

Joint Event on

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Long term study on the clinical effectiveness of wet cupping in patients suffering from sciatic pain

Background: Ancient old technique of wet cupping commonly known as Hijama has proven its effectiveness in number of medical ailments including sciatic nerve pain. Long term study was to evaluate the effectiveness of wet cupping, after two years and five years patients suffering from sciatic nerve pain.

Method: Two hundred fifty patients were randomly selected having no previous physical injury, between ages 18-80 years. Wet cupping sessions were done on every alternate day; three sessions were done in which removal of subcutaneous blood with the help of glass suction cups was done after making superficial incisions. One cup was generally applied between shoulders at T1 and C7 vertebrae area, and two cups were applied on L3-L4 or L4-L5 and L5-S1 vertebrae. After these sessions the decrease in sciatic pain and improvement in quality of life of patient was assessed by visual analogue score, numeric pain rating scale, and WHOQOL scale at before treatment, after treatment, one year after treatment, two years after treatment, and five years after treatment. (Data were analysed by paired t-test and ANOVA.)

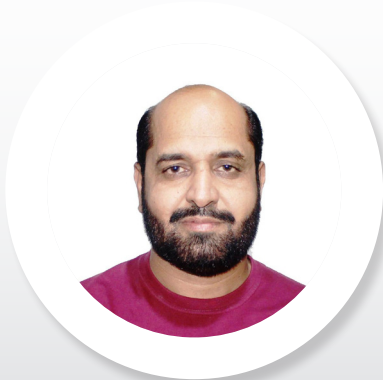
Result: Out of 250 patients about 225 (90%) of patients have shown marked decrease in sciatic nerve pain. After one year of treatment 175 (70%) of patients were satisfied and doesn't need any further treatment of sciatic pain, after two years of treatment more than 125 (50%) patients showed marked decrease in pain as compared to before treatment. Five years after treatment 92 (37%) of patients were enjoying good quality of life as shown by their WHOQOL scale.

Conclusion: Long term benefits of wet cupping in patients suffering from sciatic nerve pain was observed, it is concluded that overall quality of life of patient is improved and pain score is significantly decreased after two years and five years of Hijama treatment.

Biography

Muhammad Amin Baig is practicing in a dynamic and emerging field of Alternative Medicines for last 22 years and now 12 years at F-10 Markaz Islamabad. He is an Executive Principal at SADRI Institute of Alternative Medicine, Chowk Azam District Layyah, Punjab. He is a Head of the Department of Alternative Medicine at Vertex College of Science and Technology Muzaffarabad, Azad Jammu and Kashmir. He was a Former Dean of Health Department in Mooreland College London. He has a Training Certificate Honorary Directorate of Hakim/Homoeopaths, Federal Ministry of Population, and Government of Pakistan. He was serving as a Chairman at International Alternative Medical Council (IAMC) Pakistan, Chairman at Sadri Foundation, and President at Society for Awareness, Development, and Research & Invention. He is a Professor and Head of Department of Cupping and Regimental Therapies at Ajmal Tibbia (Unani Medical) College, Rawalpindi, Pakistan. He is a Visiting Professor at The Open International University for Complementary Medicine, Colombo, Sri Lanka, Director General at International Council of Electro Homoeopathy, USA, and Chief Executive for Pakistan Chapter: IHMS & ANMA Inc. USA. He is a Consultant and Country Director at KEISIE International University, South Korea. He had International Membership with American Association of Acupuncture and Oriental Medicine, USA. International Holistic Medical Society (IHMS) California, USA.

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