhang J., Kuai L., Ru Y., Sun X., Ma T., Miao X., Liu L., Wang Y., et al. Available from [last accessed 14/10/2020] ↑ Nimrouzi M, Mahbodi A, Jaladat AM, Sadeghfard A, Zarshenas MM. Med. International Journal of Emerging Technologies and Innovative Research. Complement. VA evidence-based synthesis program reports. Academia.edu uses cookies to personalize content, tailor ads and improve the user experience. [PubMed] [CrossRef] [Google Scholar] 3. Cupping therapy. doi: 10.1186/s13020-017-0142-0. [PubMed] [CrossRef] [Google Scholar] 20. The Daoist model of holism informs the practice of cupping and other similar therapies in Chinese medicine. This causes the tissue beneath the cup to be drawn up and swell causing increase in blood flow to affected area. It is reported that Prophet Muhammed used it and advocated its use. Traditional Chinese Medicine Cupping Therapy (Third Edition), 2014 ↑ Timothy Huzar. A Science of Medicine. ↑ 21.0 21.1 Aboushanab TS, AlSanad S. Cupping can provide pain relief and help ease the symptoms of many common disorders of the bones and muscles. How to do cupping therapy. An imbalance in the body is caused by climate, emotions, and/or trauma, according to this concept. [6] Since Chinese medicinal researchers focus on observable principles of balance examined in living bodies, their traditional medicine practices are considered "alternative" by the dominant medical systems, despite having been practiced for centuries in cultures and countries around the world. Performing Hijama (Wet Cupping) at Cardiff Hijama Center UK - Testimonial By Mustafa. 2020;22:3358-3366. Al-Bedah A.M.N., Elsubai I.S., Qureshi N.A., Aboushanab T.S., Ali G.I.M., El-Olemy A.T., Khalil A.A.H., Khalil M.K.M., Alqaed M.S. The medical perspective of cupping therapy: Effects and mechanisms of action. Hijamat in traditional Persian medicine: risks and benefits. [last accessed 26/10/2020] ↑ Best Health Physio. Acupunct. Used for relaxation, well being and deep tissue massage. 2018 Nov 14;26:e3094. Lee M.S., Choi T.Y., Shin B.C., Han C.H., Ernst E. What to know about cupping therapy? Cupping therapy for treating ankylosing spondylitis: The evidence from systematic review and meta-analysis. After treatment, the skin around the rim of the cup may become irritated and marked in a circular pattern. AT(1) RR 1.05 (0.99, 1.12), p = 0.13...improves...effect of migraine ...Potentially effective Xing (2020) [17] China Plaque psoriasis Mar 2020 16 RCTs Moving cupping-Oral Chinese medicine-Placebo-WM(1) Recovery rate(2) Recurrence rate(3) VAS High(1) SMD -1.22 (-1.58, -0.85), p < 0.0001(2) RR 0.33 (0.16, 0.68), p = 0.003(3) WMD -0.27 (-0.71, 0.17), p = 0.22...could be an effective...Potentially effective Xiao (2020) [25] China Chronic urticaria May 2019 12 RCTs All types-AT-WM(1) Effective rate(2) Recurrence rate High Wet cupping vs. Cupping: east meets west. Med. AMSTAR 2: A critical appraisal tool for systematic reviews that include randomised or non-randomised studies of healthcare interventions, or both. Hempel S., Taylor S.L., Solloway M.R., Miake-Lye I.M., Beroes J.M., Shanman R., Booth M.J., Siroka A.M., Shekelle P.G. Evidence Map of Acupuncture. doi: 10.1371/journal.pone.0031793. 2020;99:e22539. [PubMed] [CrossRef] [Google Scholar] 4. [PMC free article] [PubMed] [CrossRef] [Google Scholar] 11. Face Cupping Gives Instant Facelift. Lee M.S., Kim J.I., Ernst E. doi: 10.1097/MD.00000000000022539. Over the centuries, cupping techniques and styles have often been influenced by their geographical location, as well as by the materials used in that area: animal horns, bamboo, ceramic, glass, metal, and plastic have all been used in this procedure found in Ancient Egyptian, Chinese, Unani, Korean, Tibetan, and Latin American cultures, whose purpose has been to assist the body in self-healing. [PubMed] [CrossRef] [Google Scholar] 19. A systematic review and meta-analysis. The medical perspective of cupping therapy: Effects and mechanisms of action. ↑ PT health. Skin infections, bruising, itching or scarring. [24] [26] Pre Investigations For Wet Cupping Or Blood Lenting [edit | edit source] Must: Haemogram, BT, CT, BSL Optional: HIV, HBSAG, VDRL, PT INR Who Can Perform Cupping Therapy? [edit | edit source] Cupping is easy, very safe modality to practice. Medicine. Combining the methods of cupping therapy can bring about benefits in various conditions. Dry Cupping Massage Treatment At ICAHT Centre Leicester . Miake-Lye I.M., Hempel S., Shanman R., Shekelle P.G. What is an evidence map? J. A systematic review of published evidence maps and their definitions, methods, and products. BMJ. 2021 Dec. Department of Veterans Affairs; Washington, DC, USA: 2014. Surface should be cleaned or disinfected before cupping. Res. Complement. It is completely unregulated, and therefore it can be performed by anyone. [PMC free article] [PubMed] [CrossRef] [Google Scholar] 10. In most cases, the cups can be used at rest or while moving. doi: 10.1080/10641963.2018.1510939. what is cupping therapy? The side effects will typically occur during your treatment or immediately after. Ther. 2017;24:26-32. (Refer the videos below for more information) [34] [35] Recent Developments in use of Cupping Therapy [edit | edit source] It is known through research over years that cupping can improve local blood flow, alleviate muscle pain and reduce muscle stiffness. Tradit. Med. 2017;28:152-160. Cao H.J., Han M., Zhu X.S., Liu J.P. An overview of systematic reviews of clinical evidence for cupping therapy. Med. Syst. Journal of acupuncture and meridian studies. Used to treat: Blood disorders such as anemia and hemophilia Rheumatic diseases such as arthritis and fibromyalgia Gynecological disorders Skin problems: eczema and acne [24] High blood pressure Migraines, Anxiety and depression Varicose veins Effects [edit | edit source] Skin: Improved metabolism in skin tissue, better functioning of sebaceous and sweat glands, improved healing and improved skin resistance. [25] Muscles: Stimulates blood flow and lymphatic drainage. cupping(1) OR 8.79 (4.20, 18.40), p < 0.0001(2) SMD -0.54 (-0.79, -0.29), p < 0.001(3) SMD -0.42 (-0.67, -0.17), p = 0.001(4) SMD -0.46 (-0.75, -0.17), p = 0.002 Insufficient...Unclear Cupping therapy is one of the oldest and most effective method of releasing the toxins from body tissue and organs. [1] [2] It is also known as vacuum cupping, hijama cupping, horn treatment etc. Nausea. active control(1) MD -0.89 (-1.42, -0.37), p = 0.0009(2) MD -4.36 (-8.67, -0.04), p = 0.05... reduce neck

pain...Potentially effectiveLu (2018) [11]ChinaHypertension May 20187 RCTsWet cupping-WM -AT(1) SBP(2) DBP (3) Antihypertensive effect(4) Effective rateHigh (1) MD -2.24 (-9.13, 4.65), p = 0.52 (2) MD -2.11 (-8.85, 4.64), p = 0.54 (3) RR 1.09 (0.99, 1.20), p = 0.07(4) RR 1.22 (1.05, 1.40), p = 0.007... no firm conclusions ...UnclearMa (2018) [18]ChinaAnkylosing spondylitis Dec 20175 RCTsAll types -Sham/placebo-WM(1) BASFI (2) BASDAI(3) ESRHigh (1) MD -16.63 (-17.75, -15.51), p < 0.00001(2) MD -9.93 (-10.34, -9.52), p < 0.00001(3) MD -3.96 (-4.69, -3.23), p < 0.00001...weak evidence ...Potentially effectiveLi(2017) [19]ChinaKnee osteoarthritisJan 20177 RCTsAll types -Sham/placebo-WMWOMAC(1) Pain (2) Stiffness(3) Physical functionHigh vs. Pract. The holistic philosophy maintains that systems and their properties can only be understood as a whole and not as parts. [PMC free article] [PubMed] [CrossRef] [Google Scholar]23. Hijamah: An important regimen of Ilaj bit Tadbeer. Res. Med. Available from ↑ Naik, R. It reduces local congestion and stimulate circulation over a broader area.[13][12] 2-Method of Suction[edit | edit source] Manual Suction: use of manual pump of plastic cups to control the suction. Cupping: time to re-evaluate its position. Available from ↑ OSC. Digestive system: Increased peristalsis and secretion of digestive fluids, better digestion and excretion. Cupping Therapy can be very relaxing and help to reduce muscular restrictions, scars and adhesions, to decrease swelling, increase range of motion.[33] Pre and post procedure[edit | edit source] Proper counselling should be done to the patient about the procedure and about post treatment marks or scars. Available from ↑ Beauty Insider. Int. Sci. [PubMed] [CrossRef] [Google Scholar]5. Chin. 2010;16:48-54. doi: 10.1159/000454872.

Wet cupping for hypertension: A systematic review and meta-analysis. J. Cupping Therapy. Tibb Institute. Cao H., Li X., Liu J. Cupping therapy. It is a practice in which the therapist puts special cups on the skin to create suction. doi: 10.1016/j.ctcp.2017.06.003. WMRR 1.15 (1.91, 3.24), p = 0.005...appears to be effective...Potentially effectiveCao (2012) [22]ChinaSeveral conditionsDec 2010135 RCTs Herpes zoster (15 RCTs)Facial paralysis (15 RCTs)Acne (6 RCTs)Cervical spondylosis (6 RCTs)Other conditions (93 RCTs)All types -WM -ATEffective rateHigh vs. doi: 10.1590/1518-8345.2888.3094. [PMC free article] [PubMed] [Google Scholar]22. ↑ Chirali I Z. 2019 Apr 1;9(2):90-7. Complement. Cao H., Zhu C., Liu J. Mater. Blood: Improved blood circulation, improved functioning of RBC and WBC. Med. Aboushanab T.S., AlSanad S. Wolffe T.A.M., Whaley P., Halsall C., Rooney A.A., Walker V.R. Systematic evidence maps as a novel tool to support evidence-based decision-making in chemicals policy and risk management. Cupping. [Google Scholar]16. BMC Complement. According to Ge Hong (281-341 CE), animal horns were used to drain body fluids in Asia during the Jin dynasty. Rev Lat Am Enfermagem. It is safe, non invasive and inexpensive treatment.[22] Rejuvenation of body organs. UnclearCao (2010) [21]ChinaHerpes zoster Feb 20098 RCTsWet cupping-No treatment-Placebo-WMEffective rate High vs. 2018;11:83-87. A reflection on cupping therapy and historical medical dominance. Cupping therapy: A prudent remedy for a plethora of medical ailments. After the procedure, apply moisturizer or antiseptic cream to prevent any possible infection. Available from [last accessed 14/10/2020] ↑ Yoo SS, Tausk F. Benefits of Cupping Therapy. Clin. An overview of systematic reviews. Other areas, such as the face, may also be treated by cupping.[30] According to research studies, it is recommended that cups should be on the skin for no more than 5-10 minutes.The residual marks left from cupping disappear in 1-10 days.[31] Significance[edit | edit source] Cupping helps to increase the blood flow to sore areas in muscles.[32] It provides necessary nutrients to the area being treated and promotes healing. Tradit. To learn more, view our Privacy Policy. Chin. J. Localized ailments that benefit from cupping therapy include a headache, lower back pain, neck pain, and knee pain. Journal of traditional and complementary medicine. 2015 Feb;1(1):1-0. doi: 10.1016/j.joim.2020.05.004. ↑ ICAHT Centre Of Integrative Medicine. Wang D.D., Shams-White M., Bright O.J., Parrott J.S., Chung M. 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RCTs; Others, 12 RCTs) All types ATEffective rateHigh Cervical spondylosisRR 1.13 (1.01, 1.26), p = 0.04Lateral femoral cutaneous neuritis RR 1.10 (1.00, 1.22), p = 0.71Scapulohumeral periarthritisRR 1.31 (1.15, 1.51), p = 0.84Cupping ...safe... relieving pain. doi: 10.1016/j.jtcme.2018.03.003. [PubMed] [CrossRef] [Google Scholar]6. 2015;2:3-10. Available from
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