

TO STUDY THE EFFECT OF CUPPING THERAPY IN THE MANAGEMENT OF LOW BACK ACHE (AN AYURVEDIC POINT OF VIEW)

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ABSTRACT

Cupping therapy is a simple and economic treatment which has its roots from ancient treatment of *Ayurveda* that still needs further scientific interpretation. It is further divided in two types – dry cupping and wet. Both Dry and Wet cupping is used for various disorders such as cervical spondylitis, lumbar spondylitis. It treats effectively diseases with different aetiologies and pathogenesis such as Rheumatoid arthritis, hypertension, migraine, carpal tunnel syndrome, fibromyalgia, cellulitis etc. The medical and scientific base underlying evidence to explain mechanism of cupping theory is based on

‘TAIBAH THEORY’. This article is related to effect of cupping therapy on back ache due to lumbar spondylosis – acute and chronic. Through cupping procedure bloodletting done. In *Ayurveda*, *Raktamokshana* therapy has been described in *Sushrut samhita*. *Siravedha*, *alaboo*, *jalaaukavaacharana*, *prachchhana* are the types of *raktamokshana*. *Alabu karma* along with *prachchhana karma* in *Shruna* can be related to the cupping procedures. In both procedure vacuum is created and bloodletting done.

KEYWORDS: *Panchkarma, Siravedha, Alaboo, Jalaaukavaacharana, Prachchhana.*

INTRODUCTION

Cupping is very effective and economically feasible treatment. Any ache in body is due to inflammatory changes that is due to secretions of inflammatory mediators in body such as Cytokines, interleukins, prostaglandins, toxic cellular products which causes inflammation. Generally NSAIDS and various steroids are used for treatment, but these drugs are neither

cost effective and has further several harmful effects on body. It has mild side effect like skin discoloration. Low back ache may be due to Protrusion, Scoliosis, canal stenosis etc. Generally, wet cupping is used for acute and chronic low back ache. There are various Mechanisms in which cupping therapy works. The main purpose of this therapy is to improve local angiogenesis, Precipitate blood circulation and to remove blood stasis and waste from the body. Wet Cupping therapy is a minor surgical excretory procedure related scientifically to the principles of renal glomerular filtration and abscess evacuation where a pressure dependent excretion of Causative pathological substances occurs. It works by introducing Specific changes in local tissue structures as results of local negative pressure in cups, it stretches the nerve and muscle causing an increase in blood circulation and autohemolysis. Also it produces skin hyperaemia or homeostasis which results in therapeutic use. It works as Analgesia as, due to painful distal skin region the stimulation of inhibitory receptive field mechanism at the level of spinal cord. Positions Of cup applications according to disease are given. In condition of pain, it should be applied at the level below neck on spinal cord or it may be applied on back at the maximum tenderness Point on spinal or paraspinal region. Also, the aim of raktamokshana therapy in Ayurveda is to increase microcirculation, letting The blood and to get relief from pain. It is also useful in different acute and chronic diseases. The both treatment shows similarity.

In *Ayurveda*, Acharya Sushruta in *Sutrasthana shonitavarnaniya adhyaya* has explained the Procedure of *Prachchhana* in *Shruna* and *Alabu* method. According to this in *Vata*, *Pitta* and *Kapha doshaja dushita rakta* letting done by the *shrunga*, *jalauka*, *alabu* respectively. The Procedure of *shrunga* is *prachchhana* done with the help of blade and blood suction done with the help of *tanu vastra patala* and *sutra* i.e. thread and cloth. In *Alabu*, a small little lamp is kept under *alabu* and *vacume* is created and suction of blood done. Thus, cupping is the Modified method of *ALABU* and *SHRUNGA* karma explained in Ayurvedic text.

OBSERVATIONS AND RESULTS

The wet cupping procedure were carried out over 15-20 patients in the last one year. Patient got 45% - 70% result after first setting. Successive setting was carried out by the gap of 28 days according to severity of pain and need. Every patient got 70% - 90% relief in pain after the wet cupping procedure. In some patient there is 50%-75% relief after 1st setting.

DISCUSSION AND CONCLUSION

According to above study, cupping is feasible, cost effective treatment in the low Back ache as compared to other oral drugs. It definitely give result to patient. It is done locally but give systemic relief to the patient.



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