There are three main types of Cupping using today:

**Dry cupping**

Dry cupping is performed by applying a plastic cup to the surface of the skin and using a pump, air is removed by suction. This method draws blood and fluid away from any inflamed area to the surface of the skin. Cupping should not be performed on areas of skin that have open wounds.Dry cupping can be performed at any time, on any day, and can be left for 10-15 minutes. Numerous cups can be applied at any one time although it is extremely important that the therapist is able to observe the cups whilst they are applied to the skin to avoid any blistering occurring.

 Areas of pain and inflammation greatly benefit from cupping as it relieves congestion and allows blood to flow easier. Dry cupping can be repeated daily and can be self-administered on body parts which are accessible to the patient.Tensions can be made light, medium or strong.

**Hijama (Wet Cupping)**

For Wet Cupping, small scratches are made to the surface of the skin with a sterile blade after dry cupping has been performed for 3-5 minutes. The cup is then re-applied to the skin using suction and the pressure difference extracts the blood that has accumulated.

When properly performed by a trained cupping therapist, cupping leaves no marks or scarring.

Hijama is best performed on an empty stomach and so it is advised that you do not eat for a minimum of 2-3 hours before treatment. After treatment, strenuous physical exercise should be restricted for 24 hours. This includes swimming, cycling, running etc. Normal activities should not be affected. You should also avoid showering for 24 hours.

If itching is experienced, oil, (preferably black seed or olive), can be applied to the surface of the skin. This will aid the natural healing of the skin as well as relieve itchiness.

Plastic cups CANNOT be re-used and must be disposed of safely via a clinical waste disposal program.

**Moving Cupping**

Moving cupping is performed using a generous amount of oil, (black seed, olive, etc), applied to the area to be massaged, (usually the back). The cup is placed onto the skin using a light tension and can then be moved over the skin with a sliding motion, in circular/long movements.

Moving cupping can be performed at any time, on any day and for however long the patient desires. Massage cupping does not require the patient to have an empty stomach. The cup used for moving cupping can be kept for future uses by the same patient.

<http://www.simplyhijama.com/Types-of-Cupping>

**3. Other Cultures Practice Cupping Therapy, Too**

Cupping therapy has been practiced for centuries globally. The first documented medical text was found in 1550 BC in Egypt. Cupping was also discovered in China over 5,000 years ago and is still practiced to this day. It was commonly practiced in the Roman Empire, Islamic Empire, Europe, Russia, Central Asia, South Asia, and the United States. It was very popular during the middle ages and 18th and 19th Centuries in Europe. Right now it is most popular in China, Finland, Russia and many Muslim-majority countries.

### 5. Hijama Returns The Body To A Normal State

“Hijama” in Arabic literally means “to suck” and to “return to a normal state” of internal balance. It ultimately helps the body to create a balance, healthy alkaline environment by removing acidity. This fixes any problem that the body has, by bringing it to its normal state. Hijama cupping therapy is a holistic, super powerful detox which removes toxic and stagnant blood from your body. It expels negative, unhealthy elements from the body, and allows it to replenish itself.

### 6. The Medical Benefits Are Well-Documented

Hijama cupping is an excellent form of preventative and curative therapy. Below are some of the ways cupping helps:

* Boosts the circulatory and immune systems
* Cleanses and detoxifies the body
* Treats illness and relaxes the patient
* Pain relief
* Fertility
* Hijama is also useful for treating many muscular, skeletal, neurological, immune, cardio-vascular, respiratory, digestive and urinary issues.

“Hijama cupping on an empty stomach is best. It increases the intellect and improves the memory. It improves the memory of the one memorizing….” (Sahih; Sunan Ibn Majah º3488).

### 8. There Are Sunnah Points On Your Body

The traditional sunnah points for hijama therapy are on the upper back, which essentially target the heart, lungs, brain and spine. All are major foundations for optimal health.

“Hijama cupping on the back of the neck treat seventy-two illnesses” (Collected by al-Tabarani)

Hijama serves to cleanse and unblock the major arteries and veins.

Anas narrated that the Prophet (peace and blessings be upon him) used to have hijama cupping done on the veins on the side of the neck and the upper back. (Sunan al-Tirmidhi)

### 9. There Are Ideal Times To Do It

Hijama cupping is both a preventative and curative remedy. It is recommended that you should have a hijama detox, and then use hijama as a form of maintenance 2-4 times a year if you are healthy. If you have serious medical conditions, it can be performed more often. It is best to have hijama performed on the “Sunnah Days” according to hadith:

“Whoever performs Hijama cupping in the 17th, 19th and 21st day (of the Islamic Lunar month), then it is a cure for every disease”. (Sahih; Sunan Ibn Majah º3861).

<https://www.seekersguidance.org/articles/prophet-muhammad/hijama-cupping-therapy-sunnah/>