

Hijamah

Reviving the Sunnah

The word "cupping" was derived from the Arabic word "hajama" and "haj'jah" which they mean "to minimize" or "to restore to basic size", or "to diminish in volume" or to "pull out". In Arabic they say, "a certain person diminished the problem", they meant that he returned the problem to its original size. Thus he who performed the cupping operation made diseases refrain from attacking him. The increase of spoiled blood (the old red blood cells, toxins, viruses) in the body rendered its cessation from growing when the person became twenty-two years old, and it accumulated in the back area of the person. With advance in age, these accumulations of spoiled blood hindered the circulation of the whole blood, eventually paralyzed the work of the young red corpuscles then the body became weak and exposed to various kinds of diseases. When one performed cupping, the blood returned to its original condition and the stagnant blood went away (that blood which contained maximum rate of senile red corpuscles and their cells ghosts and abnormal shapes of red blood cells, and other impurities). The pressure on the blood circulation was lessened and the pure blood formed from young red corpuscles rushed to feed the cells and the body organs, and released them from harmful residues, damages and unwanted materials.

Allah's Prophet "Mohammed" (SAW) said, "Hijamah is the most helpful act for human beings to cure themselves with". Hijamah is the best remedy recommended and used by the Messenger Muhammad (SAW) .

The Messenger Muhammad (SAW) said, "Indeed the best of remedies you have is Hijamah" (Bukhari Sharif 5371)

Messenger Muhammad (SAW) also said that on the night of Israa (his ascension to the heavens) he did not pass by any group of angels except that it said to him, "Oh Muhammad (SAW) , order your Ummah (nation) with Hijamah." (Tirmizi Sharif 3479). This shows the importance and greatness of this Sunnah.

Hijamah is the process of applying cups to various points on the body by removing the air inside the cups to form a vacuum. Hijamah gets rid of acidic toxic waste which accumulates in our bodies (blood stasis) as we grow older. Sources of toxic waste include The polluted air we breathe; Toxic chemicals found in your food, water, drinks, household chemicals & toiletries; Environmental waste in your neighborhood; Intoxicating drinks, narcotic drugs, junk food and smoking; Waste products of normal body metabolism; Products of medicinal drugs metabolism; Impact of trauma and accidents on our body; Toxins from mental stress, anger, anxiety and depression. Detoxification of the blood, stimulation of new blood formation, Increased blood circulation & pain reduction.

Hijamah has a dramatic detoxifying effect on the skin and circulatory system. By increasing the flow of blood and plasma through the veins and arteries, cupping enhances the cleansing and removal of toxins. This detoxification may not be observable after just one treatment, but after about three to five treatments, there will be a noticeable improvement in the color of one's complexion.

There are many benefits of cupping. On a general, systemic level, cupping improves the circulation of blood and lymph. It also regulates and improves the functioning of the autonomic nervous system.

Locally, the most obvious benefit of cupping is a relief of pain with relaxation and increased suppleness of stiff tendons and muscles. Cupping increases the cleansing flow of lymph, while removing congested blood from the muscles. If cupping is applied to the joints, the blood flow to the joint is increased and there's an increased secretion of synovial fluid into the joint cavity.

Cupping's effect on the digestive organs is to increase their digestive secretions and enhance their peristaltic movement. Cupping can awaken the appetite, strengthen the stomach and digestion, improve the bile flow and metabolism, relieve constipation and promote regularity of the bowels.