

TREATMENT OF CONSTIPATION USING CUPPING AN ALTERNATIVE MEDICINE: A CASE STUDY

Case Study

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ABSTRACT

Unique kind of case study, which concerned about complained of abdominal pain and chronic constipation since last 5 years. Frequency of defecation was 4 to 5 days in a week with intervention. The pain considered being more severe after high carbohydrates diet and relief with the maximum dose of laxatives. No significant finding was observed on laboratory analysis. After the consent of patient glass cupping method was applied on abdominal pelvic nine-region scheme and Lumbosacral Region of the Spine. The procedure was performed on 17th lunar moon dates with wet cupping. After the therapy patient complain of lower abdominal pain and chronic constipation was relieved without any intervention and therapy.

Key words: cupping, constipation, symptoms, and therapy.

INTRODUCTION

Pain is the most common symptoms for seeking therapies. Severity of the pain leads towards other kind of treatment including conventional and alternative therapies, mind and body therapies and acupunctural massage (Abbott *et al.*, 2011, Fleming *et al.*, 2007).

The Arabic name of cupping is Al-Hijamah which means to reduce in size i.e. 'to return the body back to its natural state' (Al-Rubaye, 2012). Cupping is a technique applied by the acupuncturist or other therapist for the treatment of pain on affected area. The procedure was performed with the help of glass or bamboo cup by creating suction on it (Michalsen *et al.*, 2009). Cupping is widely used for relieving pain in Asian and Eastern countries (Yoo and Tausk, 2004). 38 research studies proposed two types of cupping therapies (Cao *et al.*, 2010a). The included types are dry cupping and wet cupping (Huang *et al.*, 2013). In dry cupping skin pulls with the help of cup without drawing blood however in wet cupping, the skin is lacerated with a blade so that

blood is drawn into the cup. Tissue paper burned in the cup, which was then flipped over and applied to the skin. The vacuum sucked both tissue and blood into the cup. When the cup is again applied to the lacerated skin, the blood (about 10 mL or less) drawn out through the wound (Al-Bedah *et al.*, 2016, Huang *et al.*, 2013). Major 550 studies proved that cupping have potential benefits for the relief of pain including cough, dyspnea, herpes zoster, pain related conditions, hypertension, stroke (Cao *et al.*, 2010b; Kim *et al.*, 2011; Dal Kwon and Cho, 2007; Cao *et al.*, 2012; Kim *et al.*, 2010).

Cupping helps for the diseases caused by dampness, such as low back pain, lumbago, sciatica, pain in arms and shoulders, pain in the legs, pain in the muscular part of the body, post-surgical pain stomachache, migraine, vomiting, sprains, etc. Depression, insomnia, anxiety, bed-wetting and other psychological problem, Lung disease like asthma, bronchitis, common cold and flu, high blood pressure and angina. Digestive system: constipation, diarrhea, irritable bowel syndrome (IBS),

Thyroid disease, laziness, sleepiness, urinary incontinence and kidney pain, Skin disease like boils, urticaria, tinea, acne, eczema, leprosy. It also helps to decrease vision, increase hair growth, painful, suppressed or irregular menses. Metabolic: low energy, fatigue, anemia, atrophy of the tissues, cellulite, emaciation, and weight gain. It gives the feeling of deep pleasure and profound relaxation so can be done in healthy person for his general physical and mental well being (Cao *et al.*, 2012; Cao *et al.*, 2010b; Cho *et al.*, 2012).

For performing cupping, a dermatome is an area of skin that is mainly supplied by a single spinal nerve. Each of these nerves relays sensation (including pain) from a particular region of skin to the brain. These dermatomes and peripheral nerve areas embryologically have same origin as some visceral and musculoskeletal areas. Therefore, performing Cupping on these dermatomes causes effects on these viscera and areas (through nerve or vascular connection) (Awad, 2008). On the authority of Abu-Huraira (May Allah be pleased with them) who reported that Prophet (SallallaahuAlayhiWasallam) said, Whoever performs cupping (hijama) on the 17th, 19th or 21st day (of the Islamic month) then it is a cure for every disease (AL-Shamma and Abdil Razzaq, 2009). Cupping has no major side effects aside from minimal discomfort due to the method of application and skin cuts, they might feel faint (Hanan and Eman, 2013; Farhadi *et al.*, 2009).

After each session, patient usually report feeling deeply relaxed, and their specific target cupping areas feel light and agile (Hawker *et al.*, 2011).

The patient should be fasting for more than four hours but should be mentally prepared. It can be done in fasting and in the state of ahram. This procedure should not done just after bath, vomiting, blood donation, dehydrated, very old or weak person or person on blood thinning medicine. It is contraindicated in chronic liver or kidney disease, and in women during first trimester of pregnancy and menstruation (Jiang *et al.*, 2005).

Many researchers have investigated and demonstrated the benefits of cupping for blood disorders, pain relief, inflammatory conditions, mental and physical relaxation, varicose veins and deep tissue massage and quotes up to 50% improvement in fertility levels (Sahraeian *et al.*, 2014). It help with the procedure of IVF and support pregnancy (Abduljabbar *et al.*, 2016).

Case study

48 years females presented with complain of abdominal bloating, discomfort, and feeling of heaviness, low backache, with distended abdomen. She is suffering from this chronic constipation for last 5 years after the delivery of her last daughter, the frequency of defecation was once in four or five days with intervention. The condition worsens on eating high carbohydrate diet such as rice and presents with GERD. She is not having any history of fever, rigors; her medical history was also unremarkable. She is living with her husband and 3 children in separate society home and dependent on him for her living. She was a nondrinker and nonsmoker. Her discomfort eases by taking omeprazole 20 mg and laxatives like Syrup lactulose 4 tablespoon stat.

On examination patient was mild distressed with distended abdomen. Her vital were: blood pressure, 110/70 mm Hg; temperature, 98.9°F regular pulse, 82 beats/min; respiration rate, 19 breaths/min; and oxygen saturation, 92% while inhaling normal air. Marked distention was observed on per abdominal examination with reduce bowel sounds and discomfort on palpating deep in all abdomen. On rectal examination few hard stools mass observed in vault. Her complete blood count, routine urine analysis was also insignificant, the Anti HCV and HbsAg was also negative. Plain Abdominal radiograph shown gaseous dilatation of colon stasis in sigmoid and descended colon.

RESULTS

The procedures were involved by applying glass cups to the skin to help alleviate pain, expel toxins, and restore proper circulation to the body. The cups are positioned on a variety of specific trigger points on the body, and are typically left for ten - fifteen minutes. Each glass cup acts as a vacuum through the use of heat or a suction pump.

The patient was explained of procedure two days before she came in fasting on 17th of lunar moon date n was wet cupped on 1, 5, 11, 12, 13, in first session and 28, 29, 31 on 21st of same month. She responded very effectively her abdominal distension, bloating and constipation was relieved, and she had defecated without any oral medication. She was contented and wishes to continue with further sessions in order to seek complete management of her disease.

DISCUSSION

The studies further authenticate the treatment and procedure of cupping specifically on abdominal distention and chronic constipation and acknowledge extensive classification of cupping. Cupping extensively used for improving the quality of the life (Lee and Warden, 2011) and proven the effect on senile habitual constipation (Jiang *et al.*, 2005). Cupping therapy are used with the combination of other drug for improving the effects of the therapy and more better effects on patients (Xianhua, 2005).

CONCLUSION

Cupping is the oldest method for relieving the pain and other associated symptoms and helps for complicated chronic diseases like constipation and improves quality of life.

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