

HIJAMAH AND ITS HEALTH BENEFITS

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Abstract—*Hijamah is an Arabic word which means “to suck”. It is a Unani regimental mode of treatment and is also known as cupping therapy. It is simple, effective and economic procedure in which negative pressure is created on the skin through sucking cups. Hijamah is of two types 1) Hijamah ma-al shart or wet cupping 2) Hijamah bila shart or dry cupping. In wet cupping small incisions are made on the skin and suction cups are applied to suck out small amounts of blood. Dry cupping is simply done by placing suction cups on skin. Classically hijamah was performed by creating suction in cups by using fire to consume air within it which is known as “Mahijamah naari” or fire cupping. Hijamah decreases the inflammation and congestion of affected organ as well as increases the blood circulation and restores the free flow of humors. It also removes toxic and morbid humors, thus causes evacuation of various waste products from the body. There are numerous benefits of cupping. In general and as well as in systemic level cupping improves the blood circulation lymphatic flow, regulates and improves the functioning of Autonomic Nervous System relieves pain and causes relaxation of stiff muscles and tendons. Cupping increases the blood flow to the joints and thereby increases the secretion of synovial fluid into joint cavity. Hijamah also has good effects on the digestive system as it increases the digestive secretions and increases peristalsis. It also has detoxifying effect on the skin as well as circulatory system and is indicated and beneficial for multiple disorders. However, Hijamah should be avoided in infancy and old age and also during pregnancy.*

Keywords: *Hijamah, Wet cupping, dry cupping, automic nervous system, detoxifying effect.*