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### Basic principles of cupping therapy

**Zaki Anwar Ansari and S Nafees Bano**  
HSZH Govt. Unani Medical College, India

The practice of cupping is over 5000 years old. The effect has remained the same; only the cups and the technique have changed over these many years. The successes of alternative treatment methods can no longer be denied because they do in fact exist. Cupping refers to any natural treatment method in which suction cups are used in therapy. Cupping is one of the traditional treatment methods that do not involve medicinal substances but serve as useful weapons in the fight against many diseases. The goal of cupping is to strengthen or activate the organism's self-healing powers, when these are not able to do so, on their own. Cupping stimulates and supports the options that nature has provided the body with to resist disease. The uniqueness of the humans is in the functional harmony of the organs and the organ systems which guarantee the continuous, mutually interdependent, frictionless completion of all life processes. The body and its functions are two basic aspects of life that cannot be separated from each other. To better recognize the effects of cupping, understanding the basic structure of the organ systems and the functional processes in the human body is essential. We owe the exploration of the ancient experience of the healing arts which proves that we can utilize the reflex connections between the body's surface and the diseased organ. The essential effects of cupping is the retuning and therefore also the regulation of disturbed body functions as well as the alleviation of pain and cramping, improvement in blood circulation and inhibition of inflammation. There is no doubt that cupping supports the natural efforts of the body, that is, the preservation or restoration of health. It improves and complements other therapeutic methods because of its fast and reliable effects.

### Biography

Zaki Anwar Ansari is the Principal, Hakim Syed Ziaul Hasan Government Unani Medical College & Hospital, Barkatullah University and also the Professor in the Department of PSM. He has graduated from Hamdard Tibbi College, Delhi University in 1989 and started working as a General Physician. He started his academic career in 1995 and has worked in Unani Medical Colleges and Hospitals in various capacities. He has received his MD in PSM in 2008 from National Institute of Unani Medicine, India. In his 20 years long career, he has worked as Examiner in various Universities, Supervisor for MD theses, Subject Expert in various Selection Boards & MPPSC, Resource Person, Guest Speaker, Chairperson in workshops, Training Programs and Seminars, Chairperson of IEC, CCRUM, Bhopal. He is also the Chairman, Board of Studies; Rajasthan University & DAVV, India. He has presented papers in various conferences and seminars and participated in discussion on various topics on TV and delivered talks on Unani System of Medicine on All India Radio, Bhopal.

[ansarizakipbh@gmail.com](mailto:ansarizakipbh@gmail.com)

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