



Review on Cupping Therapy: Methods and Techniques

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Cupping therapy is a form of medicine in which a suction is created on the skin with the application of heated cups. Cupping treatment mainly occurs in Asia but also in Eastern Europe, the Middle East, and Latin America. Cupping has been considered as a pseudoscience and its practice as quackery.

Cupping physicians attempt to use cupping therapy for a wide array of medical conditions including fevers, chronic low back pain, indigestion, poor appetite, acne, high blood pressure, psoriasis, atopic dermatitis, anemia, nasal congestion, stroke rehabilitation, menstrual period cramping and infertility. Despite the numerous disorders for which experts claim cupping therapy is useful, there is unsatisfactory evidence it has any health benefits and there are some risks of harm, particularly from wet cupping and fire cupping. Bruising and skin staining are among the adverse effects of cupping and are inappropriate for child abuse.

Cupping experts use cupping therapy for an extensive way of medical conditions including fevers, poor appetite, pain, indigestion, high blood pressure, acne, nasal congestion, atopic dermatitis, stroke rehabilitation, psoriasis, anemia, stroke rehabilitation, infertility, and dysmenorrhea. Supporters claim cupping has a beneficial effect and eliminates unspecified "toxins", stagnant blood, or "vital energy" when used over acupuncture points with the goal of improving blood circulation. Details vary between experts, societies, and cultures, the practice consists of a cap placed on the targeted area by creating a partial vacuum or by the heating or cooling of the air in the cup. The cup is generally kept in place between five and fifteen minutes. Earliest therapist puts special cups

on skin for a few minutes to create suction.

The cups can be made of glass, bamboo, earthenware and silicone are used for treatment. Cupping therapy is trendy now. There are different methods includes dry and wet throughout those cupping technique, therapist will place a flammable substance such as alcohol, paper or herbs in a cup and set it on fire. As the fire goes out, the cup will be putted upside down on skin. The air inside the cup creates a vacuum which causes blood vessels expand. Rubber pump are used in recent form of cupping instead of fire. Sometimes silicone cups can move for a massage-like effect. Needle cupping is another form where acupuncture needles inserted first and then puts cups over them.

Cupping is fairly safe, if a trained health professional does the treatment. But there could have some side effects on skin like Mild discomfort, Burns and Skin infection. If the cups and equipment contaminated with blood and are not sterilized correctly between patients, bloodborne diseases can be spread.

Cupping therapy can be classified as four distinct methods. The first system includes dry, wet, massage, and flash cupping therapy. The second is power of suction related types which includes: light, medium, and strong cupping therapy. The third categorization is method of suction related types which includes fire, electrical suction, and manual suction therapy. The fourth relates to materials inside cups includes water, herbal products, needle, and magnet

Further few more categories of cupping were developed as the area treated cupping includes facial, abdominal, female, male, and orthopedic, sports and aquatic cupping.

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