

Introduction

Cupping is an ancient method of treatment that has been used in the treatment and cure of a broad range of conditions; blood diseases such as haemophilia and hypertension, rheumatic conditions ranging from arthritis, sciatica, back pain, migraine, anxiety and general physical and mental well-being.

Hijamah is derived from the greek word , “hjm” which means to suck. Al-Hijamah is a process of drawing blood from the body by scarification and the application of a cupping glass or by the application of cupping glass without scarification as for relieving internal congestion.

The process of Al-Hijamah comprises two things:

➤ PACHNA (Scarification)

SENGHIA KHICHWANA (Application of Horn or Cups). In Chinese medicine this practice is known as ‘Gua-Sha’ where in Malay it is known as ‘Bekam’. Hijamah (Cupping) comes from the root al-hajm, which means “sucking”, and is one of the most prevalent regimenal therapy (Ilaj-bit-Tadbeer) these days in Unani system of medicine. Hijamah (Cupping therapy) may be a solution for suffering faced in many diseases manifested by pain.

3. BLOOD / WET CUPPING (Hijama bil shurt).

Blood cupping can be used for 80% of common diseases with about 80% success rate. This treatment remove blood stasis (stagnated or congested blood) comprising of acidic toxic waste which slow down or block the blood vessels (capillaries) and reduce supply of oxygenated and nutrient rich blood to and removal of carbon dioxide and metabolic waste from our body cells. Accumulation of this blood stasis (stagnated or congested blood) increase with age and will cause our cells, tissues and organs to weaken, feel pain, lose sensation and function at lower efficiency. Blood cupping helps the body to get rid of blood stasis (stagnated or congested blood) which the body is unable to do on its own. It is performed every two or three days for existing diseases or every week for disease prevention and health maintenance. Each cupping point will be cupped five to seven times for a total of half an hour. Specific points are cupped to treat each disease and there are a total of 51 cupping points to be learned. However we need to remember about 10 major points to treat 80% of the common diseases. A total of more than 50 diseases can be treated including stroke, heart disease, high blood pressure (hypertension) , IBS, heartburn, arthritis, migraine, liver disease (hepatitis), kidney problem, gout, high fever, myopia, snoring, asthma, breathing problems, etc. Blood cupping is very effective but is second to aggressive cupping^[12,13]





4. HIJAMAH NARIYAH (FIRE CUPPING)

In Fire cupping first we burn the air in the cup, thereafter we plug the cup at a desired place. In turn, the burning decreases the pressure inside the cup. Hence it sucks the skin and pulls it from opening of the cup to equalize the decreased pressure inside it, and as a result local blood congestion takes place. The pull on the skin and the little high temperature inside the cup cause a superficial vascular dilation at the region. Also the blood succumbs to the pull and increases the redness of the place and it lets the cup pull the skin for a while and it prevents the assembled blood from mixing with the circulation to a certain degree.



5. HIJAMAH MA DALK (MASSAGE CUPPING)

It is the more commonly used form of cupping among massage therapists and other health care practitioners. Prior to applying the cup, oil is applied on the skin to facilitate smooth movement and discover the areas of tension and congestion. Create the vacuum and place the cup on the affected area, then glide it over the surface. A cup may be "placed" for a short time on stubborn knots or over inflamed joints or tissue. Cupping can be used on the neck, shoulders, back, sacral area, hip, abdomen, thigh, upper arms and calves. The sensation of

cupping is often characterized as deep warmth and tingling, long after the treatment has ended. Cupping is not an irritant to the skin or body. It draws the inflammation out yet does not add to it. Massage cupping is often used on the broad areas of the back, which is a wonderful addition to any massage. The treatment is pain killing, and people will often descend into a profound state of relaxation. Larger cups may be used on the back; the strong vacuum will mimic the rolling action of deep tissue massage without the discomfort. The movement may be long and draining, or circular and stimulating, for stubborn knots and areas of rigid tissue.

The skin will redden with strong massage cupping, indicating that circulation has been brought to the surface. Application of liniments, analgesics, plant hydrosols or essential oils immediately following a cupping treatment will aid absorption deep into the tissue. The increased local blood supply will nourish the muscles and skin and allow toxins to be carried away. Clients have often reported that the massage cupping experience stayed with them longer than other treatments and that result are cumulative with consistent sessions.^[12-17]

BENEFITS OF HIJAMA (CUPPING)

Hijama has stimulating and strengthening effects so it successfully treats the following conditions: constipation and diarrhea, headaches, back pain, arthritis, period pain, injuries, asthma, cellulite, fatigue, anemia, depression and emotional problems, atrophy, sciatica, common cold and flu, skin problems, weight loss and much more. Even though Hijama is a very simple procedure, it has dramatic effects. Our health and well-being are tied up with the immune system and are totally dependent on the flow of blood and Qi (energy) and body fluids like hormones and lymphatic fluid. Traditional medicine tells us that all pain is due to stagnation of these symptoms. The cups used in Hijama have a wonderful pulling power and this is a dramatic technique in reducing pain and enhancing the feeling of well-being.^[12,13,14]

Beauty therapy

Hijama is beneficial in beauty therapy as it promotes the production of hormones, encourages blood flow and body fluid movement in the bowels and internal organs. In this way toxins are removed and this is important because toxins speed up the aging process and cause other negative conditions.

Aging

Authentic holistic therapy balances all aspects of the body. The aging process speeds up when individual cells dry out, or too much sun. Kidney weakness also speeds up the aging process and leads to dry and damaged hair, early graying or hair loss. Imbalance in ladies also manifests in the early signs of menopause with hot flushes, night sweats and dry skin. Simply applying external lotion to the skin or hair does not access the root cause.

Stimulating and strengthening effects

The benefits of Hijama are uncountable due to its stimulating and strengthening effects. It has treated bowel conditions, headaches, back pain, arthritis, menstrual pain, injuries, asthma, cellulite, fatigue, anemia, depression and emotional problems, atrophy, sciatica, common cold and flu, skin problems, blood pressure, weight loss and ladies problems.

The negative role of toxins in the degeneration of health is of ever-increasing importance. Even though modern medicine has eradicated many epidemics there is an increase in what is called civilization diseases (metabolism diseases). These diseases are caused by the great quantity of chemicals a person takes during his or her lifetime. A recent American statistic on

food additives shows a 100-pound intake per person in his life span. The average American takes about 1000 tablets a year. This is a health catastrophe. Modern medicine differs greatly from its ancestors who maintained that the body functions are interrelated in a network.

Release of toxins and impurities

One of the main functions of Hijama treatment is that it releases toxins with minimal additional stress to internal organs. It also directly de-acidifies tissues, enhances blood circulation, stimulates the immune system and reduces stress as it releases chemicals in the brain that reduce stress and depression. Another benefit of Hijama therapy is that it facilitates a sufficient flow of nutrition to the affected tissues and stimulates the flow of blood and lymph to the affected area. In this way, it improves blood and lymph flow, and activates the function of the organs. Performing Hijama on the corresponding organ points is used to treat disorders such as liver and kidney problems, respiratory diseases, digestive disorders and some gynecological disorders.

In ancient times, Hijama did not have specific indications and was mainly used to drain blood and pus from abscess and for sucking blood from poisoned wounds and snakebites. However, in later times this therapy expanded to encompass illnesses related to internal medicine such as pulmonary tuberculosis, rheumatism, abdominal pain, stomach ache, indigestion, headache, hypertension, common cold, lumbago, backache, swelling and eye pain and boils. In some places, Hijama therapy was used in conjunction with acupuncture. Today, Hijama is used to treat colds, lung infections and problems in the internal organs. It is also used to treat muscle spasms especially in the back. It can also be used to treat painful joints, stomachache, vomiting and diarrhea. Since Hijama stimulates the flow of blood it helps to treat blood stagnation, poor circulation, and asthmatic conditions.

Immunity

Hijama strengthens the body's resistance and eliminates pathogenic factors and so prevents illness. It also regulates the function of the blood and promotes general good health. By creating localized bruising, it activates the body's defensive cells to heal the bruised area. In the past, people who were not ill often had Hijama done twice a year; in the spring and the autumn believing that thinning the blood would promote good health. This continued to the 19th century and was a regular practice.

Pearl divers in the Arabian Gulf used to undergo Hijama before the diving season in the belief that this would prevent diseases during the three months at sea. It was also thought to be very effective against dizziness.

Dr. Katase from Osaka University maintained that Hijama influences the composition of blood as it increases red and white blood cells and changes acid blood into alkaline or neutral blood thereby leading to the purification of blood. It also purifies the body of accumulated irritants that cause inflammation.

Recent studies indicate that having Hijama done at specific points on the back increases immunity by increasing the white blood cell count. In addition to enhancing the body's defenses, Hijama regulates blood circulation throughout the entire body. The flow of blood in the human body is very important as it regulates, coordinates and unifies the organs via the blood vessels. The flow of blood is the life force that maintains health and each organ receives its requirements of nourishment to maintain a healthy, normal state. The blood flows throughout the body nourishing tissues and enhancing the immune system.

Effect on circulatory system

Hijama also has a positive effect on the circulatory system. Due to the pull of low pressure, the flow of blood in arteries and veins increases and in the veins localized congested blood

appears then disappears. With Hijama therapy it is possible to ease the interruption of blood circulation and congestion and to eliminate the inflammatory fluids from the tissues. So the greatest characteristic of Hijama is the facilitation of blood flow.

Effect on muscles

The pull of low pressure Hijama therapy activates the blood vessels within the muscles. The expansion of the blood vessels in the muscles facilitates the flow of blood and has a remarkable effect on stiff shoulder. After Hijama, the skin will glow because of the rise in skin temperature and muscles because of the increased blood flow.

Effect on diseases

Almost all diseases respond to Hijama. The following are some of the most common:

Pain related conditions

Hijama eases pain, especially that which is related to headache, menstrual cramps, dental pain, tennis elbow, muscle pain, back pain and sciatica.

Headache and migraine

In the 18th century Hijama was considered to be an effective remedy for headache and it was highly recommended for migraine. The Prophet Mohammad (pbuh) used Hijama as a treatment for migraine.

Rheumatic diseases

Many rheumatic disorders simply disappear after just a few sessions of Hijama therapy. It has a great effect on back and joint problems and is especially helpful for conditions such as rheumatism, lumbago and stiff neck and shoulders because it increases blood circulation and mobility. By supplying more oxygen, hormones and essential enzymes to local tissues and joints, Hijama keeps local tissues warm and this increases elasticity and flexibility in muscles and joints. It also relieves muscle spasms and stiffness in muscular tissue and the pain that is associated with it. It has a remarkable effect on a stiff (frozen) shoulder. It is also effective for chronic joint rheumatism as it facilitates the flow of blood to the joints. It also removes congested blood and solves problems that can not be solved with acupuncture.

Arthritis

In the beginning, Hijama was recommended for the treatment of arthritis and pain as well as gout. When treating arthritis the treatment is concentrated on the area of the joints concerned. If it is a mild case it is possible to have a complete cure.

Low back pain

Hijama relieves low back pain and in chronic cases it can be used along with acupuncture.

Chronic Fatigue Syndrome

Chronic fatigue syndrome is long-standing severe fatigue without substantial muscle weakness and without proven physical or psychological causes. It has been found that Hijama along with acupuncture is an effective treatment.

Fevers and local inflammation

Chinese doctors believe that a number of diseases are the result of blood stagnation and heat. They used Hijama to remove stagnant blood, activate blood circulation and dispel pathogenic factors. Hijama was used on patients suffering from flu, headache and fever.

Chest and heart diseases

Hijama is also recommended for the treatment of lung diseases, especially chronic cough, pleurisy, bronchial congestion and asthma. It was also advocated for the treatment of congestive heart failure until the 1930s. As recently as 1942, medical textbooks advised Hijama for high fever pneumonia and acute pneumonia. Hijama also successfully treats hypertension.

Gastrointestinal diseases

The stomach, spleen and intestines are considered to be the most important engines of the human body. From these areas the natural healing power of the body derives its energy. Dry Hijama stimulates the insides of these organs, their movement and secretion of digestive fluids and so strengthens the power of digestion, the absorption of nourishment and the power of secretion. It relieves chronic gastroenteritis and constipation. These organs also benefit from Hijama treatment applied to the back as it stimulates the spinal nerves and automatic nerves as well as strengthening the muscles of the respiratory system.

Urinary diseases

Hijama therapy is known to treat stones, abscess and urine retention. Cups can be applied to the lumbar region to treat urine retention.

Dermatologic diseases

The skin disorders that are well-known to be treated by Hijama are: boils, abscess, herpes, acne, cellulite and urticaria. Sometimes acupuncture is used in conjunction with Hijama.

Hijama therapy is also known to stimulate hair growth through direct physical stimuli on hair roots and the expansion of blood vessels of the skin through the pull of low pressure. The skin is benefited in many ways through Hijama treatment as it stimulates the flow of lymph fluids which helps remove bacteria and carry proteins. This strengthens the power of the skin and its resistance to many harmful conditions, meaning it would regenerate faster if it is cut or wounded. The enhancement of blood circulation encourages a sufficient supply of nutrition to skin tissue. After Hijama, skin temperature rises and increases blood flow. Hijama also improves skin respiration and promotes gaseous exchange within cells. It also promotes metabolism within skin tissues and accelerates the functions of both sweat and sebaceous glands leading to the secretion of salts, sebaceous material and the excretion of sweat.

The essential point of Hijama is not only to expel stagnant blood but also to expand blood vessels to facilitate blood flow and remove toxic substances from the surface of the skin.

Psychological diseases

Hijama therapy is like massage and is effective against anxiety and worry. Hence, insomnia is treated with Hijama in conjunction with massage. It also helps balance hormones, which is very effective when treating depression.

Infectious diseases

In the 18th century Hijama was considered an effective remedy for cholera and in America Hijama was encouraged during yellow fever epidemics. Furthermore, mumps was treated by applying water Hijama over the swollen glands.

Varicose veins

Hijama removes stagnant blood from these fine capillaries. Hijama should never be done directly on the main varicose veins.

Cancer

Most conventional doctors are trained to perform surgery, radiation therapy and chemotherapy to treat cancer. As the rate of cancer patients is soaring worldwide every available therapy should be utilized. Although there is no documented evidence that hijama cures cancer, it is known to dramatically improve the condition of the patient. Some practitioners use it to rebalance energy in the body that has been blocked by certain tumors. Hijama is effective for undoing the damage done to patients by conventional therapies of chemotherapy and radiotherapy. Hijama has found a place in cancer therapy, not yet as a cure, but as a complementary therapy that helps patient feel better, detox, relieve pain and recover faster. During chemotherapy the immune system is depleted and Hijama helps repair the immune system and strengthens it to withstand further attack.

Contraindications

Hijama should not be performed on open wounds or around skin ulcers. It is contraindicated on irritated skin or over allergic skin or where any skin lesions are present. It should also be avoided in elderly people with thin, delicate skin. If the patient has a bleeding disorder Hijama should not be done. It is also inadvisable to perform Hijama wherever there are great vessels, and it is also not beneficial if the patient has serious heart disease.¹⁸

DIFFERENT TYPES OF CUPS

Cupping Techniques:

There are various types of cups - rubber, bamboo, glass and plastic, animal horns, etc and also the technique of cupping varies from place to place or from country to country. Among the Kelantanese Malays, they used buffalo horns, drinking glasses and bamboo as cups. It is said that the ancient Chinese and Arabs had used animal horns for cupping.¹⁹

Old Method of cupping with horns



Cupping with Glass



HIJAMA(CUPPING) IN PROPHETIC MEDICINE

There is an Islamic basis for Hijama therapy. As previously mentioned, the word 'hijama' is an Arabic word and Muhammad (peace be upon him) urged his followers to use this therapy as a means of healing and preventive medicine. The following is some essential information about Muhammad (PBUH) who spoke about the benefits and details of Hijama.

Hadith (sayings of the prophet). The following are some hadith about Hijama therapy.
Prophet Muhammad (PBUH) said, "I did not pass by any group on the night of Al Isra, unless

they said to me, ‘O Muhammad, tell your Ummah to do Hijama.’ (Reference: Ibn Majah, 3477)

The Prophet (PBUH) explained that Hijama is one of the best medicines: “The best medicine with which you treat yourselves is Hijama, or it is one of the best of your medicines,” or “The best treatment you can use is Hijama.” (Reference: Al Bukhari, 5371)[20]

Muhammad (PBUH) said: “Hijama is the most helpful procedure for human beings to cure themselves.”(Reference: Al Bukhari, 5357)

The Prophet (PBUH) also said: “If there is anything good in the medicines with which you treat yourselves, it is in the incision of the Hijama therapist, or a drink of honey or cauterization with fire, but I do not like to be cauterized.” (Reference: Muslim, 2205)

The Prophet (PBUH) said: “The best treatment is Hijama; it removes blood, lightens the back and sharpens the eyesight.” (Reference: At Tirmidhi, 3053)

Anas narrated that the Prophet (PBUH) used to have Hijama done on the veins on the side of the neck and the upper back. (Reference: At Tirmidhi)

Jaabir ibn Abdullah narrated that Umm Salama asked permission from the Prophet (PBUH) to do Hijama. So the Prophet (PBUH) ordered Abu Teeba to do Hijama for her. Jaabir ibn Abdullah said, “I think he (PBUH) said that Abu Teeba is her brother through breastfeeding or a young boy who hadn’t yet reached puberty. (Reference: Saheeh Muslim, 5708)

Ibn Umar reported that the Messenger of Allah (PBUH) said, “Hijama on an empty stomach is best. It increases the intellect and improves the memory. It improves the memory of the one memorizing. So whoever, is going to have Hijama done should do it on a Thursday in the name of Allah the Almighty. Keep away from having Hijama done on a Friday, Saturday and Sunday. Have Hijama done on a Monday or Tuesday. Do not have Hijama done on a Wednesday because it is the day that Ayyub [Job](PBUH) was befallen with the trial. You will not find leprosy except by having Hijama on Wednesday or Wednesday night.” (Reference: Saheeh Sunan ibn Maajah, 3488).

Ibn Abbas (R.A.) reported Allah's messenger (sallallahu alaiyhi wassallam) as saying " There is a remedy in three thing: The Incision of a cupping glass, a drink of honey, or cauterization by fire, but I forbid my people to cauterize." ²⁰

During the battle of Khaibar in 7 A.H. with the Jews, a Jewish woman prepared some meat which she filled with deadly poison and presented to Rasullulah (sallallahu alaiyhi wassallam). Upon tasting the meat, the poison affected Rasullulah (sallallahu alaiyhi wassallam). Rasullulah (sallallahu alaiyhi wassallam) then used to undergo cupping in order to relieve himself from effects of the poison in his blood (Shamaail Tirmizi)

Rasullullah (sallallahu alaiyhi wassallam) was once hurt on his leg, hence (probably due to the clogging of the blood), he underwent cupping on his leg. (Mishkat p. 389)

Rasulullah (*Sallallaahu alayhi Wasallam*) said, ‘Jibraeel (alayhis salaam) repeatedly emphasised upon me to resort to cupping to the extent that I feared that cupping will be made compulsory.’ (Jamal Wasaail p. 179).

Hadhrat Anas (*Radhiallaahu anhu*) reports that Rasulullah (*Sallallaahu aayhi Wasallam*) said, ‘The best medicine is cupping.’ (Shamaail, chapter of Cupping) ^{20,21,22}

Hadhrat Abu Kabsha (*Radhiallaahu anhu*) narrates that Rasulullah (*Sallallaahu alayhi Wasallam*) used to undergo cupping on the head and between his shoulders and he used to say, ‘Whosoever removes this blood, it will not harm him that he does not take any other medical treatment.’ (Mishkat p. 389)

Rasulullah (*Sallallaahu alayhi Wasallam*) praised a person who performs cupping, saying it removes blood, lightens the back and sharpens the eyesight (Jamal Wasaail p. 179) The above quoted Ahaadith are clear that cupping was practised by Rasulullah (*Sallallaahu alayhi Wasallam*) himself and strongly recommended by him.

Rasulullah (*Sallallaahu alayhi Wasallam*) has also given some guidelines regarding cupping. Once he came across a fasting person who underwent cupping and became weak. Hence, he said, 'The person who underwent cupping broke his fast.' (Jam'ul Wasaail p. 179) Mullah Ali Qari (*Rahmatullaahi alayhi*) while explaining the Hadith states that since a person is already weak by fasting, undergoing cupping weakens him further. Thus such a person due to feeling extremely weak may be forced to break his fast.

He further states that in the light of the principle understood from the Hadith, cupping should not be administered immediately after having a hot bath, or while the belly is full.

Cupping (Hijama) Is the Best of Remedies

Anas ibn Maalik (may Allah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) said, "Indeed the best of remedies you have is cupping (hijama)..." [Saheeh al-Bukhaaree (5371)].

Abu Hurairah (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) said, "If there was something excellent to be used as a remedy then it is cupping (hijama)." [Saheeh Sunan abi Dawud (3857), Saheeh Sunan ibn Maajah (3476)].

The Angels Recommending Cupping (Hijama)

Abdullah ibn Abbas (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) said, "I did not pass by an angel from the angels on the night journey except that they all said to me: Upon you is cupping (hijama), O Muhammad." [Saheeh Sunan ibn Maajah (3477)].

In the narration reported by Abdullah ibn Mas'ud (may Allaah be pleased with him) the angels said, "Oh Muhammad, order your Ummah (nation) with cupping (hijama)." [Saheeh Sunan Tirmidhee (3479)].

Cupping (Hijama) Is A Prevention

Anas ibn Maalik (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) said, "Whoever wants to perform cupping (hijama) then let him search for 17th, 19th and 21st and let none of you allow his blood to rage (boil) such that it kills him." [Saheeh Sunan ibn Maajah (3486)].

Anas ibn Maalik (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) said, "When the weather becomes extremely hot, seek aid in cupping (hijama). Do not allow your blood to rage (boil) such that it kills you." [Reported by Hakim in his 'Mustadrak' and he authenticated it and Imam ad-Dhahabi agreed (4/212)].

In Cupping (Hijama) There Is A Cure And A blessing

Abdullah ibn Abbas (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) said, "Healing is in three things: in the incision of the copper, in drinking honey, and in cauterizing with fire, but I forbid my Ummah (nation) from cauterization (branding with fire)." [Saheeh al-Bukhaaree (5681), Saheeh Sunan ibn Maajah (3491)].

Jaabir ibn Abdullah (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) said, "Indeed in cupping (hijama) there is a cure." [Saheeh Muslim (5706)].

Ibn Umar (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) said, "Cupping (hijama) on an empty stomach* is best. In it is a cure and a blessing..." [Saheeh Sunan ibn Maajah (3487)].

* *'alaa ar-reeq* in arabic means to fast until after being treated with cupping. Once the treatment of cupping has been completed, one may eat and drink.

Cupping (Hijama) In Its Time Is A Cure For Every Disease

Abu Hurairah (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) said, "Whoever performs cupping (hijama) on the 17th, 19th or 21st day (of the Islamic, lunar month) then it is a cure for every disease." [Saheeh Sunan abi Dawud (3861)].

The Best Days for Cupping (Hijama)

The best days for cupping (hijama) are the 17th, 19th and 21st of the Islamic month which coincide with Monday, Tuesday or Thursday. Anas ibn Maalik (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) said, "Whoever wants to perform cupping (hijama) then let him search for 17th, 19th and 21st..." [Saheeh Sunan ibn Maajah (3486)].

Ibn Umar (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) said, "Cupping (hijama) on an empty stomach* is best. In it is a cure and a blessing. It improves the intellect and the memory. So cup yourselves with the blessing of Allaah on Thursday. Keep away from cupping (hijama) on Wednesday, Friday, Saturday and Sunday to be safe. Perform cupping (hijama) on Monday and Tuesday for it is the day that Allaah saved Ayoub from a trial. He was inflicted with the trial on Wednesday. You will not find leprosy except (by being cupped) on Wednesday or Wednesday night." [Saheeh Sunan ibn Maajah (3487)].

Ibn Umar (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) said, "Cupping (hijama) on an empty stomach* is best. It increases the intellect and improves the memory. It improves the memory of the one memorising. So whoever is going to be cupped then (let it be) on a Thursday in the name of Allaah. Keep away from being cupped on a Friday, Saturday and Sunday. Be cupped on a Monday or Tuesday. Do not be cupped on a Wednesday because it is the day that Ayoub was befallen with a trial. You will not find leprosy except (by being cupped) on Wednesday or Wednesday night." [Saheeh Sunan ibn Maajah (3488)].

* *'alaa ar-reeq* in arabic means to fast until after being treated with cupping. Once the treatment of cupping has been completed, one may eat and drink.

As for the Islamic day and night, the night enters before the day. So at sunset on Tuesday, Wednesday night comes in. Cupping (hijama) is best performed during the daytime between the adhaan of fajr and the adhaan of maghrib because *yawm* in arabic means daytime.

The Sunnah days for cupping (hijama) every month are when the 17th or 19th or 21st of the lunar month coincide with a Monday, Tuesday or Thursday. These are the best and most beneficial days for cupping (hijama). If one is not able to be cupped on 17th, 19th or 21st (coinciding with Monday, Tuesday or Thursday) then any Monday, Tuesday or Thursday of the month.

Cupping (Hijama) May Be Used For:

Headaches

Salma (may Allaah be pleased with him), the servant of the Messenger of Allaah (*Sallallaahu Álayhi Wasallam*) said, "Whenever someone would complain of a headache to the Messenger of Allaah (*Sallallaahu Álayhi Wasallam*), he (*Sallallaahu Álayhi Wasallam*) would advise them to perform cupping (hijama)." [Saheeh Sunan abi Dawud (3858)].

Magic

Ibn al-Qaiyum (may Allaah have mercy on him) mentions that the Messenger (*Sallallaahu Álayhi Wasallam*) was cupped on his head when he was afflicted with magic and that it is from the best of cures for this if performed correctly. [Zaad al Ma'aad (4/125-126)].

Poison

Abdullah ibn Abbas (may Allaah be pleased with him) reported that a Jewish woman gave poisoned meat to the Messenger of Allaah (*Sallallaahu Álayhi Wasallam*) so he (*Sallallaahu Álayhi Wasallam*) sent her a message saying, "What caused you to do that?" She replied, "If you really are a Prophet then Allaah will inform you of it and if you are not then I would save the people from you!" When the Messenger (*Sallallaahu Álayhi Wasallam*) felt pain from it, he (*Sallallaahu Álayhi Wasallam*) performed cupping (hijama). Once he travelled while in Ihram and felt that pain and hence performed cupping (hijama). [Ahmed (1/305) the hadeeth is hasan (good chain with all the paths)].

Strengthening One's Intelligence and Memory

Ibn Umar (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) said, "Cupping (hijama) on an empty stomach* is best. In it is a cure and a blessing. It improves the intellect and the memory. So cup yourselves with the blessing of Allaah on Thursday. Keep away from cupping (hijama) on Wednesday, Friday, Saturday and Sunday to be safe. Perform cupping (hijama) on Monday and Tuesday for it is the day that Allaah saved Ayoub from a trial. He was inflicted with the trial on Wednesday. You will not find leprosy except (by being cupped) on Wednesday or Wednesday night." [Saheeh Sunan ibn Maajah (3487)].

* *'alaa ar-reeq* in arabic means to fast until after being treated with cupping. Once the treatment of cupping has been completed, one may eat and drink.

Dislocation/Bruising

Jaabir ibn Abdullah (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) fell from his horse onto the trunk of a palm tree and dislocated his foot. Waki' (may Allaah be pleased with him) said, "Meaning the Messenger (*Sallallaahu Álayhi Wasallam*) was cupped on (his foot) for bruising." [Saheeh Sunan ibn Maajah (2807)].

Cupping (Hijama) While fasting Or In The State Of Ihram

Abdullah ibn Abbas (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) was cupped on his head for a unilateral headache while he was in Ihraam. [Saheeh al-Bukhaaree (5701)].

Abdullah ibn Abbas (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) was cupped while he was fasting. [Saheeh al-Bukhaaree (5694)].

Areas of Cupping (Hijama)

Anas ibn Maalik (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) was treated with cupping (hijama) three times on the two veins at the side of the neck and the base of the neck. [Saheeh Sunan abi Dawud (3860), ibn Maajah (3483)].

Abdullah ibn Abbas (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) was cupped on his head. [Saheeh al-Bukhaaree (5699)].

Abdullah ibn 'Umar (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) used to cup his head and would call it (the place at the top of the head) "Umm Mugheeth." [Saheehah (753), Saheeh al-Jaami' (4804)].

Jaabir ibn Abdullah (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) was treated with cupping (hijama) on his hip for a pain in that area. [Saheeh Sunan abi Dawud (3863)].

Anas ibn Maalik (may Allaah be pleased with him) reported that the Messenger (*Sallallaahu Álayhi Wasallam*) was treated with cupping (hijama) when he was in Ihram, on the top of his foot, for a pain in that area. [Saheeh Sunan abi Dawud (1836)].

Ibn al-Qayyim (may Allaah have mercy on him) said, "Cupping (hijama) under the chin is beneficial for pain in the teeth, face and throat, if it is performed in its proper time. It purifies the head and the jaws.

Cupping (hijama) on the top of the foot is a substitution for the puncturing of the Saphena, which is a large vein in the heel. It is beneficial for treating ulcers that occur on the thighs and calves, the interruption of menses and skin irritation on the testicles.

Cupping (hijama) at the bottom of the chest is beneficial for the treatment of sores, scabies and mange on the thighs. It helps against gout, hemorrhoids, elephantiasis and itchiness on the back." [Zaad al-Ma'aad, 4/58].

Cupping (Hijama) For Women

Jaabir ibn Abdullah (may Allaah be pleased with him) reported Umm Salama (may Allah be pleased with her) asked permission from the Messenger (*Sallallaahu Álayhi Wasallam*) to be treated with cupping (hijama). So the Messenger (*Sallallaahu Álayhi Wasallam*) ordered Abu Teeba (may Allaah be pleased with him) to cup her. Jaabir ibn Abdullah (may Allaah be pleased with him) said, " I think he (*Sallallaahu Álayhi Wasallam*) said that Abu Teeba (may Allaah be pleased with him) is her brother through breastfeeding or a young boy who didn't reach puberty". [Saheeh Muslim (5708), abu Dawud (4102), Saheeh ibn Maajah (3480)].

Time of Cupping

Hadhrat Abu Hurayrah (*Radhiallaahu anhu*) reports that Rasulullah (*Sallallaahu alayhi Wasallam*) said: 'One should not undergo cupping during the 13, 14 and 15 of the lunar month.' Some Muhadditheen explain that on those days the full moon has a gravitational impact on many things on earth. For example, the sea has high tides due to the full moon. Similarly, the flowing of the blood is also affected and flows faster during the full moon. One may loose much blood in these days if one undergoes cupping. Therefore, Rasulullah (*Sallallaahu alayhi Wasallam*) advised that one should undergo cupping on the 17, 19 and 21 of the lunar month. (Mishkat p. 389). Rasulullah (*Sallallaahu alayhi Wasallam*) advised that cupping should not be done on a Tuesday; since there is a certain time on a Tuesday that flowing blood does not stop. (Mishkat p. 389). Rasulullah (*Sallallaahu alayhi Wasallam*) also advised that cupping should not be done on Saturdays and Wednesdays as this could lead to leprosy. (Mishkat p. 389). As the need may arise, cupping may be performed at any time according to the condition or urgency. ^{20,21,23}