Acne vulgaris managed with cupping therapy (Hijama)

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Abstract
Hijama (Cupping Therapy) is a part of Ilaj-bil-tadbir of Unani System of Medicine, which has been using since years for variety of diseases. In this study, Hijama used in the management of Acne Vulgaris. However, its mechanism of efficacy is still obscure. This study designed to evaluate the clinical effect of Cupping Therapy on Acne Vulgaris.

Keywords: Wet cupping, acne vulgaris, cupping set

Introduction
Hijama (Cupping Therapy) is an ancient therapeutic technique that has been practicing for thousands of years until now. In Unani System of Medicine, Hijama is part of regimental therapy (Ilaj-bil-tadbir), which has been practicing for so many years by Unani Physicians. Cupping is best utilized as a preventative maintenance procedure for your body. In short, it better enables your body to heal itself.

In this therapy, a suction cup is placed on the localised area of the skin or the specific points for the specific diseases.

In this study, wet cupping is done to get maximize results, in which practitioners make some small incisions on the sucked area of the skin. After the incisions, again the suction cups are placed to produce the negative pressure, which in-turns results in the withdrawal of blood from the superficial surface of the skin.

Although the exact mechanism of its effectiveness remains obscure. In the field of cosmetology and dermatology, cupping has proven to be more effective for the treatment of various skin diseases.

Present study aims to show the effectiveness of Wet cupping in the management of Acne Vulgaris.

Acne Vulgaris is a common follicular dis-order. Most commonly found on the face, neck, and upper trunk. Acne Vulgaris is more common in adolescent and young adults, between ages 12-35. Both genders are equally affected. During puberty, androgens stimulate sebaceous glands, causing them to enlarge and secrete natural oil called sea bums.

Treatment Method
This study includes patients with Acne Vulgaris who has to be treated with Hijama. A consent has to be taken from the patient before performing Hijama. Sterile equipment has to be used in an aseptic environment for the better results. Cups are placed in the following points for Acne Vulgaris, which may differ from person to person.

- **Point – 1:** On the 7th cervical vertebra
- **Point – 55:** Below Point-1 by about 3 cms
- **Point – 101:** On the forehead
- **Point – 114:** Above the chin
- **Point – 108 & 109:** On either sides of the nose
Fig 1a: Patient before and after Acne Vulgaris

Fig 1b: Patient before & after performing Hijama

Conclusion
In majority of cases, wet cupping has given a remarkable improvement within 3-4 sessions. Resulting in the disappearance of acne lesions. Post wet cupping, there is no marked side effects, except in few of them experienced circular erythema. Even after performing wet cupping, there is no significant differences in the Complete Blood Picture (CBP) counts. In Acne Vulgaris, Serum IGE & IL/2 levels significantly decreased after wet cupping. Hence, concluded that effectiveness of Wet Cupping in Acne Vulgaris is more than 90%.

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