

PRACTICE OF CUPPING THERAPY IN MOROCCO (REGION: RABAT-SALE, FEZ)Soufiane Ouelkabir^{1,2*}, Chaimae brahmi^{2,3} and Soufiane Derraji^{1,2}¹Pole of Pharmacy, Military Hospital of Instruction Mohamed V Rabat.²Faculty of Medicine and Pharmacy Rabat.³CHU Ibn Sina of Rabat.***Corresponding Author: Dr. Soufiane Ouelkabir**

Pole of Pharmacy, Military Hospital of Instruction Mohamed V Rabat.

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SUMMARY

Some diseases still remain without effective treatments. This has motivated many researchers to return to ancient treatment techniques to find a cure for these diseases. Vacuum bloodletting (all hijama) has emerged as one of the effective therapies, and one for which the use is important. It is in the interest of patients to use light, inexpensive therapies without adverse effects in non-organic conditions. The integration of these therapies into the health care system would undoubtedly help to reduce the burden on the conventional health care system. Our work is a descriptive study on the practice of cupping therapy in Morocco which aims to reveal and have more information on the practice of bloodletting in Morocco, this study includes 10 practitioners of cupping therapy and 20 patients benefiting from this therapy of different ages and sexes. The endpoint was patient satisfaction. The other criteria were disease-specific parameters and side effects of the technique. Then, the evaluation criteria of the practitioners of cupping were: the types of establishments, the status of the practitioners, the products used.

KEYWORDS: Practice. Cupping therapy. Practitioners. Patients.**INTRODUCTION**

Cupping therapy is an ancient treatment method that has been used in the treatment of a wide range of conditions. There are many types of cupping therapies,^[1] however, wet cupping is the main type used in Morocco.

Dynamic bloodletting, or hijama, is a therapeutic method that involves applying superficial skin incisions to specific points on the human body and cupping them with the purpose of drawing blood. The incisions are usually made at the 7th cervical vertebra. Other points are added depending on the nature of the pathology.^[2]

Bloodletting is a prophetic medicine that the Prophet Muhammad (peace be upon him) repeatedly recommended for Muslims.

In 2004, the world health organization classifies bloodletting as a curative medicine, and new schools of medicine have been established that adopt bloodletting. According to the WHO, the diseases treated by bloodletting are: Asthma, eczema, acne, diabetes, colopathy, high blood pressure, prostatitis, impotence, sterility, hemorrhoids, rheumatism, sciatica, low back pain....

The purpose of this work is to show

- The place of this therapy in various indications
- The satisfaction of patients

- The institutions that practice bloodletting
- The status of practitioners
- The products used

And secondly, to evaluate their undeniable effectiveness where the contribution of modern medicine remains modest.

MATERIAL AND METHOD

This is a descriptive study, lasting 6 months, which collected 20 patients and 10 practitioners of cupping therapy in the different regions: Rabat-Sale and Fez as well as through social networks.

Target population

This questionnaire is intended for patients and practitioners of cupping therapy.

Inclusion criteria

Cupping therapy practitioners of any professional status
Patients benefiting from cupping therapy

Exclusion criteria

Cupping therapy practitioner not willing to participate in the study.

Presence of an evolving infection, haemostasis disorders.

A tool used: questionnaire

The questionnaire consists of 4 parts:

- Information about the facility.
- Information about the practitioner.
- Study of the professional practices of cupping therapy.
- Relative to the indications, the undesirable effects and the patient satisfaction.

Data collection method

Data were collected using a pre-established data collection form.

The data were analyzed, respecting ethical rules. The questionnaire was anonymous, patients and practitioners were free to join or not the study.

Limitation

- Epidemiological Context COVID-19
- Centers are limited;
- Practitioners are busy;

RESULT

Results are expressed as a percentage,

A. Status of the establishment

Among the establishments of the bleeding we find 40% of the wellness centers (SPA) followed by medical, paramedical and other offices in the same levels of 20%

B. The practitioner

- Gender: 50% of the practitioners of bloodletting are men and the other half are women.
- Age: 90% of practitioners are between 26 and 45 years old and 10% between 46 and 55 years old.
- Status: Concerning the status of the practitioners, we can see that 50% are paramedical people (nurse, physiotherapist), followed by 30% experienced people (graduate in cupping therapy), and finally general medicine who present 20%.

C. Professional practices of cupping therapy

Antiseptics used: most practitioners disinfect the skin during bleeding with: alcohol (80%), povidone-iodine (70%). (10%) of practitioners use hexamidine, (20%) hydrogen peroxide and (30%) use other antiseptics such as apple vinegar or honey.

Medical devices (DM) used

- For incisions (bleeding): (90%) of practitioners use scalpel blade, (20%) use shaving blade, (10%) use needles.
- For the saleswomen: 100% use plastic and single-use suction cups and among them 10% still use glass suction cups and reusable after sterilization.
- For the generation of vacuum: 100% of the practitioners use the suction device (vacuum pump).
- For the disinfection and sterilization of reusable DM: Most practitioners use single-use (disposable) DM.

D. The patients

- The age range of patients interested in cupping therapy: patients over 40 years old, (100%) are interested in the signed, between 30 and 40 years old have a proportion of 80% and under 30 years old have 60%.
- Indications of cupping therapy, according to the practitioners: the results obtained were in decreasing order:
 - Hypertension, rheumatism, fatigue, migraine and prophylactic (100%) ;
 - Tissue regeneration, pain and hormonology (90%) ;
 - Diabetes (80%)
 - Inflammatory diseases (70%)
 - Infectious diseases, cardiovascular diseases, kidney diseases and other diseases (50%)
- Adverse effects observed after cupping therapy: Generally, practitioners state that most patients do not have any side effects after the cupping sessions except for the bruising.
- Patient satisfaction: 90% of patients are satisfied after the bloodletting. We have those who are satisfied after the 1st session (90%), the 2nd session (60%) and the 3rd session (20%) and 10% represent the unsatisfied patients.

DISCUSSION

Cupping therapy is a therapeutic technique that is used as a complementary and alternative treatment worldwide.^[2] Studies on dynamic bloodletting have shown that this therapy stimulates immunity, the level of interferon is increased tenfold after a session of the therapy, thus leading to a reduction in pain.^[1] It reduces the LDL cholesterol level and improves the HDL level, so it has a preventive effect against atherosclerosis and cardiovascular diseases.^[1] It is a complementary therapy in the management of rheumatoid arthritis.^[3] For patients with chronic urticaria this therapy is used as an adjuvant therapy with antihistamines.^[4] Cupping therapy relieves the symptoms of fatigue as well as improving the sleep condition of patients.^[5] In hypertensive patients this therapy is very effective in reducing systolic blood pressure.^[6]

In our series, most of the bloodletting establishments are wellness centers, followed by paramedical and medical offices, for the status of practitioners half are paramedical people, followed by experienced (graduate) and general practitioners. For skin suction all practitioners use plastic suction cups and single-use, so they are not required sterilization, so most practitioners disinfect the skin during bleeding either by alcohol or povidone-iodine.

Concerning the most important indications of bloodletting according to the practitioner we find migraine, hypertension, rheumatism, fatigue, migraine ; tissue regeneration, pain and hormonology inflammatory diseases infectious diseases, cardiovascular diseases, kidney diseases. Thus ,most of the patients present

practically no side effects after the sessions of bloodletting Apart from a bruise (known under the area of suction cups and which disappear in 2 to 3 days), rarely we can note asthenia, hypotension, panic attack.

All patients are interested in cupping therapy regardless of their age group.

In our study, 90% of the patients are satisfied after the bleeding. According to each pathology, satisfaction is noted either after the 1st, 2nd or 3rd session.

We can see that the number of patients is increasing and patients are motivated to undergo bloodletting.

This therapy must be integrated into the conventional health care system with competent and well-trained health professionals.

CONCLUSION

Faced with the expansion of chronic diseases in the world whose management is heavy, and in order to support and improve the quality of life of patients with chronic diseases in particular and all people in general, it is interesting to refer to the cupping therapy as an adjuvant therapy given their benefits, the rarity of side effects, its low cost and ease of implementation. However, it is necessary to respect certain rules and to master the techniques, which requires trained practitioners to practice it.

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