

# Islamic Wet Cupping Therapy (IWCT)

Nooshin Abbasi<sup>1</sup>

<sup>1</sup> University of Padua

## Definitions

### Bloodletting Therapy

Defined by Avicenna (translated by Molla Fathollah ibn Fakhr-e-din Shirazi)

Islamic Wet Cupping Therapy - also known as Wet Cupping Therapy (WCT), [Bloodletting Cupping \(BLC\)](#) Therapy, Hijama, Al-hijamah, and Hejamat - is an old therapeutic and medical technique to improve the natural immune system and cure several disorders, which differs from Chinese Cupping Therapies. It consists of a vacuum device attached to a disposable cup that is to be placed to a certain parts of body; but the most usual part is in intrascapular area on the brown adipose tissue (BAT) full of blood, lymph and primo vessels, and close to the sympathetic ganglia, the thoracic duct and the main vessels from heart and brain<sup>[1]</sup>. The vacuum sucks the area under the cup for some minutes. The cup then is removed and a scalpel used to make small incisions on epidermis, the cup is replaced again and suction is repeated several times to let blood and interstitial fluids drain. Scientific studies illustrated the therapeutic effects of IWCT in various conditions such as metabolic syndrome, infectious diseases, immune system disorders, low back pain, inflammation and etcetera<sup>[2][3][4]</sup>.

## References

- <sup>1</sup> [Roshanak Ghods, Nasrin Sayfour, Mohammad Hossein Ayati. \(2016\). \*Anatomical Features of the Interscapular Area Where Wet Cupping Therapy Is Done and Its Possible Relation to Acupuncture Meridians. Journal of Acupuncture and Meridian Studies, vol. 9 \(6\), 290-296. doi:10.1016/j.jams.2016.06.004\*](#)
- <sup>2</sup> <https://www.ncbi.nlm.nih.gov/pubmed/26309442>
- <sup>3</sup> [Jong-In Kim, Tae-Hun Kim, Myeong Soo Lee, Jung Won Kang, Kun Hyung Kim, Jun-Yong Choi. \(2011\). \*Evaluation of wet-cupping therapy for persistent non-specific low back pain: a randomised, waiting-list controlled, open-label, parallel-group pilot trial\* \*Trials, vol. 12 \(1\) doi:10.1186/1745-6215-12-146\*](#)
- <sup>4</sup> [El Sayed SM Mahmoud HS. \(2013\). \*Methods of Wet Cupping Therapy \(Al-Hijamah\): In Light of Modern Medicine and Prophetic Medicine Altern Integ Med, vol. 02 \(03\)\*](#)



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