

**Cupping: Way of healing towards low back pain, a case study.**<sup>1</sup>Dr Narendra Yadnik, <sup>2</sup>Dr Manisha Nareenge, <sup>3</sup>Dr Ravi Joshi<sup>1</sup>Lecturer, Dept. of Sharir Kriya, Parul institute of Ayurved, Parul University, Limbda, Vadodara.<sup>2</sup>Professor, Dept. of Shalakyatantra, Parul institute of Ayurved, Parul University, Limbda, Vadodara.<sup>3</sup>Lecturer, Dept. of Sharir Rachana, Parul institute of Ayurved & Research, Parul University, Ishwarpura, Vadodara.**Corresponding Author:** Dr Narendra Yadnik, Lecturer, Dept. of Sharir Kriya, Parul institute of Ayurved, Parul University, Limbda, Vadodara.**E-mail Id:** [narendrayadnik@gmail.com](mailto:narendrayadnik@gmail.com)**Conflicts of Interest:** Nil**Abstract**

There is no any single person who has not experienced pain yet. Everyone suffers from pain may be severe or mild. There are many remedies described in different pathies. Still many researches are going on to invent quick treatment on pain. Many of the drugs play a vital role to minimize acute pain, but their harms cannot be neglected. Cupping is also one of the pain management described by Chinese medico pathy. Working principal of cupping matches with “Ghatyantra” and “Alabu” which are used for Raktamokshana. Hence the study case is explained. A 55 year old male patient came to OPD with a complaint of Pain in lower back region. As Allopathy failed to give relief patient came for Ayurvedic treatment.

**Keywords:** Ghatyantra, Strains, Sciatica, Back pain, Injury.**Introduction**

Also in Ayurveda, “Ghatyantra” and “Alabu” are described which of both help to suck vitiated blood from the body. In Cupping therapy and “Alabu”, there is one resemblance that both create vacuums inside, and that vacuum causes suction. So “Suction” is the main process in cupping. Suction causes stretching of deep muscle and that minimize the pain. So cupping can be an alternative, quick and cheap management of the pain.

**Causative Factors of Low back pain –**

- Strains. The muscles and ligaments in the **back** can stretch or tear due to excess activity.
- Disc Injury. The discs in the **back** are prone to injury, and this **risk** increases with age.
- Sciatica.
- Spinal Stenosis.
- Abnormal Spine Curvatures.
- Other Conditions e.g. arthritis, fibromyalgia

**Treatment**

1. Muscle Relaxants
2. NSAIDS
3. Narcotic Drugs (Pain Relief)

4. Steroids To Reduce Inflammation
5. Corticosteroid Injections.
6. Massage & Stretching
7. Strengthening Exercises

### **Database of Cupping**

Ancient form of alternative medicine.

The cups may be made of – Glass, Bamboo, Earthenware, Silicone.

Types – Dry, Fire & Wet cupping.

Side Effects - Mild discomfort, Burns, Bruises, Skin infection.



### **Aim & Objective**

- 1) To assess the effect of Cupping therapy in low back pain.
- 2) To study the literature regarding Cupping therapy.

### **Material and Method**

#### **Material**

- Candle
- Glass cup
- Match stick
- Snehan oil

A sterile Cup of glass material was taken having enough cavity. A small piece of candle was placed on the paining site. The candle was enlightened. Then that cup was placed inverted on the candle. Flame of the candle remained as it is until there was enough oxygen. As soon as oxygen in the cavity was used, candle got extinguished and air vacuum was created immediately under the glass cup. Due to this action, area of the skin beneath the glass cup got stretched. This condition was left to remain as it is for next 5-10 minutes. Then the same cup was moved in the periphery of pain site. This caused relief of pain to some extent. Patient was called for next two follow up after every week. Then conclusion was drawn.

### **Patient History**

A 55 year old male patient came to OPD with complaining of severe back ache in lower region and loss of sleep since 2 days which disturbed his routine work. On examination patient was afebrile, pulse 74 per minute, blood pressure was

120/70 mmHg. All other systemic examination was done which found to be normal. A patient was experiencing continuous throbbing pain. Patient has started the problem 1years before. He used to drive a bike 20km daily. Patient has mental tension due to family problem. Patient was on Regular Tablet Combiflam BD for relief, But as he didn't get desired effect so he came to take Ayurvedic treatment.

### **Treatment Given**

Patient was given Sthanik Snehan Swedan with Sahachar taila. Swedan was given by Nadisweda. Then Fire cupping was done as mentioned above for two times by the gap of 15 minutes. After 7 days patients follow up was taken. Same treatment was given for next 3 weeks and follow up was taken.

### **Result**

On first follow up patient had got 30-40% relief in low back ache which don't hampered his routine work. In 2<sup>nd</sup> follow intensity of pain was lowered than previous. In 3<sup>rd</sup> follow up he got 50-60% relief. Now patient don't have long episode of pain which increased his work productivity.

### **Conclusion**

A known case of Low back ache was taken. He was advised cupping therapy and Snehan swedana. Patient got more than 70% relief. So we can use this treatment in other cases of Low back ache. But it is only a single case. Multiple clinical trials should be conducted to establish this treatment as general treatment for Migraine. Also standardization and protocol formation of cupping therapy can be a further scope of study.

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