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The role and effectiveness of cupping therapy (Hijama) in the management of Pain due to Migraine.

ABSTRACT:

Background: Migraine is common headache disorder and can lead to disability. Mostly analgesics are being prescribed having numerous side effects. Wet Cupping is the part of Regimental therapy as a treatment mode of Migraine disease in Unani system of Medicine. The aim of the study is to analyze the effectiveness of Wet cupping (HIJAMA) among Pakistani patients suffering from Migraine.

Materials and methods: 250 patients were selected in a randomized 18 months' clinical study from august 2013 to February 2015 at SADRI Health Services Islamabad Pakistan. Age: 20 to 80years having no previous history of brain injury. 3 to 7 sessions of wet cupping were done on alternate days. The effectiveness of therapy was observed by using Visual analogue score and PSQI sleep quality score. Data were analyzed by paired t test and ANOVA.

Results: Out of 250 patients 60% (150) were female and 40%(100) were male. Average duration of Migraine was 4.6years.58%(147) patients were having Pain score more than 5. While after treatment there was significant decline in pain score i.e. 14.8%(37 patients). Moreover, the quality of sleep has also been improved from 56% to 13% as indicated by PSQI Score.

Conclusion: After end of therapy it was concluded that Wet cupping has shown improved efficacy in the management of Migraine.

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