

## Effectiveness of cupping therapy against uncontrolled hypertension: a pilot study

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### Abstract

This study is a prospective randomized control study conducted on hypertensive patients. All adult hypertensive patients aged  $\geq 18$  years, who had made at least three previous clinic visits and had been on antihypertensive medications for at least 6 months, were included. Newly diagnosed individuals, those having less than three previous BP readings and those without any follow-up in the previous 6 months were excluded from the study. 10 Hypertensive patients who attended the clinic in *Eravur* area were recruited and on the middle of the study, two patients were dropped. Initially the following information were collected: age, gender, duration of follow-up, three most recent BP readings, presence of co-existing diseases, body mass index (BMI), prescribed regular medications, frequency of attendance at the outpatient clinic (in the last 6 months) and presence or absence of care continuity. The selected patients received ten session of cupping therapy at the rate of twice per week. The routine allopathic medication was continued during the study period in these patients. Blood pressure measurement was obtained before each session of treatment. Patients' mean BMI was 29 (S.D +/- 5; range 24-35). Overall mean blood pressure before the intervention was 152/95 mmHg and after the intervention was 135/84mmHg. All patients mentioned that they felt improvement of overall body health after the treatment. This study showed a significant change in the blood pressure level after 10 repeated treatments in a rate of twice per week. However, despite the apparent success of this study, will that change in blood pressure be maintained is not clear. The data in this study is not applicable to the larger population and control study is necessary for better comparison. Therefore, more detail scientific research studies are necessary to suggest cupping is effective for treating hypertension in order to provide the additional effect with allopathic treatment.

**Key words:** Hypertension, Cupping Therapy, *Hijama*, Blood Pressure.

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