

TO STUDY THE EFFECT OF CUPPING THERAPY (ALABU KARMA AND PRACHCHANA KARMA IN SHRUNG) IN THE MANAGEMENT OF LOW BACK PAIN (ACUTE AND CHRONIC)

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ABSTRACT

Cupping therapy is a simple and economic treatment that still needs scientific interpretation. It is of two types – wet cupping and dry cupping. Wet cupping is used for low back pain. It treated effectively diseases with different etiologies and pathogeneses such as Rheumatoid arthritis, hypertension, mmigraine, carpel tunnel syndrome, fibromyalgia, cellulitis and low back pain 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 low back pain – acute and chronic. Through cupping procedure blood letting done. In ayurveda,

Raktamokshana therapy has described under the panchkarma. Siravedha, alaboo, jalaukavaacharana, prachchhana are the types of raktamokshana. Alabu karma along with prachchhana karma in Shrunga can be related to the cupping procedures. In both procedure vaccume is created and blood letting donbe.

KEYWORDS: Panchkarma, Siravedha, alaboo, jalaukavaacharana, prachchhana.

INTRODUCTION

Cupping is very effective and economic treatment for pain. Any pain in body is due to inflammatory changes that is due to secretios of inflammatory mediators in body such as cytokines, interlukins, prostaglandins, toxic cellular products which causes inflammation. Generally steroidal and non steroidal anti inflammatory drugs are used for treatment, but these drugs are not cost effective and has several harmful side effects on body. Cupping is

economic and have mild side effect like skin discolouration. Low back pain may be due to protrusion, Type equation here. scoliosis, canal stenosis etc. Type equation here.

Generally, wet cupping is used for acute and chronic low back pain. There are various mechanisms about how cupping therapy works. The main purpose of this therapy is to 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. Another mechanism of its working is via creating specific changes in local tissue structures as a result of local negative pressure in cups stretches the nerve and muscle causing an increase in blood circulation and autohemolysis. Also it produces skin hyperaemia or hemostasis which results in therapeutic use. It works as analgesia as it may induce deformity or injury to the skin, 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 low back 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.

REFERENCES

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 raktaletting done by the shruna, jalauka, alabu respectively. The procedure of shruna 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 10-15 patients in the last one year. Patient got 40% - 60% result after first setting. Successive setting was carried out by the gap of one

month 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 70 – 80% relief after 1st setting.



DISCUSSION AND CONCLUSION

According to above study, cupping is cost effective and very effective treatment in the low back pain 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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