Cupping Therapy as Thibbun Nabawi in Controlling Hypertension and Cholesterol: A Literature Review

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ABSTRACT

Hypertension is a major public health problem that increases the risk of cardiovascular disease. Cupping therapy, as part of *thibbun nabawi* , is widely used as a complementary therapy in the management of hypertension. This study aimed to examine the effectiveness of cupping therapy in reducing blood pressure and cholesterol levels based on findings from previous studies. The method used was a literature review of national journals published between 2019 and 2024 employing pre-experimental and quasi-experimental study designs. The variables reviewed included systolic and diastolic blood pressure as well as total blood cholesterol levels. The results of the review indicate that cupping therapy has an effect on lowering blood pressure and cholesterol levels, although several studies reported methodological limitations. Cupping therapy has the potential to be used as a complementary therapy in hypertension management, while still emphasizing the importance of modern medical approaches.

Keywords: *cupping therapy, hypertension, blood pressure, cholesterol*

INTRODUCTION

Health is one of the enjoyment the greatest gift that Allah SWT has bestowed upon him human beings . Islam views health as the mandate that must be guarded and maintained with as best as possible . Therefore that , various effort For maintain and restore health recommended in Islamic teachings , during No contradictory with principle sharia . One of the method known and recommended treatments in Islam is cupping (*hijamah*), which includes *thibbun prophet* or treatment in the style of the Prophet Muhammad SAW [1]. Hadiths authentic mention that bruise is one of the good treatment , even recommended For done in a way periodically as form endeavor guard health and worship [2].

In the modern era, cupping No only viewed from perspective religious , but also starting to reviewed in a way scientific For evaluate its effectiveness to condition health certain , including hypertension and metabolic parameters like level cholesterol . Hypertension is problem health main thing that improves risk disease cardiovascular , and management pressure blood in a way effective is effort very important preventive [3].

A number of study show that therapy cupping , good wet and dry , potential lower pressure blood systolic and diastolic in patients hypertension. In addition , therapy Cupping is

[1] Abdullah MN Al-Bedah et al., "The Medical Perspective of Cupping Therapy: Effects and Mechanisms of Action," *Journal of Traditional and Complementary Medicine* 9, no. 2 (2019): 90–97.

[2] Yufi Aris Lestari, Aris Hartono, and Ucik Susanti, " The Influence of Cupping Therapy Against Change Blood Pressure in Patients Hypertension In Tambak Rejo Hamlet , Gayaman Village , Mojokerto," *Nurse and Health: Journal Nursing* 6, no. 2 (2017): 14–20.

[3] Siti Nur Hasina and Ellya Chandra Hariyani, " Cupping Therapy Has an Effect To Decrease in Total Blood Cholesterol Levels ," *Journal Nursing* 13, no. 1 (2021): 11–18.

also reported can lower level cholesterol blood , which is No direct contribute to control hypertension and health cardiovascular [4]. Based on background behind said , the study This aim For examine effectiveness therapy bruise to pressure blood and blood levels cholesterol through review literature latest . With approach this , it is hoped article can give comprehensive understanding about bruise as practice health holistic harmony with Islamic values and supported by evidence modern science.

RESEARCH METHODS

Search literature done to journal national accredited and repository online scientific with using keywords *therapy cupping* , *cupping wet* , *cupping dry* , *hypertension* , *pressure blood* , and *cholesterol* in the period 2019–2024. The selection process literature done in a way gradually , starting from identification article , deletion duplication , as well as screening title and abstract For evaluate suitability with objective research . Articles that are not relevant with study therapy bruise as part from *thibbun prophet* in context modern health is issued .

Furthermore done evaluation to text complete articles , with exclude articles that have data limitations , variables that are not appropriate , and design research that is not relevant . Based on stages said , obtained A total of 6 articles met criteria inclusion and analyzed in a way narrative For study effectiveness therapy bruise to decline pressure blood and blood levels cholesterol in patients hypertension , with still notice integration Islamic values and approaches medical based proof .

Table 1. Criteria Inclusion and Exclusion

Criteria	Inclusion	Exclusion
Publication	Journal articles national 2019–2024 period	journal articles or rise before 2019
Research Design	Pre- experimental , quasi- experimental , and literature review	Research design No relevant
Subjects & Interventions	Sufferer hypertension with intervention therapy cupping (wet / dry)	Non- hypertensive subjects or non-cupping interventions
Research Outcomes	Pressure blood and/ or level cholesterol	Outcome no in accordance objective study
Article Eligibility	Full text and relevant articles with study *thibbun prophet*	Data not complete or No relevant

RESULTS AND DISCUSSION

Internal cupping Islamic Perspective

Cupping (*hijamah*) in a Language means " sucking ". In practice , cupping done with emit blood through surface skin use tool certain . In Islam, cupping known as one of the method treatment recommended by the Prophet Muhammad SAW, including in *thibbun Prophetic* Hadiths authentic mention priority bruise as beneficial treatment , while give spiritual dimension for the perpetrator [5]

Recommendations practice bruise can found in a number of authentic hadith . Rasulullah SAW said that the best the treatment used man is cupping , honey , and iron hot), although he recommend For No using kay except in condition certain. this hadith show that bruise viewed as method treatment that has benefits and recommended in Islam[6]

[4] Resva Meinisasti , Jon Farizal, and Rini Patroni, " Differences in Cholesterol Levels Before and After Wet Cupping Therapy in Bengkulu City," *Journal of Nursing and Public Health* 7, no. 2 (2019): 19–22.

[5] Al-Bedah et al., "The Medical Perspective of Cupping Therapy: Effects and Mechanisms of Action."

[6] THE Effect et al., *Effect Wet Cupping Therapy To Decline Blood Pressure in Patients Hypertension* , 19 (2025): 108–17, https://doi.org/10.36082/qjk.v19i2.2305.

In addition to the recommendations practice , Islam also provides guide related time implementation cupping . In some history mentioned that recommended time For do bruise is on the 17th, 19th, and 21st of the month Hijriah (Muslim, 2003). This show that Islam does not only recommend bruise as treatment , but also pay attention to aspect time and regularity in its implementation .

From the perspective values , practices bruise in Islam no solely intended For healing physical , but also has spiritual dimension . Carrying out bruise with intention following the sunnah of the Prophet Muhammad SAW can has the value of worship and becomes part from endeavor a Muslim in guard health as trust from Allah SWT.

Internal cupping Health Perspective

In perspective modern health , cupping categorized as part from therapy complementary and alternative medicine (*complementary and alternative medicine*). The World Health Organization states that therapy traditional and complementary Still Lots used by people in various countries as part from system service health [7].

In a way physiological , therapy bruise believed Work through mechanism improvement circulation blood , stimulation nerve peripheral , as well as subtraction tension muscles . The suction process on the skin can increase flow blood local and helpful repair perfusion network [8]. On cupping wet , discharge blood is also suspected play a role in reduce substance remainder metabolism and inflammatory mediators certain [9].

Various study scientific has study benefit therapy bruise to condition health certain . Some studies report that therapy bruise effective in reduce painful musculoskeletal , such as painful back and neck , as well as painful chronic other [10]. In addition , other studies show existence potential benefit therapy bruise to decline pressure blood and increase welfare body in a way general [11].

Although Thus , a number of researchers emphasize that quality proof scientific related therapy bruise Still varies . Therefore that , therapy bruise recommended For used as therapy complementary that can accompany treatment modern medicine , not as replacement main . Aspect security , cleanliness tools and competencies practitioners become matter important things to do noticed in implementation therapy bruise [12].

Discussion about therapy bruise need done in a way critical with integrate Islamic perspective and findings scientific in field health . In Islamic teachings , cupping viewed as one of the form endeavor guard health recommended by the Prophet Muhammad SAW. Sunnah values in practice bruise give spiritual dimension that distinguishes it from therapy health others . A Muslim who lives therapy bruise No only make an effort get healing physical , but also running religious teachings with intention of worship [13].

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[7] Eman M. Mortada, “Evidence-Based Complementary and Alternative Medicine in Current Medical Practice .,” *Cureus* (United States) 16, no. 1 (January 2024): e52041, https://doi.org/10.7759/cureus.52041.

[8] Al-Bedah et al., “The Medical Perspective of Cupping Therapy: Effects and Mechanisms of Action.”

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[10] Jong-In Kim et al., “Cupping for Treating Pain: A Systematic Review,” *Evidence-Based Complementary and Alternative Medicine* 2011, no. 1 (2011): 467014.

[11] Ida Yatun Khomsah and Rahmawati Dian Nurani, *Influence Cupping Therapy Against Decline Patient Blood Pressure Hypertension The Effect of Cupping Therapy on Reducing Blood Pressure in Hypertensive Patients* , 6 (2024): 12–18.

[12] Huijuan Cao, Xun Li, and Jianping Liu, “An Updated Review of the Efficacy of Cupping Therapy,” *PloS One* 7, no. 2 (2012): e31793.

[13] Liaoyao Wang et al., “Efficacy of Cupping Therapy on Pain Outcomes: An Evidence-Mapping Study.,” *Frontiers in Neurology* (Switzerland) 14 (2023): 1266712, https://doi.org/10.3389/fneur.2023.1266712.

Integration of Islamic Values and Findings Scientific

Study results literature show that there is harmony between recommendation bruise in Islam and findings modern scientific . The Prophet Muhammad's recommendation to practice bruise can understood as form prevention and maintenance health that is holistic . In the context of this , Islam has introduce approach promotive and preventive in guard health Far before development knowledge modern medicine .

Study scientific that has done show that therapy bruise own potential benefit health , in particular in subtraction painful musculoskeletal , increased circulation blood , and effect relaxation of the body . Findings This strengthen view that practice bruise No only own mark religious , but also relevant in a way scientific . However thus , some big study emphasize that quality proof scientific Still varies and requires study advanced with design more methodology strong [14].

Researchers	Title Study	Research Design	Sample	Types of Cupping	Outcome Variables	Key Results
Hosiatul Amelia[15]	Influence Wet Cupping Therapy to Decline Blood Pressure in Patients Hypertension	Quasi-experimental	Patient hypertension	Wet cupping	Systolic & diastolic BP	There is decline significant pressure blood after intervention
Magnev Yababa[16]	Influence Wet Cupping Therapy to Decline Blood Pressure in Patients Hypertension at Griya Clinic Holistic Therapy	Pre-experimental	Patient hypertension	Wet cupping	Systolic & diastolic BP	BP reduction was significant ($p < 0.05$)
Aris Setyawan[17]	The Effectiveness of Cupping on Decline Systolic Blood Pressure in Patients Hypertension	Quasi-experimental	Patient hypertension	Bruise	Systolic BP	Systolic BP decrease significant
Syokumawena , Marta Pastari[18]	Treatment Alternative to Dry Cupping on Blood	Quasi-experimental	Patient mature	Dry cupping	Cholesterol levels	Happen decline level cholesterol blood

[14] Helma Helma , Rismawati Yaswir, and Lillah Lillah , " The Influence Cupping Therapy on Total Cholesterol Levels ," *Andalas Health Journal* 7 (2018): 50–53.

[15] Hosiatul Amelia, " The Influence Wet Cupping Therapy To Decline Blood Pressure in Patients Hypertension ," preprint, Dr. SOEBANDI University, 2022.

[16] Magdev Yababa et al., *The Influence of Wet Cupping Therapy To Decline Blood Pressure in Patients Hypertension at Griya Clinic Holistic Therapy Ledokombo Jember* , 2022.

[17] Aris Setyawan and Wiwik Widia Astuti, " The Effectiveness of Cupping on Decline Systolic Blood Pressure in Patients Hypertension ," *Nursing Science Journal (NSJ)* 3, no. 1 (2022): 11–17.

[18] Syokumawena , Marta Pastari, " Treatment "Alternative to Dry Cupping on Blood Cholesterol Levels ," *Journal Nursing Silampari* 5, no. 1 (2021): 11–19.

Researchers	Title Study	Research Design	Sample	Types of Cupping	Outcome Variables	Key Results
	Cholesterol Levels					
Meinisasti , Faizal and Patroni[19]	Differences in Cholesterol Levels Before and after Wet Cupping Therapy in Bengkulu City	Pretest–posttest	Adult society	Wet cupping	Cholesterol levels	Decline cholesterol significant post-therapy
Khomsah and Conscience [20]	Influence Cupping Therapy for Blood Pressure in Patients Hypertension	Quasi-experimental	Patient hypertension	Bruise	Systolic & diastolic BP	BP decreased meaningful

Based on Table 1, some big study show that therapy bruise own potential benefit in subtraction pain and improvement function physiological certain . However Thus , variations design research and limitations methodological indicates that bruise more appropriate positioned as therapy complementary .

Cupping as Therapy Complementary

In perspective modern health , therapy bruise more appropriate positioned as therapy complementary , not replacement treatment medical main . Approach This in line with recommendations of researchers who suggest use therapy bruise as companion therapy medical conventional . With Thus , the practice bruise can give benefit addition without ignore principles medical based proof .

Use therapy bruise as therapy complementary also in line with principle caution in Islam, namely avoid more harm big . Practice cupping is done in a way No right , without notice aspect cleanliness and competence practitioners , potential cause risk health . Therefore that , integration between religious values and standards medical become very important thing in implementation therapy cupping .

Challenges and Criticisms of Cupping Practice

Although own potential benefits , practices bruise No off from criticism . Some circles evaluate that therapy bruise Not yet own proof scientific enough strong For recommended in a way wide in practice clinical . This criticism need addressed in a way objective and scientific , considering part study Still own limitations on size sample , design research , and potential bias.

In context this , approach critical necessary for practice bruise No positioned in a way excessive . Islam itself push his people For behave rational and irrational cause harm in every form treatment . Therefore that , practice bruise should done in a way proportional , based knowledge , and remain consider condition individual .

[19] Meinisasti , Farizal , and Patroni, " Differences in Cholesterol Levels Before and After Wet Cupping Therapy in Bengkulu City."

[20] Khomsah and Nurani, *Influence Cupping Therapy Against Decline Patient Blood Pressure Hypertension The Effect of Cupping Therapy on Reducing Blood Pressure in Hypertensive Patients* .

Implications for Holistic Health Development

Integration between Islamic perspective and health in practice bruise give implications important for development approach health holistic . Cupping can viewed as one of the form therapy that combines aspect physical , mental, and spiritual. Approach This in line with draft health in Islam which emphasizes balance between physical and spiritual .

With consider mark religious and evidence existing scientific , therapy bruise potential developed as part from service health integrated complementary . However , the development of This need accompanied with study continuation , clear regulations , and education to society to practice bruise can done in a way safe and responsible answer .

In a way overall , discussion This show that therapy bruise own unique position as practice integrated health Islamic values and approaches modern scientific . With attitude critical and proportional , cupping can utilized as therapy health relevant holistic with need public moment This .

CONCLUSION

Based on objective study For study practice bruise through Islamic perspective and health based on study literature , can concluded that therapy bruise is method treatment traditional which has legitimacy strong in Islamic teachings at the same time relevance in approach modern health . From an Islamic perspective , cupping understood as the sunnah of the Prophet Muhammad SAW which reflects recommendation guard health through efforts that are worthy of worship.

Temporary that , from perspective health , results study to various study previously show that bruise own potential benefit physiological , especially in help circulation blood , relieve pain , and support balance body . However , the evidence existing scientific Still show variation quality methodological , so that practice bruise more appropriate positioned as therapy complementary accompaniment treatment medical conventional . With Thus , cupping can viewed as practice health holistic that integrates Islamic spiritual values and approaches scientific in a way proportional and responsible answer .

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