



“HIJAMA”

Wet Cupping Therapy



What is Cupping?



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Why do Muslims Practice Hijama (Wet) Cupping Therapy in Islam?

Hijama Cupping Therapy is an Islamic, natural healing art and crucial to Islamic integrative medicine. It is based on religion and faith. It is the main recommended treatment method for any disease, ordered by Allah and practiced by Muhammad (Peace be Upon Him) and his companions. "Hijama" literally means "sucking" or bring something to its normal state. Hijama is the Islamic term used for what is known as "Wet Cupping".

Small, superficial cuts are made on the skin that was being fix cupped. The suction pressure under the cup would then stimulate the toxic or unhealthy blood to trickle out and cleanse the diseased or inflamed area of pain on the body.

Strict rules must be followed when administering wet cupping, in accordance with the "Sunnah" or practices of the Prophet Muhammad (PBUH). ("Sunnah" means Practices of the Holy Prophet Muhammad (Peace be Upon Him) and his recommendations/guidance). Muslims believe that Allah (SWT) or God prescribed Hijama Cupping to be practiced by human beings to promote good health. Therefore, in accordance to this divine revelation, the Prophet Muhammad (PBUH) practiced and strongly recommended it to all mankind;

- ***The Prophet (PBUH) explained that Hijama is one of the best medicines: "The best medicine with which you treat yourselves is Hijama....." (Reference: Al Bukhari, 5371)***

Faith in Allah (SWT) and natural healing are an integral part of Islamic medicine. Thus, it is obligatory upon every Muslim to follow the Allah (SWT) or orders, holy scriptures, sayings and practices of the Prophet Muhammad (PBUH).

Hijama cupping therapy is an ultimate means of attaining optimum health and physical, mental and emotional balance. **Subsequently, Muslims have always believed that it is their basic human right and duty to practice Hijama, and follow the orders of Allah (SWT) and the example of Prophet Muhammad (PBUH).**

The act of controlled and managed bloodletting is very healthy. Hijama Therapy is vastly beneficial to all human beings and if it was not, Muhammad (PBUH) would not have recommended it to his nation. **He placed such high importance on it and advised Muslims to use it as a "cure for themselves".**

Cuppers throughout time and Western, modern scientists accept that there huge advantages to cupping. It is a cheap, effective, safe method of allowing natural healing and eliminating illnesses, aches, pains and diseases. It is deeply relaxing and therapeutic for the patient.

Islamic References

“There is a remedy for every disease and when the remedy is applied to the disease it is cured with the permission of Allah, the Exalted”.(Recorded by Muslim).

Below are some ahadith (sayings of the Prophet PBUH). The divine nature and high status given to Hijama is reflected in the fact that Muhammad said that the Angels told him and his Ummah (Nation) to practice Cupping;

- *“I did not pass by an angel from the angels on the night journey except that they all said to me; ‘upon you is Hijama cupping, O Muhammad’”(Saheeh Sunan ibn Maajah -3477)*
- *The Prophet (PBUH) also said: “If there is anything good in the medicines with which you treat yourselves, it is in the incision of the Hijama therapist, or a drink of honey or cauterisation with fire, but I do not like to be cauterised.” (Reference: Muslim, 2205)*
- *The Prophet (PBUH) said: “The best treatment is Hijama; it removes blood, lightens the back and sharpens the eyesight.” (Reference: At Tirmidhi, 3053)*
- *Anas narrated that the Prophet (PBUH) used to have Hijama done on the veins on the side of the neck and the upper back. (Reference: At Tirmidhi)*
- *Muhammad (PBUH) said: “Hijama is the most helpful procedure for human beings to cure themselves.” (Reference: Al Bukhari, 5357)*
- *“Cupping on the back of the neck treat seventy-two illnesses” (Collected by At-Tabarani)*

The **Holy Quran** (Divine Book of Revelations revealed by Allah SWT to Muhammad PBUH as a Message of Islam) is a clear set of instructions to all of mankind. In that, Allah talks about science, nature, biology, religious and social matters etc. These facts which were revealed over 1400 years ago, are being discovered, confirmed and accepted by Western Scientists now.

The reason behind why Muhammad PBUH advocated practicing Hijama certain times was that it depended a lot on the **moon**. It all had to do with gravitational pull and the levels of fluid/water inside the human body at certain times of the month. Just as the moon affects the tide of the ocean, it affects the human body. Therefore, cupping should be performed on odd days of the lunar calendar when the

forces of the moons pull assist in removing the dead blood cells. Thus, he stated there was more benefit for wet cupping at these times. The 17th, 19th, and 21st days are the best days for wet cupping. Although performing Hijama on other days is also beneficial.

Although Cupping was around well before Islam was declared and firmly established throughout the world, Muhammad (PBUH) clearly approved of it, encouraged its practice and had the treatments himself. Therefore, the Muslims practiced it, refined and documented it. They made it in to a fine art form and it was considered one of the first forms of organised and documented surgery both in the Arab and Western world. Hijama was the first recorded system of surgery and became a fine art as it was researched, developed, documented, promoted and practiced by some of the most famous Muslim Scholars and Surgeons;

Ibn Sina (Avicenna 980-1037)-He was a Physician, Psychiatrist, Philosopher and Poet. He was the Author of the Historic and highly influential book: "Kitab Al Qanun" or "The Canons of Medicine". This was translated in to Latin by the 12th Century and became a leading Western medical textbook.

Al-Zahrawi (936-1013) -Also known as Abu-Al Qasim, he was a famous Medical Doctor in Islamic Spain. He wrote medical encyclopedia (30 vols) containing medical information about ophthalmology, orthopedics, pharmacy and nutrition to name but a few. He also write the famous Treaties; "Al Tasrif" which was also translated in to Latin during the 12th century. It was used as a major medical text for Western medical students for hundreds of years. It was about Hijama and the treatment of wounds.

Al-Razi (865-925 AH)-He was a prominent Pediatrician of his time. He used Dry cupping for "Apoplexy" and Wet Cupping for children with smallpox and fever (aged between 5 months and 14 yrs old).

Ibn Al-Quff (1233-1286 AD)-He was a famous Syrian Surgeon who wrote a book entitled "Al Omda fi Al Jeraha" or "The Governor in Surgery". He devoted one chapter to different types of Hijama and when it was best to administer it.

Ibn Ul-Qayyim (1291-1350)-He was well educated in the field of medicine and an expert in Hijama. He strongly advocated Hijama treatments during the 2nd and 3rd weeks of the month and discouraged it in the 1st or 4th week of the month, based on the lunar cycle.

The Role of the Hijama Practitioner or "Cupper" (Al-Hajjam)

The Role of the Hijama Practitioner or "Cupper" (Al-Hajjam) is very important in administering Hijama Therapy. A responsible and conscientious Cupper will abide by the rules, due to his or her own religious and spiritual belief in what is ordained by Allah (SWT) (God) and his final Messenger of Islam; Prophet Muhammad (PBUH). Hijama "Cuppers" are traditionally held in high esteem. Hijama Therapy is considered to be partaking in an act of worship for both the Cupper and Patient. It is the Cupper's duty to bring back the practice Hijama as much as possible, for the benefit of all human beings;

"Whoever revives a Sunnah from my Sunnah and the people practice it, s/he will have the same reward of those who practice it without their reward diminishing..." (Sunan ibn Maajah -209)

What are the rules of Hijama (Wet) Cupping Therapy?

- Men and women are allowed to have the treatments and it is recommended for all ages and all ailments (except very few)
- There are only certain times that wet cupping can be practiced according to the Islamic, lunar calendar;
- It is recommended that wet cupping be practiced on the 17th, 19th and 21st days of the month.
- It is recommended that Wet cupping be done rarely if a person is healthy; about twice a year or four times a year before the season changes.
- The Patient should perform ghusl (ritual bathing) before a session. The Cupper and Patient should both be in Wudhu (ritual state of ablution)
- It should be performed on an empty stomach.
- Women should not get cupping done if they are on their period or are pregnant
- You should have complete rest after the cupping

How big are the incisions?

Hijama is not so invasive that it cuts veins or nerves. In fact, Hijama Practitioners are trained to stay well away from veins, nerves etc and not to cut the flesh or deeper tissues. Hijama Practitioners only scratch the superficial layer of skin with a surgical blade or lancet. These are designed to minimize damage to the skin and tissues. The scratches made are tiny and are not visible to the naked eye. It is only when the cup is replaced upon the spot, and the vacuum is created on the bodies surface with the suction pump, that a few milliliters of **toxic** blood is sucked out of the small incisions.

How much blood comes out?

The cupped area will only bleed as much as it needs to, to shed toxic substances. As soon as the body has expelled stagnant, unhealthy blood, the cupped area will stop bleeding itself. The human body is amazingly intelligent and has an innate ability to heal itself.

Does it hurt?

The incisions themselves hurt less than a paper cut or blood test. The toxic blood is drawn, but there is no pain at all and the Patient's cannot even feel the blood coming out. The cuts will sting for about 1 day, but with proper care, will heal fully within 3-10 days. Hijama is an excellent therapy and promotes good health and detoxifies the body.

Types of Cupping

There are three major types of cupping:

- 1) Fixed Cupping
- 2) Moving or Massage Cupping
- 3) Wet Cupping or (Hijama)

Fixed Cupping

uses special cups and a suction pump on certain pressure points and meridians on the body. The flesh is sucked in to the cup and left to promote blood circulation. This in turn, releases stagnant blood and energy and re-energizes the Patient. It leaves localized bruising, but it is not painful at all. It is, in fact, just skin coloration. These bruises will disappear with 3-10 days depending upon your body type. Dry Cupping can be administered at any time and as much as the patient likes.

Moving or Massage Cupping

follows the same principle but one or two cups are moved along the muscles while the cups have suction in them. Oil is liberally applied to the back, arms or legs and deep tissue massage is undertaken. Large singular strokes are given, moving directly up and down the meridians. This is immensely relaxing and invigorating. The patient gets the benefits of regular massage and cupping.

Wet cupping or Hijama

is the same as fixed cupping but involves administering small incisions on the superficial layer of skin. This is in fact, the Islamic therapy and a highly recommended "Sunnah" or practice of the Prophet Muhammad (Peace be upon Him)*. The Practitioner prepares the area by using anti-bacterial wipes or liquid. Then s/he scratches the superficial layers of the skin with a surgical blade and applies the cup and creates suction in the cup. This stimulates blood to raise the surface.

This is toxic, unhealthy blood which needs to be released from the body. If it stays in the bloodstream, it hinders the rest of the blood supply, organ functions and other bodily systems. It causes new illnesses or makes a sick person even healthier.

The incisions made, begin to scab on the same day and will heal within 3-10 days. The wet-cupping does not hurt generally. The incisions feel like small scratches only. Patients cannot even feel the small amount of blood coming out and the quantity drawn during can be less than a blood test.

The scratches may sting after treatment and usually for one day subsequently. However, it is recommended that rubbing alcohol and black seed oil be applied regularly to prevent infection or sore skin.

It is highly recommended to have it done on the 17th, 19th and 21st of the month according to the Islamic, Lunar Calendar, in order to optimize benefits and results, but if there is a need, Hijama will help on any other day as well.



Equipment Used:

These are the plastic cups that are used. They have a valve at the top which controls suction pressure. They also have removable magnets (used for "Bio-magnetic Cupping Therapy") which are very effective for this treatment. The theory behind this treatment is that health is based upon the individual cells of the body vibrating at a characteristic normal frequency. However, a change in the cellular vibration means that the cells are diseased and unhealthy.



This is the Cupping set that is used generally. The suction pump is also made of plastic. Strict rules must be followed when practicing Hijama Cupping Therapy in accordance to Health and Safety regulations;

- Individually wrapped, sterile steel surgical blades are used
- Medical exam gloves are used
- Sharps are disposed of safely in a sharps container
- All items such as plastic cups, tissues, towels, gowns and medical exams gloves are disposed of safely and hygienically (or incinerated depending upon Local Government Laws)

Benefits of Wet Cupping or Hijama

The reason for any type of wet cupping (be it Acupuncture or Hijama) is to detoxify the body in a natural way. It promotes internal healing by cleansing the blood, strengthening the immune system and balancing energy within the body and mind. It cleanses on a physical, mental, emotional and spiritual level. It deals with all physical and metaphysical problems and leaves the patient feeling refreshed and energized.

Hijama Cupping Therapy treats all illnesses such as:

- Obesity
- Depression and Stress
- Arthritis
- Headaches and Migraines,
- Backaches, Neck aches and Joint pains
- Skin Conditions
- Constipation and Digestions issues to name but a few.

It will benefit a patient's body systems and structure in a positive way; skeletal, muscular, dermatological, neurological, respiratory, circulatory, immune, nervous, endocrine, lymphatic, urinary and digestive. Results are immediate and long-term. It is an effective form of pain relief and strengthens the body, tones muscles and gets the blood flow going. This is a super powerful detox for the body and leaves you feeling strong and revitalized. It really is a Super therapy!

Practitioner's Responsibility:

A good Hijama Practitioner must make sure that s/he contacts his/her local Department of Health before practicing Hijama Cupping Therapy. They must be sure to find out what the regulations are regarding safe disposal of sharps and all equipment/supplies used that is exposed to blood. It is essential to avoid cross contamination and minimize blood borne pathogens for the safety of Patients and the Public at large. The Hijama Practitioner MUST be responsible and work with integrity to establish and maintain high health and safety standards (regardless of which Country you are practicing in).

Summary

In summation, although Chinese Acupuncture does include Wet Cupping, it is different from Hijama Wet Cupping. Hijama Wet Cupping has its own strict rules based on Islamic religious practices or "Sunnah"* ordained and recommended by Allah (SWT) or God and established by Prophet Muhammad (Peace be Upon Him). In one of the sayings of the prophet, if it done on the right time, it is cure for every disease. Hijama Wet Cupping is first treat that should come to our mind when we encounter any ailment, because it is easy, simple, natural and it works. That is why it is practiced by Muslims as part of their faith and thus, Hijama Wet Cupping is exclusively an Islamic phenomena spanning over many centuries.

Conclusion

We have attempted to clearly explain what Hijama Wet Cupping Therapy is in this report. Our intention is to highlight how much of a strong religious practice this is amongst the Muslim community. We believe it is a divinely ordained form of natural healing and worship and choose to follow the practice of our Holy Prophet Muhammad (PBUH). We hope that this information is sufficient for you to make your decision regarding the recognition and practicing of Hijama Wet Cupping Therapy.

If you need any further information, please contact us at info@HijamaNation.com and we will be happy to provide it.

Our Services: You may be interested in;

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