



Long Term Study on the Clinical Effectiveness of Wet Cupping in Patients suffering from Sciatic Pain

Prof. Dr. Muhammad Amin Baig

Assistant Professor Islamabad Institute of Health Sciences (IIHS) Islamabad, Pakistan.

Ancient old Technique of Wet Cupping commonly known as HIJAMA has proven its effectiveness in number of medical ailments including Sciatic Nerve Pain. Long Term study to evaluate the effectiveness of Wet Cupping after 2 years and 5 years for patients suffering from sciatic nerve pain. 250 patients were randomly selected having no previous physical injury, between age 18-80 years. Wet cupping sessions were done on every alternate day, 3 sessions were done in which removal of subcutaneous blood with the help of Glass suction cups was done after making superficial incisions. One cup was generally applied Between shoulders at T1 and C7 vertebrae area, and Two Cups were applied on L3-L4 or L4-L5 and L5-S1 vertebrae. After these sessions the Decrease in Sciatic Pain and improvement in Quality of life of Patient was assessed by Visual



Director Academics International Alternative Medical Council (IAMC) Pakistan,
Assistant Professor Islamabad Institute of Health Sciences (IIHS) Islamabad, Pakistan

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