A hope, potential benefits of Hijama and Asparagus in SCI



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Spinal Cord Injury (SCI) is a serious medical condition that causes functional, psychological and socio-economic disorders. Patients with SCI experience significant impairment in various aspects of life. Acute & Long term secondary medical complications are common in patients with SCI. The purpose and objective is to maximize function & independence. Earlier stem cell therapy thought to be the solution for repairing damaged spinal cord. It is quite expensive but the results are also not that much encouraging. Alternative medicine such as Diet therapy & Cupping therapy found to be beneficial followed by daily routine physical exercises, passive exercises and Neuro-muscular Electric Stimulation (NMES). In ancient Indian Ayurveda treatment, asparagus was considered to be beneficial for strengthening the spinal cord and it also resembles to spinal cord in its structure. Asparagus contains an amino acid named aspartic acid which serves as a Neuro-transmitter. Hijama (Cupping therapy) increases blood circulation to the area where cups are placed. It reduces pain promotes cell repair, form new connective tissues and new blood vessels in the tissue and helps in regeneration of the spinal cord. Most of the patients who were treated by these therapies got 70-80% recovery in incomplete SCI. Scientists need to conduct more high quality studies to demonstrate this fully. There is a need for more standardization in future studies.

Biography

Physiotherapist assistant with twenty years of experience in treating neurological, orthopedic disorders and deformities. Post-operative physiotherapy management for fractures, amputations. Rehab for cerebral palsy and poliomyelitis cases. Treatment management for hemiplegic, facial palsy, radial and peroneal nerve injury cases and treatment program for spinal cord injuries (quadriplegic, paraplegic).

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