

What is Hijama (Cupping Therapy)?



Cupping therapy is an ancient form of alternative medicine in which a therapist puts special cups on your skin for a few minutes to create suction.

People get it for many purposes, including to help with pain, inflammation, blood flow, relaxation and well-being, and as a type of deep-tissue massage.

The cups may be made of:

- Glass
- Bamboo
- Earthenware
- Silicone

Cupping therapy might be trendy now, but it's not new. It dates back to ancient Egyptian, Chinese, and Middle Eastern cultures. One of the oldest medical textbooks in the world, the *Ebers Papyrus*, describes how the ancient Egyptians used cupping therapy in 1,550 B.C.

Types Of Cupping

There are different methods of cupping, including:

- Dry
- Wet

During both types of cupping, your therapist will put a flammable substance such as alcohol, herbs, or paper in a cup and set it on fire. As the fire goes out, they put the cup upside down on your skin.

As the air inside the cup cools, it creates a vacuum. This causes your skin to rise and redden as your blood vessels expand. The cup is generally left in place for up to 3 minutes.

A more modern version of cupping uses a rubber pump instead of fire to create the vacuum inside the cup. Sometimes therapists use silicone cups, which they can move from place to place on your skin for a massage-like effect.

Wet cupping creates a mild suction by leaving a cup in place for about 3 minutes. The therapist then removes the cup and uses a small scalpel to make light, tiny cuts on your skin. Next, they do a second suction to draw out a small quantity of blood.

You might get 3-5 cups in your first session. Or you might just try one to see how it goes. It's rare to get more than 5-7 cups, the British Cupping Society notes.

Afterward, you may get an antibiotic ointment and bandage to prevent infection. Your skin should look normal again within 10 days.

Cupping therapy supporters believe that wet cupping removes harmful substances and toxins from the body to promote healing.

Side Effects

Cupping is fairly safe, as long as you go to a trained health professional. But you could have these side effects in the area where the cups touch your skin:

- Mild discomfort
- Burns
- Bruises
- Skin infection

If the cups and equipment become contaminated with blood and are not sterilized correctly between patients, bloodborne diseases such as hepatitis B and C can be spread.

What to Ask Your Doctor First

Talk with your doctor before you start cupping or any other type of alternative or complementary medicine. And talk extensively with your cupping therapist, too, before you try it. Ask:

- What conditions do they use cupping for?
- What is your training?
- What is your experience in using it?
- Am I already getting the standard treatments for my condition?
- Are there reasons I should not get cupping?

Hijama in Islamic point of views:

There are lots of authentic hadith present for Hijama.

Abu Hurairah(r.a) reported that the Messenger (PBUH) said, "Whoever performs cupping (hijama) on the 17th, 19th or 21st day (of the Islamic, lunar month) then it is a cure for every disease." [Sunan Abu Dawud Hadith No: 3861].

The Prophet (PBUH) explained that Hijama is one of the best medicines: "The best medicine with which you treat yourselves is Hijama, or it is one of the best of your medicines," or "The best treatment you can use is Hijama." [Sahih Bukhari Hadith-No: 5371]

Jaabir ibn Abdullah y reported that the Messenger (PBUH) said, "Indeed in cupping (hijama) there is a cure." [Saheeh Muslim hadith No: 5706].

"The best treatment is cupping, it removes blood, lightens the back and sharpen the eyesight". [Al-Hakim 4/212, At-Tirmidhi Hadith No: 3053]

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Shab-e-Meraj - The Night of Power(Angels Recommended Hijama - Cupping)

Abdullah ibn Abbas (may Allaah be pleased with him) reported that the Messenger (SAWS) said, "I did not pass by an angel from the angels on the night journey except that they all said to me: Upon you is cupping (hijama), O Muhammad." [Sunan-Ibn-Maajah Hadith No:3477].

In the narration reported by Abdullah ibn Mas'ud (may Allaah be pleased with him) the angels said, "Oh Muhammad, order your Ummah (nation) with cupping (hijama)." [At-Tirmidhi].

Best Days for Hijama

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HADITH OF HIJAMA

Jaabir ibn Abdullah (may ALLAH be pleased with him) reported that the Messenger (ﷺ) said,

"Indeed in cupping, there is a cure."

[Saheeh Muslim (5706)]

Reference:

<http://alsunnahhijama.com/>

<https://www.webmd.com/balance/guide/cupping-therapy>