Long Term Study on the Clinical Effectiveness of Wet Cupping in Patients suffering from Sciatic Pain

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Abstract:

Background : Ancient old Technique of Wet Cupping commonly known as HIJAMA has proven its effectiveness in number of medical ailments including Sciatic Nerve Pain. Long Term study to evaluate the effectiveness of Wet Cupping after 2 years and 5 years for patients suffering from sciatic nerve pain.

Method :

250 patients were randomly selected having no previous physical injury, between age 18-80years.Wet cupping sessions were done on every alternate day, 3 sessions were done in which removal of subcutaneous blood with the help of Glass suction cups was done after making superficial incisions . One cup was generally applied Between shoulders at T1 and C7 vertebrae area, and Two Cups were applied on L3-L4 or L4-L5 and L5-S1 vertebrae . After these sessions the Decrease in Sciatic Pain and improvement in Quality of life of Patient was assessed by Visual analogue Score, Numeric Pain rating scale, and WHOQOL scale at before treatment , After Treatment, 1year after treatment, 2years after Treatment, and 5 years after treatment. (Data were analyzed by paired t test and ANOVA.)

Result:

Out of 250 patients about 225 (90%)of Patients have shown marked decrease in sciatic nerve pain. After 1year of treatment 175 (70%) of Patients were satisfied and doesn't need any further treatment of sciatic pain, after 2year of treatment more than 125 (50%) patients showed marked decrease in pain as compared to before treatment.5years after treatment 92(37%) of patients were enjoying good quality of life as shown by their WHOQOL scale.

Conclusion: Long term benefits of Wet Cupping in patients suffering from Sciatic nerve pain was observed , it is concluded that overall quality of life of patient is improved and pain score is significantly decreased after 2years and 5years of HIJAMA Treatment.

Keywords: Wet Cupping, HIJAMA, Sciatic Nerve Pain, WHOQOL scale.

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