

Cupping Therapy Medical Benefits

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Editorial

Cupping Therapy (CT) is an ancient procedure that is now utilized to treat a wide range of medical issues. However, the mechanism of action of (CT) is not completely understood. Suction is created by placing cups on the skin. Suction may aid in healing by increasing blood flow. Cupping is a form of complementary therapy that originated in China. Suction is created by placing cups on the skin. Suction may aid in healing by increasing blood flow. Cupping therapy is an ancient treatment procedure that has been used to treat a wide range of illnesses. There are other varieties of cupping therapy, but the two most common are dry and wet cupping. Dry cupping pulls the skin into the cup without leaving scars, but wet cupping lacerates the skin and draws blood into the cup. Although cupping has been used as a treatment for centuries and by many cultures and groups, the mechanism of effect is not well known.

Cupping therapy has recently re-emerged as a topic of interest, and various research have begun to study the mechanisms behind cupping therapy. Cupping was initially done using animal horns. The "cups" were later constructed of bamboo and finally porcelain. The suction was principally produced by the application of heat. Initially, the cups were cooked with fire and then put to the skin. The skin was drawn within the cups when they cooled. Glass cups that are shaped like balls and open on one end are commonly used in modern cupping. Cupping is a simple application of fast, strong, rhythmical strokes to activate muscles that is very beneficial in the treatment of aches and pains caused by various disorders.

Cupping has the ability to improve one's quality of life. Each cupping session lasts roughly 20 minutes and can be done in five phases. Primary suction is used in the initial stage. The therapist assigns specific locations or places for cupping and disinfects the area during this step. A suitable-sized cup is put on the chosen spot, and the therapist suctions the air inside the cup

using a flame, electrical, or manual suction. The cup is then placed on the skin and left for three to five minutes. Cupping also removes toxic elements from the skin's microcirculation and the interstitial compartment, which is beneficial to the patient.

Cupping may be an efficient means of lowering low density lipoprotein (LDL) in men, which may have a protective impact against atherosclerosis and cardiovascular disease (CVDs). Cupping has been shown to reduce total cholesterol, low density lipoprotein LDL/high density lipoprotein (HDL) ratios. Cupping therapy can drastically reduce the amount of lymphocytes in the affected area's blood while increasing the number of neutrophils, which is one of the antiviral processes that reduce pain scores. Because of the impact of numerous types of stimulation, cupping therapy has been found to treat a wide range of disorders. Cupping therapy appears to be useful for a variety of medical disorders, including herpes zoster and accompanying pain and acne, facial paralysis, and cervical spondylosis, according to Cao and colleagues (2010).

Cupping therapy is frequently used in healthy people to decrease blood pressure and prevent the development of cardiovascular disorders (CVDs). Wet cupping, in conjunction with conventional treatment, has been shown to effectively heal oral and vaginal ulcers in Behçet's disease patients. There is mounting evidence that wet cupping can help with musculoskeletal pain. Cupping is done in a variety of ways depending on the type of cupping. Each approach may be to blame for certain alterations in cells, tissues, and organs. A single theory or a set of paradigms may explain some of the therapeutic effects of cupping. Pain-Gate Theory, Diffuse Noxious Inhibitory Controls (DNICs), and Reflex Zone Theory could explain pain reduction, changes in biomechanical qualities of the skin, and precipitate blood circulation. The release of Nitric Oxide Theory could explain muscle relaxation, particular changes in local tissue architecture, and increased blood circulation.

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