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The Islamic Hijama "Cupping"

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Cupping Therapy "Hijama" is regulated in kingdom of Bahrain under, the decision no (33) was issued on 8th December 2018, to regulate the practice of complementary and alternative medicine professional technical requirements for the licensing of private facilities. Hijama is an old Islamic treatment modality where blood is drawn by vacuum from a small skin incision for therapeutic purposes. Hijama is derived from the word Al-Hajam which means to suck, to extract or to absorb. This presentation aims to provide a brief overview on the Islamic Hijama Practise, Hijama Prohibitions, Misconception in Hijama, also will cover the Hijama Points. However the ancient Egyptians, Greeks, Arabs, Chinese, and early western civilisations performed Hijama using different techniques as early as 3000 BC. Animal horns were processed and used for cupping. Vacuum was created by the manual sucking by the mouth of the practitioner, Honey and olive oil were used for the sake of anti-septic solution. Finally Hijama or cupping is not a new treatment; it can be traced back from 5000 yrs. definitely there has to be millions of satisfied patients from such a long period. Therefore, Efficacy and safety of the therapy in different disease, so the therapy can be used commonly for treatment for various disease. and nowadays science has proved the benefits cupping therapy in treating numerous disease

Biography

Consultant Namat Alsubaie has completed MSc Quality Health Care Management, Royal collage surgeon, Ireland (RCSI) on 2011, and get certificate for cupping therapy from Sharjah international holistic health center 2018, also I'm certified Auditor and jurisdiction officer at NHRA. I gained a comprehensive experience in alternative medicine through searching regulating alternative medicine different professions. Currently I'm in chairperson for the advisory committee on licensing of Alternative medicine and complementary medicine committee and equal opportunity committee (supreme council of women (SCW) Bahrain and GCC Alternative and complementary medicine committee since 2015 till date.

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