

Review Article

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A REVIEW ON CUPPING THERAPY

ABSTRACT

The cupping therapy is a method in which a therapist puts special cups on your skin for a few minutes to create suction. It is a traditional Chinese medicine followed in many countries. In olden days it was widely used for the pain relief. A review was done to give the benefits and importance of this therapy. And also demanding the use of his therapy in upcoming days. This therapy can be used for pain, muscular problems and respiratory tract problems. And also clarify the myths about this therapy. This review was done to create the awareness and knowledge about this therapy to the athletes, body builders, other sports persons, IT persons and also for common people.

Keywords

Chinese medicine, Pain relief, Surgeons, Meta-analyses, Health care plan.

INTRODUCTION

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

It is mostly a complementary or alternative treatment for various conditions. The other names of cupping therapy are myofascial decompression, vacuum therapy, hijama, horn treatment, baguan, Ventosa, bekam, baguanfa, al-hijamah. The diseases like muscular pain, respiratory issues, back pain, neck pain, pimples, headache is alternatively cured by this therapy. It is one of the types of pseudoscience.

Cupping is an ancient form of an alternative medicine that originated in China over 2,000 years ago. It involves placing special cups on the skin to create suction, which draws blood to the affected area. The cups may be made of glass, plastic, silicone, bamboo, or Earth ware.



There are two main types of cupping therapy:

- Dry cupping: the cups are placed directly on the skin to generate suction.
- Wet cupping: after creating suction, the skin is lightly pierced to draw a small amount of blood into the cups.
- Other variations include needle cupping (combining acupuncture and cupping), massage cupping (moving the cups across the skin), and water cupping (filling the cups partially with warm water).

Cupping aims to increase blood circulation, relieve muscle tension and healing. It has been used to treat various conditions, such as pain, inflammation,

muscle knots and respiratory issues. However, cupping should not be used as a substitute for conventional medical treatment.

Cupping therapy is an ancient alternative medicine practice that involves placing cups on the skin to create suction, promoting blood flow and healing. This therapy is originated in ancient Egypt, China, and Greece, it has been used for various ailments, including pain relief, inflammation and relaxation.

There are two primary types of cupping: Dry cupping, where cups are placed without skin puncturing, and wet cupping, which involves small incisions to draw blood. Other variations include massage cupping, needle cupping, facial cupping, fire cupping, and bamboo cupping is generally considered safe but should be approached cautiously, especially for individuals with certain health conditions.

Cupping therapy is an ancient healing practice used in various traditional medicine systems, including Chinese and Middle Eastern cultures. It involves placing cups on the skin to create suction, which is believed to enhance blood flow, reduce muscle tension, and promote overall wellness. The therapy can be performed using different techniques, such as dry cupping (suction only) or wet cupping (suction with small incisions to draw blood). Despite its historical significance and anecdotal benefits, scientific evidence on its effectiveness is mixed. Cupping is often used as a complementary treatment alongside other therapy.

HISTORY OF CUPPING THERAPY

It originates from China and West Asia. It is a traditional Chinese medicine. In North Africa, Cupping therapy was first documented on Eber's papyrus (1550 BCE). In the 20th century cupping gained attention in Western medicine as well. This therapy does not produce harmful side effects to the people.

Cupping therapy has a rich and varied history spanning thousands of Years across multiple cultures.

Here is a comprehensive overview:

ANCIENT ORIGINS

Egypt:

The earliest documented use of cupping is found in the Eber's papyrus (1550BCE), which mentions cupping for various ailments such as menstrual imbalances and pain.

China:

The Chinese traditions dates back to the early Han dynasty, with Ge Hong (281-341CE) being the first to use cupping in china. He believed that combining cupping and acupuncture could cure many illnesses.

GREEK AND ROMAN INFLUENCES

Greece:

Hippocrates (460-370BCE) used cupping for the internal diseases and structural problems, recommending it for conditions like angina and menstrual irregularities.

Rome:

Roman surgeons used cupping for bloodletting, a practice that was highly recommended by Islamic Prophet Muhammad.

ISLAMIC CONTRIBUTIONS



Arab world:

The term “AL-HIJAMAH” was used for cupping in the Islamic world. Prophet Muhammad advocated its use, and famous Islamic physicians like “Al-zahrawi” and “Ibn sina” described cupping sites and methods and methods in their writings.

EUROPEAN SPREAD

Europe:

Cupping spread too many European countries during the renaissance era, particularly in Italy, where it was used to treat arthritis and gout. It was also popular in the 18th century for treating common colds and chest infections.

MODERN REVIVAL

Recent popularity:

Cupping therapy gained renewed attention in modern times, particularly after Michael phelp's use at the Rio Olympics. It is now used to treat a wide range of conditions, including muscle aches and pains, and is often combined with other holistic therapies.

CONTEMPORARY USE

Modern medicine:

Cupping therapy is practiced globally, with a growing body of research exploring its benefits and safety profile. It is used for health promotion, prophylaxis, and treatment of various diseases, though its effectiveness is still debated.

This historical overview highlights the diverse cultural and medical contexts in which cupping therapy has been practiced, from ancients Egypt to modern times.

DEFINITION



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

TYPES OF CUPPING THERAPY

There are many types or names of cupping therapy these are,

1. Dry cupping
2. Wet cupping
3. Facial cupping
4. Fire cupping
5. Hijama
6. Bamboo cupping
7. Vacuum cupping
8. Scarification cupping
9. Acupressure cupping

Father of cupping therapy:

In ancient Greece, Hippocrates used cupping for internal disease and structural problems and roman surgeons used it for bloodletting.

This method was highly recommended by Islamic prophet Muhammad and hence well-practiced by Muslim scientist

The most importantly used two types of cupping therapy. They are,

Dry cupping and Wet Cupping.

Some of the types of cupping therapies are discussed below,

DRY CUPPING THERAPY

The time duration is 5 to 15 minutes. It is also called as fire cupping, vacuum cupping. Cupping may cause temporary discoloration but it's generally harmless.

Procedure for dry cupping:

Gather supplies: Glass (or) Silicone cup, Alcohol Swabs, A Lighter. Clean the skin with soap and water. Apply oil (or) lotion to facilitate cup movements. Ignite the lighter; briefly insert it into the cup on the skin, creating suction. Quickly place the cups on the skin, creating suction. Leave the cups in place for 5-15 minutes. To remove, press the skin near the cup's edge to release the suction. This cupping may cause temporary discoloration of skin but it's generally harmless.

WET CUPPING THERAPY:

The time duration for this therapy is 20-30 minutes. It is commonly called as hijama, scarification cupping, acupressure cupping.

Procedure for wet cupping therapy:

Gather supplies: Glass (or) Silicone cup, Alcohol Swabs, A Lighter. Clean the skin with soap and water. Apply oil (or) lotion to facilitate cup movements. Quickly place the cups on the skin. When we creating a suction using a suction device. Leave the cups as same as dry cupping therapy for 5-15 minutes. After that scar the skin using a needle or sterile blade in the marks, where the cups to sucked for a minutes. Then one more time we have to put cups and create a suction for another 15 minutes. This time blood waste blood store in the cups.

FACIAL CUPPING THERAPY



Facial cupping is a form of cupping therapy specifically applied to the face. In this practice, small suction cups are used to create a vacuum on the skin's surface. The cups are typically moved in gentle gliding or circular motions across the face. Facial cups are often claimed to promote circulation, reduce puffiness, stimulate collagen production and improve overall skin tone.

BAMBOO CUPPING THERAPY:

Bamboo cupping is a variation of traditional cupping therapy where bamboo cups are used instead of glass or plastic cups. Similar to other cupping techniques.

Common procedure for all other types of cupping therapy:

1. Consultants: Before the procedure, there is typically a consultation with a trained practitioner. They will assess your health history, discuss your reasons for seeking wet cupping and explain the process.
2. Preparation: The practitioner will prepare the necessary equipments, including cups, sterilized blades or lancets, antiseptic solutions and cotton balls.
3. Cups placement: Cups are first applied to specific areas on the skin, creating a suction effects, this is similar to dry cupping and is usually done for a few minutes.
4. Incisions: After removing the cups, the practitioner makes small, superficial incisions or scratches on the skin using a sterile blade or lancet.
5. Secondary cupping session: The cups are then reapplied to the same areas, and a mild suction is applied.
6. Blood collection: The cups are periodically removed to collect small amounts of blood and the process is repeated as needed.
7. Aftercare: Once the desired amount of blood has been collected, the practitioner will clean and sterile the incision sites. They may apply

antiseptic ointments and provide post-treatment care instructions.

8. Rest and hydration: After the procedure, it's common to take rest and stay hydrated.

These are the common procedure for all types of cupping therapies.

AFTER CUPPING TREATMENT:

- ❖ Hydration, nutrient-rich foods, anti-inflammatory foods, heavy and greasy meals, these types of foods to be mostly taken.
- ❖ Heavy or spicy food, alcohol, processed or fried foods, sugar heavy foods, will not to be taken after the cupping therapy is taken.

Can I do cupping at home?

There are many commercially available kits to help a person practice cupping at home. Dry cupping is generally safer for home use compared to wet cupping. Sterilization of equipment is crucial to prevent infection. Individuals with certain skin conditions or sensitivities should be cautious. Be a mindful of fire safety if using fire cupping techniques.

SCIENTIFIC EVIDENCE

The scientific evidence supporting cupping therapy is mixed. Some studies suggest it can be beneficial for certain conditions like chronic pain, while others find no significant benefits. It's often considered a complementary therapy rather than a primary treatment.

MECHANISM OF ACTIONS

Cupping therapy is believed to work through several mechanisms:

1. Local blood circulation:

The suction created by the cups draws blood to the treated area, increasing circulation, this may

help reduce muscle tension, promote healing of injured tissues, and alleviate pain.

2. Muscle relaxation:

Cupping therapy may stimulate the nervous system and cause muscle relaxation, which can contribute to pain relief and improved range of motion.

3. Facial release:

The suction of cups can lift and stretch the fascia (connective tissue around muscles), potentially releasing tightness and improving mobility.

4. Anti-inflammatory effects:

Some studies suggest that cupping therapy may modulate inflammation markers and immune response, which could contribute to its therapeutic effects.



The suction pulls the skin and underlying tissues upward into the cups. This is thought to increase blood flow, promote healing and reduce the muscle tension in the body.

EVIDENCE FROM RESEARCH

Pain management

Several systematic reviews and meta-analyses have assessed the effectiveness of cupping therapy for pain relief. While results are mixed, some studies suggest that cupping therapy may provide short-term benefits for conditions such as chronic neck pain, low back pain and osteoarthritis. However, more high-

quality studies are needed to confirm these findings and determine long-term effects.

Sports performance and recovery:

Cupping therapy has gained attention in sports medicine for its potential to enhance recovery and performance. Some athletes use cupping therapy to alleviate muscle soreness and improve flexibility, although evidence supporting its benefits in this context remains limited and inconclusive.

Safety and side effects:

Cupping therapy is generally considered to be safe when performed by trained practitioners using sterile equipment. Common side effects include temporary skin discoloration, bruising, and mild discomfort; serious complications are rare but can occur, especially with improper technique or in individuals with certain health conditions.

CLINICAL APPLICATIONS

Traditional medicine:

Cupping therapy has a deep root in traditional Chinese medicine (TCM) and has been used for centuries to treat various ailments, including respiratory disorders, digestive issues, and musculoskeletal pain.

Integration with modern medicine:

In recent years, cupping therapy has gained popularity as a treatment alongside conventional medical therapies. Some healthcare providers integrate cupping therapy into treatment plans for conditions where pain management and improved circulation are beneficial.

SAFETY CONSIDERATIONS:

1. Qualified practitioners:

Cupping therapy should be performed by trained and qualified practitioners who understand proper techniques, hygiene practices, and potential risks associated with the therapy.

2. Sterile equipment:

Ensure that all equipment used during cupping therapy, including cups, lancets (for wet cupping), and any lubricants, are sterile to minimize the risk of infection.

3. Skin integrity:

Cupping therapy should not be performed on the areas of the skin that are sunburned, irritated, or have open wounds. The skin should be clean and dry before cupping.

4. Patients assessment:

Before starting cupping therapy, practitioners should conduct a thorough assessment of the patient's medical history, current health status and any contraindications to ensure the therapy is safe and appropriate.

5. Hygiene practices:

Practitioners should follow strict hygiene practices, including hand hygiene, using clean and disposable materials when possible, and maintaining a clean treatment environment to prevent infections.

CONTRAINDICATIONS

1. Bleeding disorders:

Individuals with bleeding disorders or who are taking anticoagulant medications should avoid cupping therapy, especially wet cupping, due to the risk of excessive bleeding.

2. Pregnancy:

Pregnant women should avoid cupping therapy, particularly abdominal and lower back cupping, due to potential risks to the fetus and changes in skin sensitivity.

3. Skin conditions :

Cupping therapy should be avoided on the areas of the skin affected by eczema, psoriasis, or other inflammatory skin

conditions, as it may exacerbate symptoms or cause irritations.

4. Severe medical conditions:

Individuals with severe medical conditions such as cancer, heart disease, or organ failure should consult with healthcare providers before considering cupping therapy, as it may not be suitable or safe.

COMMUNICATION WITH HEALTHCARE PROVIDERS

Before undergoing cupping therapy, individuals should communicate openly with their healthcare providers about their health history, medications, and any concerns they may have. This allows for informed decisions-making and ensures that cupping therapy is integrated safely into their overall healthcare plan. By understanding these safety considerations and potential risks, individuals can make informed decisions about whether cupping therapy is appropriate for their needs and ensure they receive treatment from qualified practitioners in a safe and effective manner.

SOME OF THE CELEBRITIES GETTING THIS THERAPY

1. Michael Phelps:

During the 2016 Rio-Olympics, Michael Phelps, the most decorated Olympian of all time, was seen with distinctive circular marks on his shoulders and back, which were attributed to cupping therapy. This brought significant attention to the therapy, as viewers and media outlets questioned its purpose and effectiveness in aiding his recovery and performance.

2. Gwyneth Paltrow

Gwyneth Paltrow, actress and the founder of Goop, a wellness and lifestyle brand, has openly discussed her interest in alternative health practices, including cupping therapy. She has featured cupping therapy in

articles on her website and mentioned using it as part of her self-care routine.

3. Jennifer Aniston:

Jennifer Aniston, known for her roles in television and film, has been reported to use cupping therapy to help manage stress and promote relaxation. Her interest in holistic health practices aligns with her lifestyle choices.

4. Victoria Beckham:

Victoria Beckham, fashion designer and former Spice Girl, has also mentioned using cupping therapy as part of her wellness regimen. She has spoken positively about its benefits for skin health and overall well-being.

5. Justin Bieber:

The singer Justin Bieber has been photographed with cupping marks on his back, suggesting his use of cupping therapy for muscle relaxation and possibly pain relief.

REASONS FOR CELEBRITY ENDORSEMENT

Celebrities often endorse cupping therapy and other alternative treatments for various reasons:

Promotion of wellness: Many celebrities advocate for holistic health practices as part of a comprehensive wellness routine. Cupping therapy is viewed as a natural and non-invasive method to support physical and mental well-being.

Pain relief and recovery: Athletes like Michael Phelps have promoted cupping therapy for its potential benefits in muscle recovery and pain relief, especially after strenuous physical activity or sports events.

Skin and beauty benefits: Some celebrities including Victoria Beckham highlight cupping therapy's

purported benefits for skin health, such as improving circulation and promoting a radiant complexion.

Trend and influence: Celebrity endorsements can popularize alternative therapies like cupping, leading to increased public interest and adoption of these practices.

PUBLIC AWARENESS AND DISCUSSION



Celebrity's openness about their experiences with cupping therapy has contributed to public awareness and discussion about its potential benefits and uses. This has spurred interest in traditional healing practices and complementary therapies among the general population.

Overall, while celebrity endorsements can bring attention to the cupping therapy, it's essential for individuals to consult with qualified healthcare providers before trying any new treatment to ensure it is safe and suitable for their specific health needs.

COST RANGES OF CUPPING THERAPIES IN VARIOUS COUNTRIES

The cost of the cupping therapy can vary significantly depending on the country, the practitioner's expertise, and the type of cupping used. Here's a general overview of cost ranges in various countries;

United States:

- Therapy, sessions typically range from \$100 to \$250 per hour. Costs can be higher in major cities and lower if you use sliding scale fees or community health services.

- Factors-costs vary based on location (urban Vs rural), the practitioner's experience, and whether the session is a part of a larger treatment package.

Canada:

- Sessions generally cost between CAD\$ 100- CAD\$ 200 per hour. Some provinces offer subsidized therapy through public health systems.
- Factors-similar to U.S., costs depend on location and practitioner's experience.

United Kingdom:

- Private therapy costs about £40 to £150 per session. NHS services are free, but there can be long wait times.
- Factors-prices vary between the cities and the experience of the practitioner.

France:

- Cost ranges of the cupping therapy per session is € 40- €70.
- The cost can differ based on the location and the type of cupping.

Australia:

- Therapy sessions often range from AUD\$ 100- AUD\$ 250 per hour. Medicare may cover some costs through specific programs.
- Factors-costs depend on the practitioner's qualifications and the region.

Brazil:

- R\$80- R\$200 per session (approximately \$15-\$40 USD)
- Factors-prices vary based on the city and the practitioner's reputation.

Europe:

- Costs vary widely; for example, in Germany, therapy may range from € 60- € 120 per session, while in countries like Spain or Portugal, it could be lower.

1. Italy

Cost ranges: €40- €80 per session.

Factors: prices vary based on the location and the practitioner's expertise.

2. Spain.

Cost ranges: € 30-€70 per session.

Factors: cost can differ between cities and regions.

3. Netherlands.

Cost ranges: €50-€ 90 per session.

Factors: prices are influenced by the cities and the practitioner's qualification.

4. Sweden.

Cost ranges: SEK400-SEK800 per session (approximately \$40-\$75 USD).

Factors: higher costs in major cities like Stockholm and Gothenburg.

5. Norway.

Cost ranges: NOK 500-NOK1000 per session (approximately \$ 45- \$ 90 USD).

Factors: prices are typically higher in urban areas.

6. Denmark.

Cost ranges: DKK300-DKK600 per session (approximately \$45-\$85).

Factors: costs vary based on the location and practitioner's experience.

7. Finland.

Cost ranges: € 50- € 90 per session.

Factors: prices depend on the city and the practitioner's experience.

8. Portugal.

Cost ranges: € 30-€ 60 per session.

Factors: generally low costs compared to northern European countries.

9. Greece.

Cost ranges: € 25-€60 per session.

Factors: costs can vary based on the location and the type of cupping therapy.

10. Poland.

Cost ranges: PLN100-PLN300 per session (approximately \$25- \$70 USD).

Factors: prices are generally lower compared to Western Europe.

11. Czech Republic.

Cost ranges: CZK 500-CZK 1000 per session (approximately \$ 20 -\$ 45 USD).

Factors: prices vary based on the city and practitioner's expertise.

12. Hungary.

Cost ranges: HUF6000-HUF12000 per session (approximately \$20- \$40 USD).

Factors: costs can be lower compared to western European countries.

13. Romania.

Cost ranges: RON 100- RON 250 per session (approximately \$20-\$50 USD).

Factors: generally lower costs compared to Western Europe.

14. Bulgaria:

Cost ranges: BGN 30- BGN 60 per session (approximately \$15-\$30 USD).

Factors: prices are typically lower in Eastern Europe.

15. India:

- Therapy sessions can cost between ₹1000 and ₹ 3000 per hour. Services can be more affordable compared to western countries.

16. South Africa:

- Sessions generally cost between ZAR 500 and ZAR 1500 (approximately \$ 16- \$ 32).
- Factors- costs depend on the location and the practitioner's experience.

These are approximate ranges and can vary based on the therapist's qualifications, the type of therapy, and location within the country. Additionally, insurance coverage, sliding scale fees, and public health services can impact out-of-pocket costs.

ADVANTAGES OR BENEFITS OF CUPPING THERAPY



- There is collective evidence of cupping therapy can induce comfort and relaxation on a systemic level.
- Increases endogenous opioid production in the brain leads to improved pain control.
- In some research works, researchers propose the main action of cupping therapy is to enhance the circulation of blood and to remove toxins and waste from the body.
- Cupping therapy promotes the capillary endothelial cell repair, accelerating granulation and angiogenesis in the regional tissues, thus helping normalize the patient's functional state and progressive muscle relaxation.
- Cupping also removes noxious materials from skin.
- It may be an effective method of reducing low density lipoproteins (LDL) in men and consequently may have a preventive effect against atherosclerosis.
- It may have preventive effective against cardiovascular diseases (CVD's).
- It has also been found that cupping increases red blood cells RBCs.
- Some research indicates that wet cupping can be beneficial for related to obesity, hypertension, autoimmune, and

inflammatory diseases, diabetes mellitus, psychiatric disorders, systemic infections and skin conditions.

- Muscle recovery: Cupping therapy may help alleviate chronic muscle and joint pain by increasing blood flow and reducing muscle tension. Muscle relaxation-the therapy can promote muscle relaxation and reduce stress. The sensation of cupping may provide a calming effect and help ease tension.
- Inflammation reduction: Inflammatory conditions-by improving circulation and lymphatic drainage; cupping may help reduce inflammation in conditions such as arthritis or other inflammatory diseases.
- Increased range of motion: Joint and muscle flexibility- by reducing muscle tension and improving blood flow, cupping therapy can potentially increase joint flexibility and range of motion.
- Improved blood circulation: Blood flow- the suction created by cupping therapy can stimulate blood circulation in the treated areas, which may aid in the healing process and improve overall blood flow.
- Enhanced skin health: Improved skin tone- the increased blood flow and removal of toxins may improve skin appearances and tone. Treatment for acne and cellulite-some users find that cupping helps reduce the appearances of acne and cellulite, although evidence is mostly anecdotal.
- Detoxification: Lymphatic drainage- cupping therapy can help enhance lymphatic drainage, which can reduce swelling and support the body's natural detoxification processes.
Toxin removal- cupping therapy may aid in the removal of toxins from the body by improving circulation and lymphatic drainage, although scientific support for this benefits is limited.

- Back pain and neck pain: Some studies and anecdotal evidence suggest that cupping can be effective for lower back pain and related discomforts.
- Pimples.
- Potential respiratory benefits: Respiratory issues-cupping may provide relief for respiratory conditions such as asthma and bronchitis by enhancing circulation and clearing congestion.
- Headache.
- Complementary to other treatments. Holistic approach-cupping can be used a complementary therapy alongside other treatments and therapies to enhance overall wellness and recovery.
- Stress reduction: Mental well being- many individuals report improved mood and relaxation after cupping therapy, which can contribute to overall mental well-being.

DISADVANTAGES OR RISKS OF CUPPING THERAPY



- Risk of skin damage: Bruising and discoloration- the suction created by the cups can lead to bruising and discoloration of the skin. These marks, while generally temporary, can be painful and visually distressing.
Skin irritation and sensitivity- prolonged use or improper application can cause skin irritation, rashes, or sensitivity. This can be

exacerbated in individuals with sensitive skin or existing skin conditions.

- Mild discomfort.
- Potential for concerns.

Hygiene concerns- if the cups are not properly sanitized between uses, there is a risk of bacterial or fungal infections. Contaminated cups or improper handling can lead to skin infections or more serious health issues.
- Dizziness or nausea- some individuals report feeling dizzy, lightheaded, or nauseous during or after the treatment. These side effects are typically mild but can be unsettling.
- Hematoma (blood disorder), (due the small amount blood release in the skin in the wet cupping).
- Pain and discomfort.

Initial pain- the suction process can be uncomfortable or painful, especially if the cups are left on the skin for too long or if excessive suction is applied.

Post treatment discomfort- after the therapy, individuals may experience soreness or discomfort in the areas where the cups were applied.
- Scars.
- Temporary relief.

Short time effects- the benefits of cupping therapy are often short-lived. For lasting relief, frequent sessions may be required, which can be both costly and time-consuming.

RESULTS AND DISCUSSION

Cupping therapy, while rooted in ancient traditions, is often used today to address a variety of health issues, including muscle pain, tension, and poor circulation. The practice involves creating suction on the skin, which is

thought to improve blood flow and promote healing.

Despite its long history and popularity in some culture, the scientific evidence supporting cupping's effectiveness is not robust, research results are mixed, with some studies suggesting potential benefits for conditions like chronic pain or inflammation, while others show minimal or no significant effects compared to placebo treatments.

Given the variability in individual responses and the limited scientific validation, it's essential to approach cupping therapy with an informed perspective. Consulting with healthcare professionals is advisable to ensure that it aligns with personal health needs and to integrate it safely with other treatments.

CONCLUSION

Cupping therapy remains a respected alternative treatments modality with deep historical roots and diverse applications in health and wellness. While promising, more high-quality research is needed to fully understand its mechanisms, effectiveness across different conditions, and long-term effects. Individual interested in cupping therapy should seek guidance from qualified practitioners to determine its suitability and safety based on the individual health needs and goals.

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