CLINICAL STUDY FOR EFFICACY OF HEJAMAT BILA SHURT (DRY CUPPING) IN THE MANAGEMENT OF WAJA UZ ZUHR (LOW BACK PAIN)

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ABSTRACT
Low back pain is a common musculoskeletal disorder affecting 80% of people at some point in their lives and one of the most challenging physical disabilities in the modern age of sedentary lifestyle. In the classical literature of Unani Medicine, the clinical presentation of Waja uz Zuhr simulate with those of low back pain, which is due accumulation of Ghaleez khilt-e-balgham or due to Ghaleez riyah in the lumbar and lumbo-sacral region. Tanqiya (Evacuation) of this accumulated morbid matter is necessary in order to manage the diseased condition and is done by Hijamat bila shurt (Dry Cupping) as indicated in literature. Keeping this in view, a study was designed to evaluate the efficacy of dry cupping for low back pain. Total 20 patients were randomly selected into the study after obtaining informed consent, on the basis of inclusion and exclusion criteria. All the patients were assessed for low back pain at Visual analogue scale and Oswestry low back pain disability questionnaire, and assessment was done at 0 day and 7th day. The results were analysed statistically by paired t-test. The result is highly significant (p<0.001), which concludes the effectiveness of Cupping therapy for the management of low back pain.

KEYWORDS: Hijamat bila Shurt (Dry cupping), Waja uz Zuhr (low back pain).

INTRODUCTION
Low back pain is a common musculoskeletal disorder affecting 80% of people at some point in their lives and one of the most challenging physical disabilities in the modern age of sedentary lifestyle.¹²
Low back pain is not a specific disease; rather it is a symptom that may occur from a variety of different processes. Low back pain is defined as discomfort in the lumbo-sacral region of the vertebral column that may or may not radiate to the legs, hips and buttocks. It is estimated that only 15% of all low back pain has an identifiable anatomic explanation. The other 85% are identified as non-specific low back pain.

Low back pain is typically classified as either acute or chronic. Acute lower back pain short term, generally lasting from a few days to a few weeks chronic lower back pain is defined as pain that persists for more than 3 months.

Persistent non-specific low back pain is one of the most common pain disorders in primary care. 80% of population experience low back pain at least once in a life time and 60% have recurrences.

In Unani system of medicine, low back pain may be described under the heading of Waja ul Mafasil by the name of Waja uz Zuhr.[3,4]

Unani physicians managed ailments of joints by using different types of drugs and regimens like Hijamat Bila Shurt (dry cupping), Mahjima Nariya (wet cupping), Dalk (massage), Takmeed (Fomentation), Zimad (paste), Tila (liniment), Fasad (venesection) etc are advised as treatment modes of pain.

Hijamat Bila Shurt (dry cupping) is one of the older and democratic remedial regimen in Unani system of medicine and is indicated in different types of Waja ul Mafasil, is believed to be beneficial in Imalae Mawad (diversion of vitiated matter). Tanqiya mawad (evacuation of matter) Taskeen alam (to alleviate pain).[5,6]

OBJECTIVES
To evaluate the efficacy of Hejamat Bila Shurt (Dry Cupping) in the management of Waja uz Zuhr (Low Back Pain).

MATERIAL AND METHODS
Inclusion criteria
1. Patients are married female.
4. With or without restriction of movement.
5. Disease duration of more than 3 months.

**Exclusion criteria**
1. Having other types of Arthritis
2. Trauma of Vertebral column.
3. Psychosomatic disorder.
5. All Chronic diseases.

**Study Design**
This was an open labeled prospective study was conducted in department of Amraz e Niswan Wa Atfal, AKTC, AMU, Aligarh.

**Procedure**
- The study was conducted on 20 patients during the 12-month period. The subjects who had willingly participated were enrolled on the basis of inclusion and exclusion criteria.
- The study outcomes on pain and disability were assessed using Oswestry Low back pain disability questionnaire before and after treatment values were subjected to statistical analysis by using paired t test.
- 6 plastics cups of large to medium size are applied over the lower back region across the vertebral column. Gliding cupping is done for 10 minutes both clockwise and anticlockwise with the help of a lubricating agent. Then all the 6 cups were fixed by producing suction and left for the next 10 minutes.

**OBSERVATIONS AND RESULT**
**Table 1: Effect of the Study on pain with VAS**

<table>
<thead>
<tr>
<th>VAS</th>
<th>Mean</th>
<th>Difference</th>
<th>t value</th>
<th>Pvalue</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Before</td>
<td>After</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Group A</td>
<td>8.25</td>
<td>2.40</td>
<td>5.85</td>
<td>10.5</td>
</tr>
</tbody>
</table>
Table 2: Effect of the Study on Disability

<table>
<thead>
<tr>
<th>DISABILITY</th>
<th>Mean Before</th>
<th>Mean After</th>
<th>Difference</th>
<th>t value</th>
<th>Pvalue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Group A</td>
<td>38.95</td>
<td>15.15</td>
<td>23.8</td>
<td>13.6</td>
<td>&lt;0.001</td>
</tr>
</tbody>
</table>

SCIENTIFIC INTERPRETATION OF CUPPING\textsuperscript{[4,5,6]}
Cupping pulls blood to a region to stimulate healing. It is effective at stretching tight fascia and muscles. Cupping helps the tissue develop new blood flow and causes anti-inflammatory chemicals in the body. Cupping is generally painless and is effective than other therapies.
1. It increases circulation.
2. Increasing oxygenation and tissue delivery.
3. Remove old stagnant blood.
4. Causes micro trauma and beneficial inflammation.
5. Create new blood vessels.
6. Stretch fascia and connective tissue.
DISCUSSION
The Low back pain and disability was assessed with Oswestry low back pain disability questionnaire of all patients, pre and post treatment outcomes with mean differences are found like 5.85 and 23.8 respectively for pain and disability, with the p value < 0.001 in both cases, indicates highly significant result.

It can be discussed that the effect of Hijamat Bila Shurt was observed from pre procedure finding to post procedure findings. The effects of the method were observed that the cupping therapy is effective in alleviating pain and minimizing disability arising due to low back pain. This finding supports the observation made by Anjum et al (2005), Siddiqui MA et al (2011), Nayab et al (2011), Sheeraz et al (2013), Ghufran et al (2014) on grandness of cupping therapy.

According to Unani medicine concept, low back pain called as Waja uz zuhr in unani is a type of Wajaul mafasil arising due to Sue mizaj, waram or sometimes due to ghaleez riyah. The effectiveness of cupping lies in its unique properties of imalae mawad (diversion of vitiated matter), Tanqiya e mawad (evacuation of matter), Taskeen alam (alleviation of pain) Taheel auram (to resolve inflammation) Tehleel riyah and Taskheene muqam (local calorific).

Due to above said known properties of Hijamat the desired result happened in nuisance and disability arising due to low back pain. Further no patient had shown any significant adverse effects which also prove safety of regimen.

CONCLUSION
It may be concluded from study that Hijamat Bila Shurt (Dry Cupping) therapy is useful in alleviating low back pain and disability without any apparent adverse effects. This study establishes strength and potential of Unani Medicine in musculoskeletal diseases.

REFERENCES


