

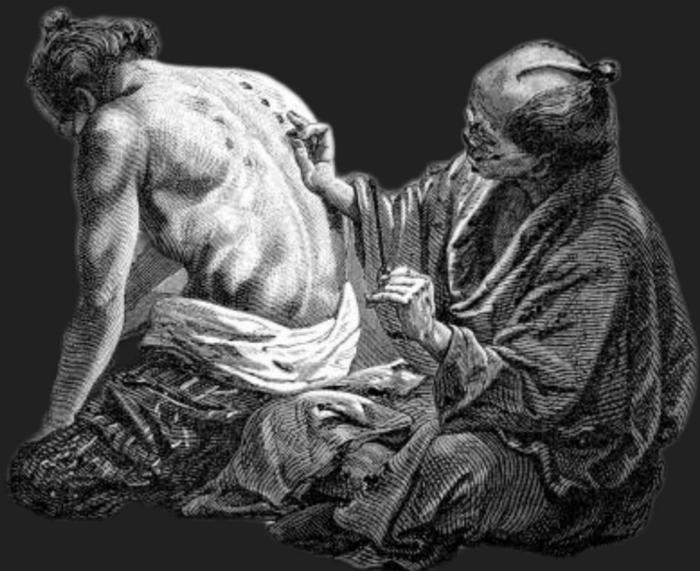
HIJAMA

The Best Remedy

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Hijama, also known as cupping therapy, is an ancient healing practice that involves creating suction on the skin using cups to draw blood into the area. It is used for pain relief (particularly musculoskeletal pain), reduced inflammation, improved blood circulation, potential benefits for certain skin conditions and respiratory problems, and sports recovery (reducing muscle fatigue and pain).





What is Hijama?

"Hijama is also known as wet cupping, sucking, or medicinal bleeding, where blood is drawn by local suction from a small skin incision."

Cupping Therapy (Hijama) is a mode of treatment in which cups are placed across several reflex points on the body, such as the back, abdomen, and legs, in order to create a localized congestion through negative pressure, which is mechanized using a pump. This stage allows blood to be drawn toward the surface of the skin, which, in turn, stimulates the tissues and the internal organs to correspond. This step is considered 'Dry Cupping' and can be used as an isolated method for massage purposes, as it has a soothing effect.

Following this step, ecchymosis occurs on the surface of the skin; this results in the mirroring of an anti-inflammatory response from the immune system, as the production of white blood cells is triggered as part of the healing process.

The next step is referred to as `Wet Cupping` and is a minute scale surgical procedure that requires superficial incisions to be made on the cupped zones. The cups are then replaced, and another vacuum is created to draw out the toxic and stagnant blood from the body. The blood coagulates within the cup with some liquid excess and is then disposed of.

Though there are extensive benefits in both methods of cupping, there are far greater remedial aspects found in wet cupping. It is important to note that the focus should not be on how much blood has been drawn out, as each individual will vary depending on different lifestyles. Rather, the focus of Hijama is to create a naturally occurring immune response, which is formed as a response to the incisions.

Hijama is not free from risks; therefore, it is important that the therapist is well-versed in the ability to assess each patient accordingly and to tailor each session to the various make-ups of patients and their current health conditions.

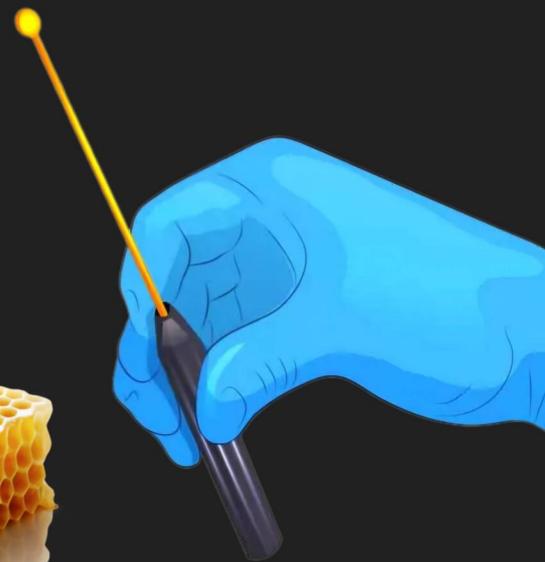
Potential benefits:

Pain relief: Cupping is believed to help relieve pain by stimulating nerve fibers and promoting blood flow. Detoxification: Some believe it helps remove toxins from the body. Inflammation reduction: Cupping may help reduce inflammation. Other potential benefits: It has also been suggested to help with various conditions such as headaches, digestive issues, and menstrual problems.

Hadith

Narrated Ibn `Abbas: The Prophet (ﷺ) said, "Healing is in three things: cupping, a gulp of honey or cauterization, (branding with fire) but I forbid my followers to use cauterization (branding with fire).

Sahih al-Bukhari 5681





الاسراء والمعراج

Hadith

Anas bin Malik said: “The Messenger of Allah (ﷺ) said: ‘On the night on which I was taken on the Night Journey (Isra’), I did not pass by any group (of angels) but they said to me: “O Muhammad, tell your nation to use cupping.”

Sunan Ibn Majah 3479 (weak but other evidence strengthens it.)



Hadith

Narrated Abu Hurayrah: The Prophet (ﷺ) said: If anyone has himself cupped on the 17th, 19th and 21st it will be a remedy for every disease.

Sunan Abi Dawud 3861



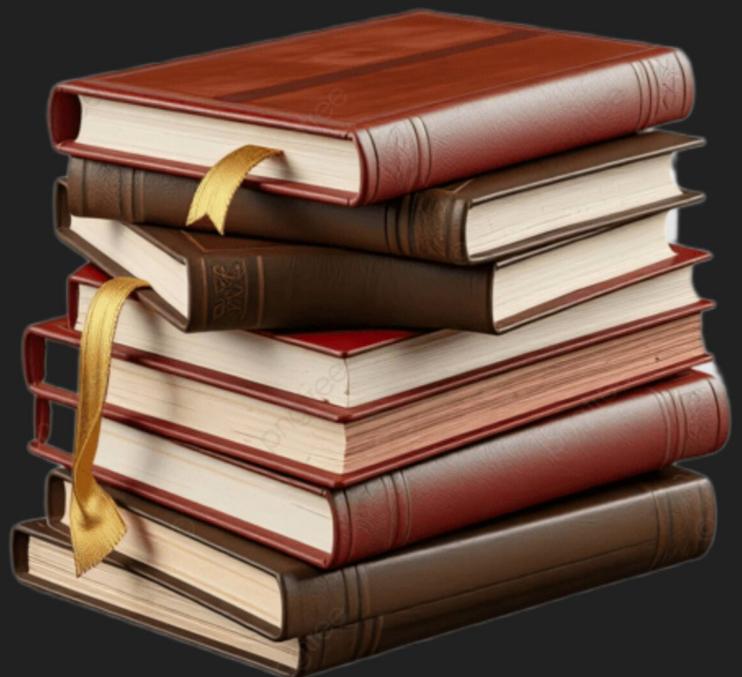
Hadith

Narrated Abu Hurayrah: The Prophet, peace and blessings be upon him, said: The best medical treatment you apply is cupping.

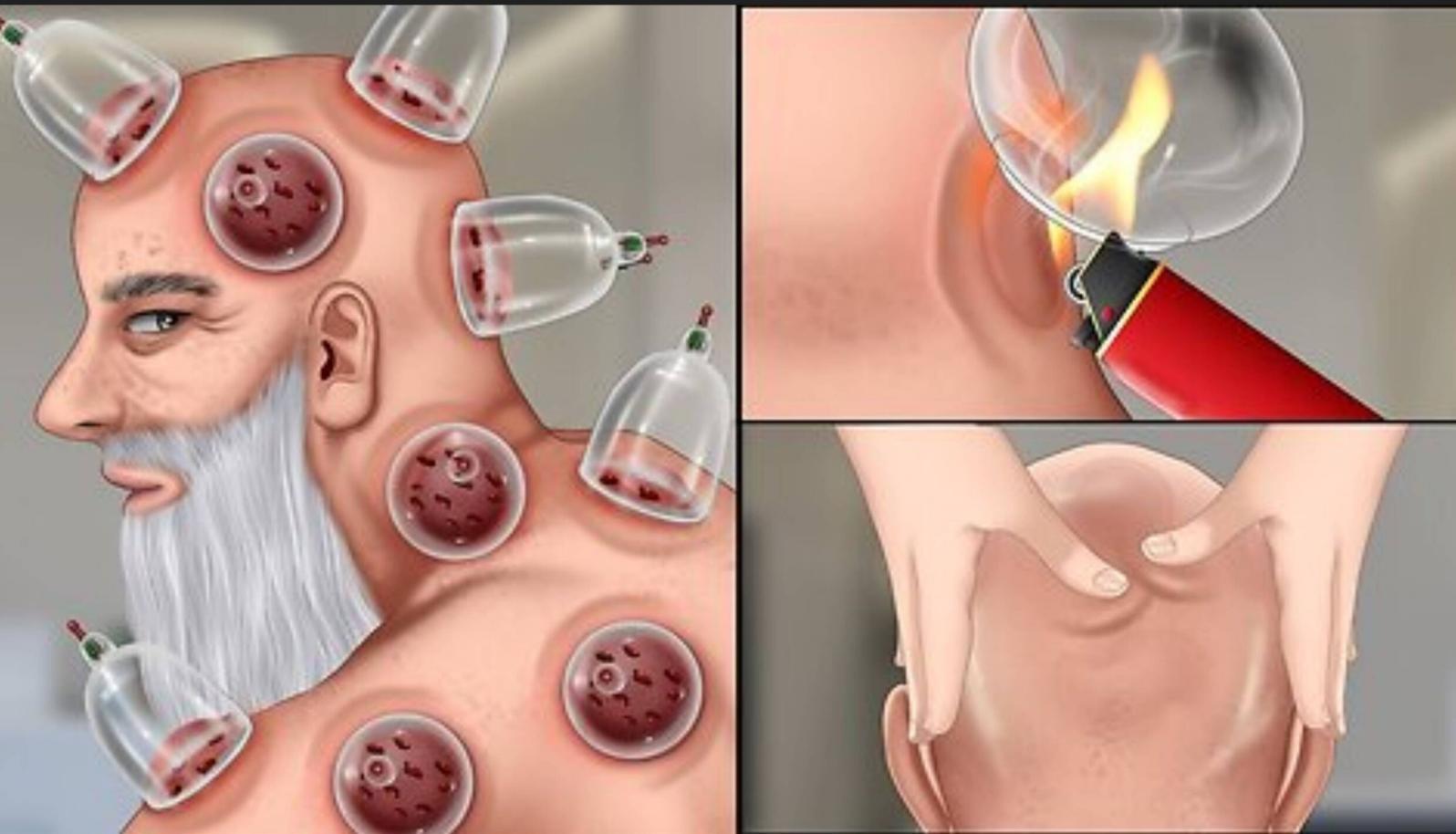
Sunan Abi Dawud 3857, Sunan Ibn Majah 3476

Anas ibn Malik reported: The Prophet, peace and blessings be upon him, said, "Verily, the best practice with which you treat yourselves is cupping and sea incense. Do not torture your children with sore throats by pressing their throats with your fingers, but rather, you must use incense."

Sahih al-Bukhari 5371



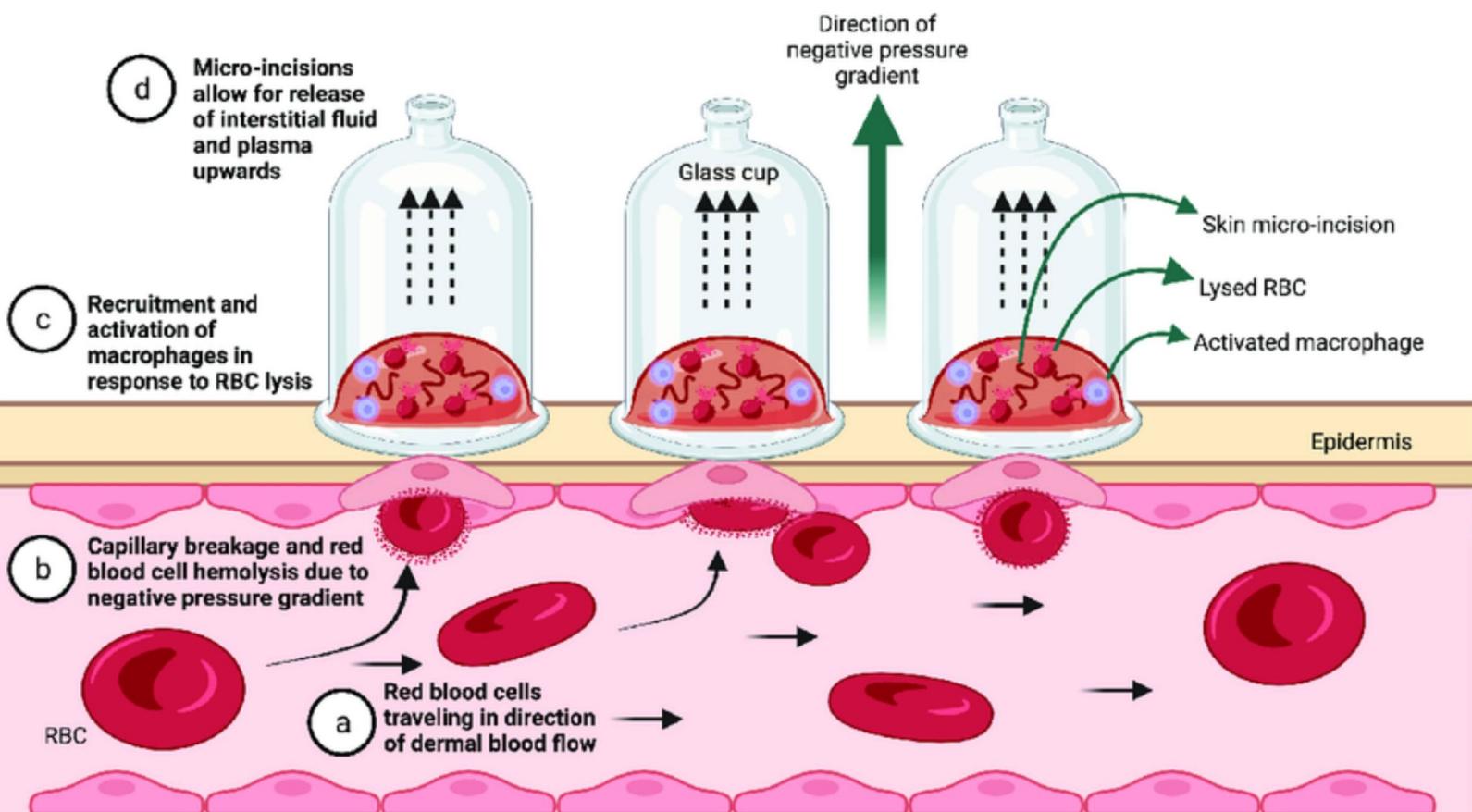
The primary aim of Hijama (wet cupping) therapy



To improve circulation and promote the exchange of gases. To create minor injuries that activate the immune response for the repair of cells and tissues. To eliminate harmful substances and cellular debris through blood extraction.

Hijama (wet cupping) is the safest and most thorough way to remove dead cells, toxins, parasites, bacteria, and other forms of waste directly from the bloodstream, leaving you feeling much lighter, not only physically but also mentally.

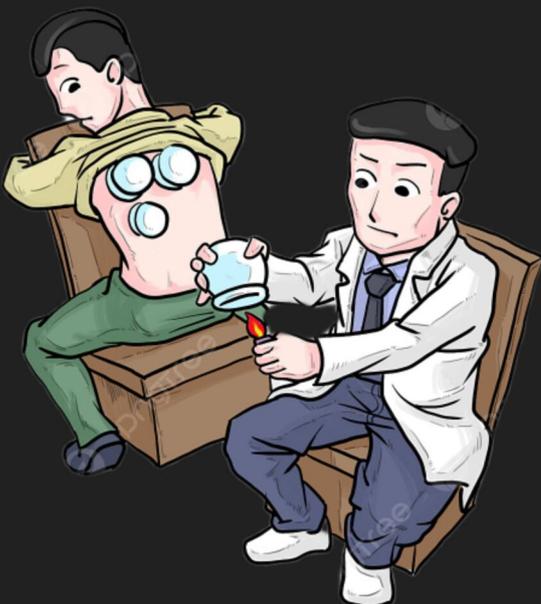
Where is the blood coming out during hijama sessions?

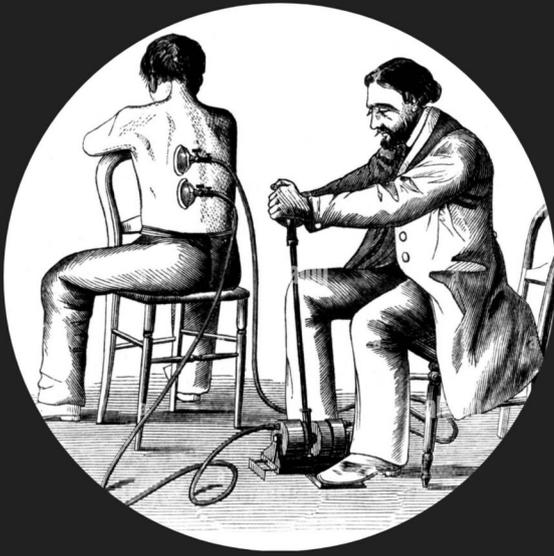


Suction from cupping draws fluid into the treated area. This suction force expands and breaks open tiny blood vessels (capillaries) under the skin. Your body treats the cupping area like an injury and sends more blood to the area to stimulate the natural healing process.

How often should Hijama be done?

For a healthy person, hijama (wet cupping) is generally recommended once or twice a year, preferably during the hotter months. If you are healthy and have no underlying medical conditions, you can consider having it done a couple of times a year as a preventative measure for overall well-being. If there is a health condition that needs to be addressed by a hijama therapist due to high levels of toxins building up in the body, then it's highly recommended to be on a detox program of performing hijama once a month for three consecutive months.





Potential benefits of Hijama

Pain Relief: Hijama is often used for pain management, particularly for conditions like back pain, neck pain, arthritis, and headaches. The suction and potential release of trapped blood can help to alleviate muscle tension and reduce pain.

Improved Blood Circulation: The suction created by the cups is thought to enhance blood flow to the treated area, delivering essential nutrients and oxygen to tissues. This improved circulation can aid in healing and overall well-being.

Reduced Inflammation: By promoting blood flow and removing waste products, hijama may help to reduce inflammation in the body. This can be beneficial for conditions where inflammation is a contributing factor, such as some types of arthritis.

Detoxification: Improved blood circulation can also aid in the removal of toxins and waste products from the body, potentially supporting the body's natural detoxification processes.

Relaxation and Stress Reduction: Many individuals find cupping therapy to be relaxing and stress-relieving. The suction and massage-like sensation can help to soothe muscles and promote a sense of calm.

Conclusion

Hijama therapy is associated with the enhancement of blood circulation, which can help remove blood stasis and waste from the body.

Hijama therapy involves using suction to draw fluid into the treated area, which breaks open capillaries under the skin. The body then replenishes the area with healthier blood flow, which can help stimulate healing at a cellular level.

Some other possible effects of wet cupping therapy include:

(Detoxification) Hijama may help remove heavy metals like aluminum, mercury, silver, and lead. It may also help eliminate uric acid, a natural waste product that can build up and lead to high acidity levels in the blood and urine.

(Improved metabolism) The increased blood flow from Hijama can help improve local nutrition and boost metabolism.

(Improved lymphatic system) Hijama may positively affect the lymphatic system, which helps remove waste from the body.