

Dry Cupping Therapy in Overcoming Migraine at Ashadique Healthy Care Clinic Palembang City

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ABSTRACT

The development of advanced science and technology as well as the increasing standard and quality of human life have made lifestyles irregular and increased working hours. The consequences can have a positive impact on productivity but also produce negative impacts that can be detrimental to physical and psychological health. Migraine is one of the most common headache disorders, characterized by a lateral, intense, throbbing, or throbbing sensation in the head. Cupping is a method of treating thibbun nabawi or treatment suggested by Rasulullah SAW by removing toxins or elements that are not needed in the body. This type of research is a qualitative field research (field research) which obtains data from the field or research site through observation, interviews and dry cupping therapy on patients at the Ashadique Healthy Care Clinic in Palembang City, then the data is analyzed through descriptive analysis. The formulation of this research is How does dry cupping therapy affect Migraine at the Ashadique Healthy Care Clinic in Palembang City, and the purpose of this study is to examine the effect of dry cupping therapy on Migraine at the Ashadique Healthy Care Clinic in Palembang City. The results of this study show that the dry cupping therapy carried out by the researcher, the patient felt comfort in the body being cupped, and blood circulation improved and migraines were felt to be reduced. In the final result of the dry cupping therapy carried out, at this stage the patient no longer felt migraines. as before the therapy was carried out, so that the patient is said to have recovered at the end of this cupping therapy method and the patient's blood circulation is normal.

Keywords: Dry Cupping, Migraine, Patients.

INTRODUCTION

Lifestyles are increasingly uncertain and working hours are increasing as a result of advances in science and technology and increasing people's living standards can consequently increase productivity, but can also have a negative impact that can be detrimental to one's physical and mental health. Migraine is one of the most common headache disorders, characterized by lateral, intense, throbbing, or throbbing perception in the head. According to the Global Burden of Disease report, migraine is the sixth most burdensome disease in the world, and the first among neurological diseases. According to statistics,

90% of people experience this condition, which causes tingling or numbness once or twice a year. One of the complaints or reasons most often experienced by people visiting a doctor is a headache, which is actually a disease.

Migraine is defined as unilateral throbbing pain that lasts four to seventy-two hours, is of moderate to severe severity, worsens with physical activity, and may be accompanied by nausea, a phobic reaction to light and sound. Migraines can cause poor quality of life and considerable weakness in migraine sufferers. Migraines experience pain and throbbing that feels like they're being pulled and hit, which is usually accompanied

by stomach problems including nausea and vomiting.

According to WHO 47% of adults worldwide currently experience headache disorder, which manifests itself at least once a year. More than 10% of adults in the world aged 20 to 40 years and have experienced headaches in the world. The past has also reported having had migraines. Worldwide, 1.7–4% of the adult population suffers from headaches each month. People of all ages, races, socioeconomic backgrounds, and geographic locations are affected by the global headache problem. People between the ages of 20 and 40 are most commonly affected, and it usually begins at puberty. Migraine has a cascading effect on other diseases besides being a single symptom and no longer being an isolated disease. There is enough news in this report that deserves attention.

A headache condition known as migraine affects only one side of the head. When you exercise, the pain gets worse. Compared to men, women experience migraine attacks more often. More working-age people are affected by the disease than young or elderly people. Migraine is a problem that often arises among students, workers and housewives so that it can affect daily activities. About 65-75% of women worldwide suffer from migraines, compared to 25% of men, according to statistics from The Research Group on Migraine and Headache of The Federation of Neurology.

Based on the Hadith Narrated Bukhari (sunnah) of the Prophet Muhammad SAW, cupping is a form of treatment. Having been used by humans since time immemorial, this treatment has been modernized, adapted and based on scientific principles. It uses simple and effective tools and does not have any negative side effects. Through the surface of the skin, cupping treatment procedures remove harmful and unclean blood (toxins) from the body. Cupping therapy is a complementary medicine that has its roots in the Middle East and has been practiced for a long time in mainland China.

Actually, cupping therapy is not a new development in Indonesian culture. Dry cupping can be done by shearing technique or pulling technique. Cupping therapy or called *hijamah* in Arabic is a form of prevention and treatment of disease. In a hadith, the Prophet Muhammad (peace be upon him) advocated cupping, which shows that *hijamah* is the best form of treatment offered by people today. According to Kasmui (Yanti & Wahyuni: 2021; 2) Prophet Muhammad was given the command to use cupping as a form of treatment by Allah Almighty. Followers are required to study, practice cupping treatment methods, and preach them. By removing toxins or other materials from the body that are not needed, cupping is one of the techniques of *thibbun nabawi* treatment, or treatment recommended by the Holy Prophets. A cupping device called a cup is used in dry cupping therapy to suck up the skin and tissue under the skin, forcing blood to build up there without bleeding. A kind of cupping technique is called dry cupping therapy, where only certain cupping points are used to avoid damage to the skin.

According to Naddiah Thayyarah (Malik, 205: 100) Cupping is more effective in cleaning the outside of the body than the Phlebotomy technique (draining blood by opening blood vessels), he wrote in his book *Ibn Qayyim*. There must be an internal benefit to the process of removing blood. Cupping is more beneficial for children and people who find the process of bleeding uncomfortable. In addition, cupping can ward off diseases including heart and lung disease, high blood pressure, and others. The Prophet (peace be upon him) recognized cupping as a beneficial medical procedure. The Prophet noticed because of this. The best helper, according to him, is a copper cup because he draws blood, flexes stiff muscles, and enlarges his cupping partner's eyes. If we want to merge operations. Cupping and cupping, this therapy can also be referred to as cupping and blood discharge. The relaxation response resulting from dry cupping therapy occurs when cupping is applied to one point.

Based on the background that has been explained, the author is interested in discussing more deeply about how dry cupping therapy can overcome migraine disease at Ashadique Healthy Care Clinic Palembang City. It is hoped that this study can be known more about dry cupping therapy can cure migraine disease, so the researcher took the title of this study is Dry Cupping Therapy in Overcoming Migraine Disease at Ashadique Healthy Care Clinic Palembang City "

RESEARCH METHODS

This study used qualitative research methods. with analytical and descriptive techniques, according to Sugiyono (2010: 15) research methods are used to examine the condition of objects in nature where researchers are key instruments, taking data sources purposivly and snowball, with data collection techniques using interviews, documentation and literature studies. In this study. Event studies discuss specific cases or events that actually occur in society and are used in depth to examine the history, conditions, and interactions that surround them. The case study technique is a qualitative research method where research is carried out on a system in the form of a program, activity, event, or a certain group of people.

In this study, people and things were used as data sources. People function as informants in the sense that they provide the data that researchers collect, whereas objects are sources of data in the form of written materials such as articles and news that help the researcher achieve his goals. Sugiyono (2010: 15) emphasized that data collection is the goal The main analysis, then the data collection procedure is the most strategic method of analysis. If subjects do not understand the method of data collection, they will not receive data that conforms to established standards. To obtain the results of research on Dry Cupping Therapy in Overcoming Migraines conducted

through observation, documentation and interviews.

RESULTS AND DISCUSSION

Cupping History

The origin of cupping (hijamah) from the ancient Egyptians was known for inter-tribal and international trade, which contributed to the popularity of cupping. Cupping was a popular alternative medicine practice at the time of the Prophet (PBUH), even becoming their sunnah and custom. Prophet Muhammad also ordered his followers to shave Although not a doctor, the Prophet (peace be upon him) based all his decisions on the guidance of Allah Almighty. In fact, cupping was practiced by ancient people as early as 4,000 BC, when the Sumerian empire was founded. From there it spread to Babylon, Egypt, Sabae, and Persia. Sumer, or the land through which the Euphrates and Trigis rivers pass, is a region that is part of Iraqi territory. At that time, the kings were treated by healers using cupping. Only selected students received the medical knowledge that famous healers gave them.

Benefits of Cupping

Without us knowing it every day millions of toxins or toxins enter our bodies. Even doctors and therapists or healers, sometimes neglect the poison attacks that are around us. The various poison or toxin attacks are: a. Air pollution Examples: Cigarette smoke, exhaust smoke, factory smoke, and others. b. Water pollution Example: Drinks with preservatives, soda, alcohol raw drinking water and others. c. Food Examples: Flavoring agents, food coloring agents, vegetables or fruits with pesticides, fast food (fast food) and others. d. Unhealthy lifestyle For example: staying up a lot, never exercising and eating irregularly. From the attack of poison or toxin Realize every day we live an unhealthy lifestyle. For example, staying up late, not exercising, and

eating erratically. Have we noticed the poison or poison attack above? Did you know that we poison our bodies every day? Let's start living healthy. Especially one of them by advocating cupping therapy.

Dry Cupping Therapy Process

Migraine is a skroni sparoxysmal neurological disease characterized by moderate or severe headache attacks accompanied by neurological symptoms and an irreversible system. Symptoms that often appear in migraines include photo phobias, phono phobias, and gastrointestinal symptoms such as nausea and vomiting. The term refractory migraine is used to define persistent headaches that are difficult to treat or do not respond to standard and/or aggressive therapy. Migraines occur as a result of hormonal changes, lack of rest, a smell that is too strong, smoking, and late eating. Food is very influential on the occurrence of migraines such as coffee, wine, chocolate, processed meats and so on. According to Muhammad Musa Alu Nasr, there are several.

According to Junaidi (2021; 29) Factors that must always be considered in any process involving bleeding, namely: 1. Excessive blood; If a person is anemic, cupping is not allowed. 2. Strong; Cupping is not allowed if the subject is weak. 3. A person with a normal temperament can not perform when they are very hot or cold. 4. Some obvious indications, such as people who have diarrhea and abdominal injuries are not allowed. 5. If you are elderly, it is not allowed and toddlers. Factors causing migraine based on P2PTMKemenkes RI; 1. The causative factor of migraine comes from hormones Some women feel this migraine during menstruation. 2. Genetic factors, Some migraine sufferers have close relatives who also experience migraines. 3. Temporary changes in chemicals, nervous tissue of the brain and blood

vessels. 4. Stress and fatigue factors can trigger migraines in some sufferers.

Discussion of the results of the research on the healing planning step of dry cupping therapy in migraine disease at Ashadique Healthy Care Palembang City.

Stage 1

Stage 1 therapy begins with relaxation of the body by dredged using a cupping cup for 2 minutes, then applied alcohol and aromatherapy olive oil to relax the muscles in the body for 5 minutes, in the first stage of treatment with eight common cupping points, namely first the base of the neck as the beginning of the cupping cup, then the lung points that widen on the right and left of the back. After that, a cupping cup is installed at the right and left heart points of the back, then four fingers down are kidney points that are installed right and left cupping cups on the back, heart points are installed cupping cups as a cover. Therapy Dry cupping in migraines is carried out for ten minutes at the first stage.

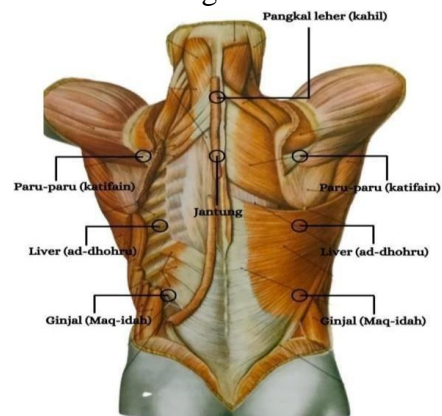


Image I : General Cupping Point

Application of dry cupping technique to cure migraine a. Back Relaxation: Relaxation of the back is an effort to reduce tension in the body to be cupped so that blood circulation is smooth and relaxation can increase the amount of oxygen reaching body

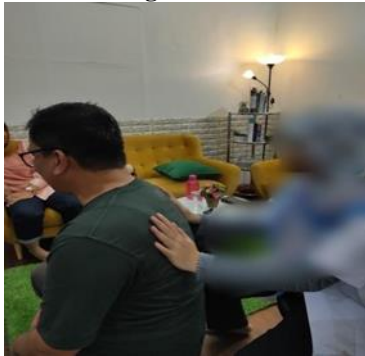


Image II : Back Relaxation

b. **Head Relaxation Massage** Relaxation massage therapy is a touch therapy of the fingers that can provide a comfort effect and relax tense muscles, and is also beneficial for health. This head relaxation massage improves blood circulation by providing direct mechanical effects of pressure and movement Rhythmic so that it causes stimulation caused to nerve receptors also causes blood vessels to dilate reflexively so as to smooth blood flow in the body



Image III : Relaxing Massage Therapy

c. **General cupping stage 1** Cupping is generally the initial method of starting cupping therapy in patients by not draining blood in the body or not injected needles and when sucked using cupping cups that match the cupping point in the body this method is known as dry cupping.



Image IV : General Cupping

The result of dry cupping therapy in stage one migraine disease is that the patient feels comfort in the body after cupping and blood circulation and migraine disease that is felt reduced, dry cupping therapy will be done again after the next ten days.

Stage 2

After stage one is carried out, the next ten days stage two therapy is carried out Therapy begins with relaxation of the body by means of a cupping cup for two minutes, then applied alcohol and olive oil aromatherapy to relax the muscles in the body for five minutes, therapy is carried out using medical gloves In the second stage of dry cupping therapy in migraines is fourteen days from the first stage, the first point of cupping is the kahil point or base of the neck, Then four fingers down straight from the kahil point is the heart point, then the heart point or liver as a closing cupping therapy in migraines. The process of therapy in the second stage is carried out for seven minutes.



Image V : Point stage 2

a. **Head Massage** Head massage therapy is carried out again in the second stage to relax the body before further therapy

from stage one the function of head massage is to improve blood circulation in the body so that the body is not tense before dry cupping therapy is done



Image VI : Head Massage

- b. Cupping point of migraine-specific disease In stage two, dry cupping therapy is carried out on the body at the point of specific migraine disease in order to continue therapy carried out at stage one after an interval of ten days.



Image VII : Specific Cupping

The result of dry cupping therapy stage two is the reduction of red spots on the body due to the passage of blood that is not smooth, the patient feels comfort in the cupped body, migraine disease in patients is reduced after cupping in stage two, to eliminate or cure migraine disease in the body will be carried out advanced dry cupping therapy in stage three or healing stage.

CONCLUSION

Based on this study, after dry cupping patients feel very extraordinary results for the

body such as reduced pain at the point of the body before cupping, smooth circulation of blood flow so as to make blood vessels stronger, overcome fatigue in the body due to stiff nerves and increase spinal cord activity and improve the immune system. After the application of Dry Cupping Therapy on three patients suffering from migraine disease at Ashadique Healthy Care Clinic, all patients were confirmed to recover by doing stages Dry cupping therapy method for seventeen days every one patient. Based on the results of the study can answer the formulation of the problem proposed in this study, After the research was carried out it can be concluded that from the results of dry cupping therapy the patient no longer feels migraines as before the therapy was done, so the patient is said to be cured in the final method of cupping therapy and normal blood circulation

SUGGESTION

The following are recommendations made by researchers based on the results of this study: 1. For research subjects For research subjects, it is recommended that patients be able to maintain health in daily activities, eat and drink healthy without artificial sweeteners and if sick immediately seek treatment to the clinic to cupping the disease suffered so that the body becomes healthy and can return to normal activities. 2. For clinics It is intended that the clinic can expand the four areas and add the necessary therapists so that patients who come can feel the extraordinary clinic facilities so that patients can wait for therapists to be cliniced with many therapists. 3. For the next researcher Researchers hope that in the future research can be carried out on dry cupping in overcoming migraine disease, thank God through dry cupping therapy migraine disease can be cured with various stages carried out by therapists and observed by researchers. In addition, for subsequent research, the literature should be

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expanded so that other better elements and components can be revealed

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