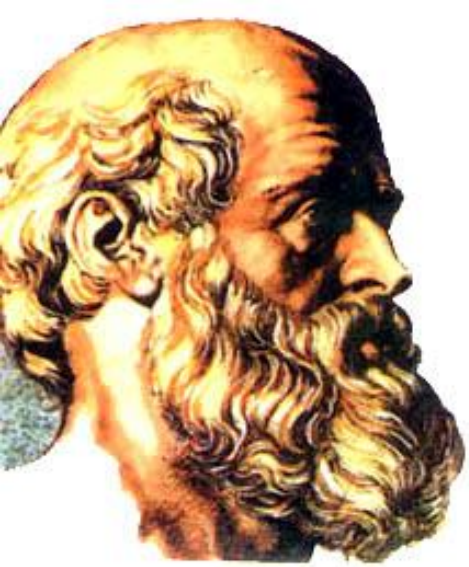


BASIC PRINCIPLES OF CUPPING THERAPY

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“ If you dismiss and neglect the experience of the ancients and believe that you will find the right path only in the newest treatments, you fool yourself and the people around you.”

Hippocrates

INTRODUCTION

- × Practice of cupping 5000 years old.
- × Used across the Globe
- × The cups & the technique have changed with time – effect remaining the same
- × Broad spectrum of health disorders
- × Safe comfortable therapy
- × Requires simple, inexpensive instruments
- × Highly effective results.

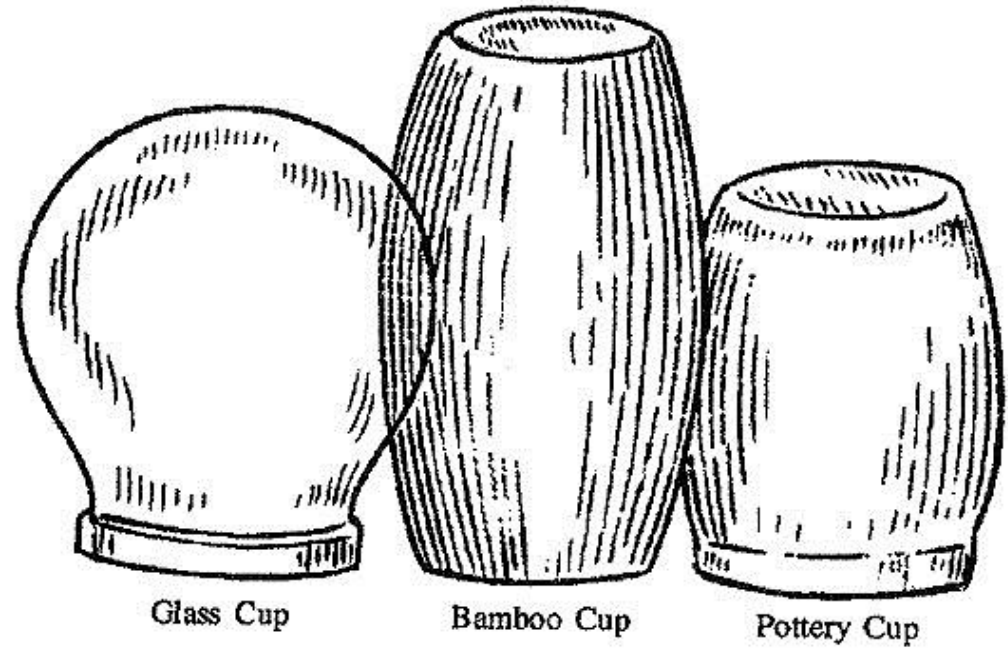
INTRODUCTION

- × Performance of Cupping in its strict regular conditions gave amazing results & complete recovery of many cases of
- × cancer, paralysis, hemophilia, migraine, angina pectoris, Hodgkin's disease and
- × some improvement in asthma & rheumatism.

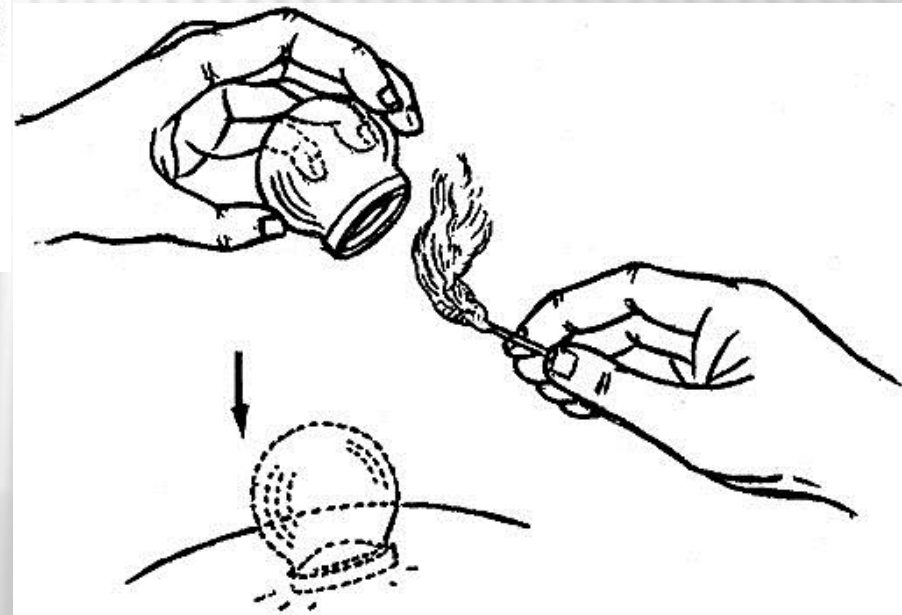
WHAT IS CUPPING ?

- ✘ Traditional Natural Method.
- ✘ Use of suction cups for therapy.
- ✘ No medicines involved.
- ✘ Applied correctly, is harmless with no adverse side effects.

CUPPING - HIJAMA



Fire Cupping



CUPPING



GOAL OF CUPPING

- ✘ To strengthen or activate the organisms' self-healing powers, when these are not able to do so on their own.

The natural efforts of the body – the preservation or restoration of health.

BENEFITS OF CUPPING

- × **Stimulates & Supports** the options that nature has provided the body to resist disease.
- × **Improves & complements** other therapeutic methods.

MODE OF ACTION

To better recognize the effects of Cupping therapy, understanding **two basic aspects** of life-

- The body structure
- The functional processes

Functional harmony of the organ systems guarantees completion of all **life processes**.

MODE OF ACTION

Cupping consists of **two components**-

- × **Segmental Therapy** - Location of the cup
- × **Regulation Therapy** - Extravasates act as stimuli

Both the components affect the source of illness but not healthy body tissues or functions.

MODE OF ACTION

- × **Cups placed on the skin** – have regulating & stimulating effect on the whole body – curative effect on the disease
- × Reflex connections between the body's surface and the diseased organ are utilized- the so- called **cutivisceral reflex paths**.

CUPPING - THERAPEUTICS

- × **Cutivisceral reflex paths (Viscero-cutaneous nerve paths) or Head's Zones** – are the basis of Cupping Therapy –treatment at the skin areas that are connected to the diseased viscera via nerve tracts- **Segmental Therapy**- skin plays the key role
- × **Head's Zones** – Affected areas on the skin (British neurologist, Henry Head)

HEAD'S ZONES

Each organ is represented in one zone, Eg.

- × Heart – C3-T4 Predominantly left
- × Stomach-T8-T9 Predominantly left
- × Liver/ G.B.- T8-T11 Right
- × Spleen- T11 Left
- × Kidneys/ Ureters T8-S4 Left/ Right
- × Uterus/ ovaries/ testes- T10-L3 Left or Right

Important for segmental therapy & diagnosis

SEGMENTS / DERMATOMES

- × **Skin surface** is divided into **segments** corresponding to the **entrance & exit** levels of the **spinal roots** of the spinal cord.
- × Every **skin segment** at the same time has **neural connections** to **viscera** in the thoracic, abdominal & sacral space.
- × The diseased organ sends stimuli via the nerves to the corresponding skin areas in the form of tension, swelling, pain, or atrophy.

VISCERO-CUTANEOUS REFLEX PATH

- × Organ – spinal cord - skin connections
- × Operate according to the principle of interaction.
- × By placing the **cups on the skin** – we **activate** the **receptors in the skin** – improved localized **blood flow** & via the **neural path** more **blood** flow to the **concerned viscera** also.

MODE OF ACTION

At the cupping site –

Stimulating circulation - widening the blood vessels - increasing the blood flow - strengthening of metabolism – faster elimination of substances

“to rid one’s self with impure blood”.

EFFECT OF CUPPING- SEGMENTAL THERAPY

- × Stimulates the body's defense
- × Retuning & regulation of disturbed body functions.
- × Alleviation of pain & cramping
- × Improvement in blood circulation
- × Inhibition of inflammation

EFFECT OF CUPPING-RETUNING & REGULATION OF BODY FUNCTIONS

- × At site of the suction cups-extravasates are created- **eliminates blockages**-due to focal disturbance or excessive consumption of chemicals which delay the natural processes & make the organism ill.
- × **Regulation Therapy**- stimulus applied to increase the organism's power of resistance & hence serve to retune disturbed self regulatory mechanisms.

EFFECT OF CUPPING- STIMULATING CIRCULATION

- × Site of the suction cups- **blood vessels** are **widened** – increased **blood flow** – **metabolism** strengthened – **faster elimination** of substances that cause **pain & cramping**.

EFFECT OF CUPPING- ANTI-INFLAMMATORY

- × Site of the suction cups-extravasates are created-ie. **Hematomas (bruises)** - cause **strong irritation**- which **activates** body's own localized & generalized healing powers and therefore has an anti-inflammatory effect

EFFECTS OF CUPPING

Most visible effects are in:

- × Acute & subacute bronchitis
- × Angina
- × Influenza
- × Pneumonia
- × Major common colds

Cupping therapy can be combined with other therapies- **Advantage**

METHODS OF APPLICATION

- × Dry Cupping – Bloodless Cupping
- × Wet Cupping – Bloody Cupping
- × Cupping Massage-has stronger effect on blood circulation

“ Nature heals from inside, with the assistance of external remedies.”

- Thomas

Aquinas

THANK YOU!