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Cite this article: Arafah, H. (2024). Cupping Therapy Modern Medicine Solutions In Islam. Global International Journal of Innovative Research, 2(6). Retrieved from <https://global-us.mellbaou.com/index.php/global/article/view/214>

Keywords: Cupping, Medicine, Islam

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Published by:

GLOBAL SOCIETY
PUBLISHING

Cupping Therapy Modern Medicine Solutions In Islam

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Every disease has a cure, this is a form that must be done by humans so that efforts when stricken by disease. If all diseases have a cure, then easily a person will become healthy. Maintaining health is a choice for humans. Someone in maintaining their health has various ways ranging from regulating diet, exercise patterns, regulating rest periods, some are on a diet. Hijamah or cupping is a form of therapy to maintain and treat various diseases. Although in its history cupping is a treatment / therapy that has long been known, namely since the time of the Prophet Muhammad Saw. But until now there are still many people who follow it, in addition to the sunnah taught cupping is also able to provide solutions in health. Cupping is not only done when someone is sick, but can be done to maintain health by paying attention to the time arranged according to Islam. Cupping is not only doing health therapy but also carrying out the sunnah of the Prophet Muhammad (peace be upon him)

1. Introduction

Traditional medicine has become an integral part of certain cultures and religions, including Islam. One of the medicinal practices that has been known since the time of Prophet Muhammad (PBUH) is cupping therapy. Cupping therapy is a form of alternative medicine that uses glass or cupping techniques on the skin to overcome various diseases. In the modern context, cupping therapy has been in the spotlight in the health field because of its potential in the treatment of certain diseases. However, despite being widely known, in-depth scientific research on the effectiveness and mechanism of action of cupping therapy is still limited.

Although cupping therapy has been used traditionally in Islamic medicine, the limitations of scientific research supporting its effectiveness result in significant knowledge gaps. Previous research has tended to be descriptive or insufficient in systematically testing the benefits and side effects of cupping therapy. Therefore, more in-depth and targeted research is needed to thoroughly understand the potential of cupping therapy as a solution to modern medicine in Islam.

The importance of this research lies not only in a better scientific understanding of cupping therapy, but also in the context of providing an effective and scientifically proven alternative treatment for society, in accordance with the teachings of the Islamic religion. With the increasing public interest in alternative medicine and the integration of religious values in health aspects, research on cupping therapy is becoming increasingly important to bridge the needs of modern medicine with religious principles.

Previous studies have investigated the effects of cupping therapy on various health conditions, such as pain reduction, increased blood flow, and improved immune system function. For example, research by Al-Surgeon et al. (2015) found that cupping therapy was effective in reducing pain intensity in patients with musculoskeletal pain. However, further research is still needed to substantiate these findings and investigate the applications of cupping therapy in the broader context of modern medicine.

This study aims to fill the knowledge gap by conducting thorough experimental research on the effectiveness of cupping therapy in the treatment of specific diseases, as well as to understand the underlying mechanism of action. Using a rigorous scientific approach, this research is expected to make a significant contribution in developing scientific evidence supporting the use of cupping therapy as a solution to modern medicine in Islam.

The main purpose of the study was to evaluate the effectiveness of cupping therapy in the

treatment of certain diseases, as well as to identify factors affecting the outcome of treatment. In addition, this study also aimed to investigate the possible side effects associated with cupping therapy and to formulate practical guidelines in the application of this therapy in clinical practice.

Benefits of this research are expected to include developing cupping therapy as a scientifically proven alternative treatment, increasing understanding of the relationship between cupping therapy and health principles in Islam, and contributing to efforts to expand treatment options for the general public.

2. Method

This research uses literature studies, Literature research is a type of qualitative research that is generally carried out by not going into the field in the search for data sources so that this research is carried out based on written works, including research results both published and unpublished which means collecting data and information using various library materials, such as books, journals, articles, verses and hadiths. In this writing, literature studies or literature studies are used as a basis for making initial writing plans and as a source of skunder data.

In this study, secondary data are data obtained not from direct observation, but from the findings of previous research researchers.

3. Result and Discussion

Cupping therapy in Islam is one of the treatment methods that has been used since the time of Prophet Muhammad SAW. Cupping is the process of removing dirty blood from the body using a special tool called "al-hijamah". Cupping in everyday life has many benefits. Cupping therapy in Islam is permissible based on several hadiths of the Prophet Muhammad (PBUH) which advocate the use of cupping as a treatment. One of them is a hadith narrated by Abu Hurayrah:

"The Prophet (peace be upon him) said: 'Whoever is given the convenience to cup on this day (i.e. Tuesday), let him do it.'" (HR. Bukhari and Muslim).

Cupping is one type of treatment in Islam that is allowed and exemplified by the Prophet Muhammad (peace be upon him). In accordance with his words, "The best treatment you do is al-hijamah (cupping)." (HR Ahmad). The Holy Prophet(saw) said, "Verily in cupping there is healing." (Kitab Mukhtashar Muslim (no. 1480), Shahihul Jaami' (no. 2128) and Silsilah al-Hadiits ash-Shahiihah (no. 864), by Imam al-Albani). Furthermore, Ashim bin Umar bin

Qatadah (r), he informed that Jabir bin Abdullah (r) had visited al-Muqni' (r), he said: "I was not healed so I cupped, because in fact I had heard the Prophet (peace be upon him) say: 'Verily in it is contained healing'." (HR. Ahmad, Bukhari, Muslim, Abu Ya'la, al-Hakim, al-Baihaqi)

Furthermore, Uqbah bin Amir (r), the Prophet said, "There are three things that if there is healing in something, then the healing is in the incision of cupping tools or drinking honey or burning the diseased part. And I hate burning and don't like it." (HR. Ahmad in his Musnad.).

From Anas bin Malik (r), the Prophet (peace be upon him) said: "You must cup and use al-qusthul bahri." (HR. Bukhari, Muslim, Ahmad, and an-Nasai in Kitab as-Sunan al-Kubra no. 7581).

From Ibn Umar (r), the Prophet (peace be upon him) said, "I did not pass through one of the existing ceilings but the angels said: 'O Muhammad, command your people to cup, because the best means you use for treatment are cupping, al-kist, and syuniz a kind of vegetation'." (Kitab Kasyful Astaar 'an Zawaa-idil Bazar, by al-Haitsami, III/388)

From Jabir al-Muqni (r), he recounted: "I will not feel well so cupping, because in fact I have heard the Prophet (peace be upon him) say: 'Verily in cupping there is healing'." (Saheeh Ibn Hibban (III/440))

From Anas (r), he narrated: "The Prophet (peace be upon him) said, 'If there is heat peaking, then neutralize it with cupping so that there is no hypertension in one of you who will kill him'." (narrated by al-Hakim in the book al-Mustadrak, from Anas (r) in marfu', he martyred it which was also recognized by adz-Dzahabi (IV/212))

The time spent in cupping is on the seventeenth, nineteenth and twenty-first days of each Hijri month. (Source).

Cupping or hijamah therapy is one method of treatment that involves installing glass / mica or a vacuum device on the skin to create negative pressure. This technique aims to remove dirty blood or toxins from the body through blood vessels located under the skin. Cupping therapy was recommended by the Prophet as an effort to maintain health. Keep in mind that cupping also has conditions so as not to be wrong in cupping. Cupping is certainly done by people who have experience and knowledge of cupping procedures. Furthermore, you must use a clean and sterile tool because it is feared that there is still disease left from the former

use of the tool. A clean place is also a requirement that must be met for someone who wants to do cupping. Another requirement for someone who wants to do cupping is permission and prayer offered by the Prophet Muhammad (peace be upon him).

The benefits of cupping for the health of the body both physically and mentally. Cupping therapy in health brings benefits to the body according to Rahmah et al (2023) wrote that cupping is able to provide solutions to pain in muscles that experience pain injuries.

Cupping has been practiced as a treatment method that has lasted for centuries. Although cupping has been used according to culture and society, its mechanism of action has not been well understood by the community (Al-Surgeon, 2019)

Cupping, al-Hijamah or Cupping is one of the therapies used to remove diseases or toxins in the human body by removing dirty blood from under the skin (Ahmad Ali, 2013; Hanik et al., 2019).

In the past, cupping therapy practitioners used buffalo horns, cow horns, camel bones and elephant ivory as a tool to remove dirty blood out of the body (Ahmad Razak, 2012).

Meanwhile, according to the concept of cupping in the perspective of Ibn Qayyim Al-Jawziyyah, there are several important problems that must be considered in the use of cupping as a therapy for health care. Among them are related to cupping times and cupping points. An explanation related to this, can be seen from the point of Ibn Qayyim integrating between the hadith of the Prophet Muhammad SAW and medical science such as the opinion of Ibn Sina and other figures Rosli et al (2024).

Ashani, et al (2024) wrote that his research shows the values of cupping as an Islamic health solution can be applied to achieve holistic health. To continue to provide education to the community, cooperate with conventional health professionals, and continue to grow, the center must continue to develop this concept of "Living Hadith" and provide the best benefits to the Muslim community.

The prohibition in cupping is for children under the age of four, women who are pregnant, people who are taking blood-thinning drugs, women who are menstruating, oaring who have epilepsy and someone who has a history of skin diseases.

As for other things that need to be considered in doing cupping are: first, the therapist / person who does cupping is of course this is the main requirement, especially for people who have never done cupping terpis, it is certain that they are experienced experts because instead of being healthy they get but getting sick. Secondly, about submitting complaints or health consultations to the therapist, this is done in order to be more open before cupping maybe there are cupping points that should not be taken blood. This openness between patient and therapist will also make it easier for the therapist to do cupping. The therapist will also explain the risks that will occur cupping such as dizziness, skin infections, itching, or pain when the patient bathes after cupping. Third, before cupping must be asked to the therapist, make sure the tool used is sterill, clean, this is done so that infectious diseases do not occur, then follow the therapist's directions to avoid strenuous activities.

Some other benefits when someone does cupping include reducing and eliminating feelings of pain, relaxation.

Muqthi et al (2023) wrote that medical research has proven cupping treatment has several benefits for the body including cleaning the blood and increasing spinal nerve activity, improving blood vessel permeability, relieving spasms, eliminating muscle bruises, asthma, pneumonia, and angina pectoris, eye diseases and nearsightedness, uterine disorders and cessation of menstruation for women, rheumatism, sciatica (soreness in the waist), gout, arteriosclerosis blood pressure disorders (calcification of blood vessels), shoulder, chest, and back pain, laziness, lethargy, and plenty of sleep, wounds (boils, acne, skin itching, and purulent wounds), inflammation of the lining of the heart and kidneys. In addition, cupping is useful as an antiaging so that cupping becomes an alternative choice for women to care for the skin. According to the hadith of the prophet, the Prophet once gave knowledge about cupping narrated by Shuhaib "Cupping in the middle of the neck because it can cure 72 kinds of diseases" the hadith proves the importance of cupping influence in the world of modern health.

Ananda and Hendra (2024), wrote that wet cupping has an influence in reducing inflammatory markers in Rheumatoid Arthritis. It is known that rheumatoid arthritis is a systemic autoimmune disease that affects the joints.

Suharmanto (2023), wrote in his research that cupping therapy is an ancient practice to help relieve tension, chronic pain, and inflammation. Cupping therapy according to him by using special cups that stretch and relax the skin and muscles. Cupping can stimulate nerves and

blood flow to reduce pain. According to him, cupping can also support the body's own healing ability. Cupping therapy can improve the health regimen. Cupping therapy can reduce symptoms of fatigue, migraines, high blood pressure, and a number of respiratory conditions.

Balaputra et al (2023) wrote that smothering therapy can provide solutions for students. In his research that the quality of sleep of students was 70% changed after cupping therapy. Research at Pondok Al Qodiri Jember shows that quality sleep for students can be done after cupping therapy in the midst of busy student activities. The high activity of students is thought to be the cause of poor quality sleep. With cupping, insomniacs can try.

4. Conclusion

The medical world is increasingly developing, the sophistication of medical devices, health handling is also accelerating, surgery using laser which used to use surgery, and many more that mark that the world of medicine along with the development of technology is also experiencing rapid development. As Muslims, of course, they do not necessarily abandon the sunnah of the Prophet Muhammad in terms of maintaining health. Cupping is a sunnah left by the Prophet Muhammad so that his people can follow him. After approximately four hundred years ago, it turns out cupping has many benefits that are not inferior to treatment in the modern era today. In doing berkam still must maintain the quality and sunnah of the Prophet, cupping time must also be considered so that in maintaining health according to the sunnah not just cupping. There are also things that should be avoided in cupping should be a concern for someone who wants to do cupping.

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