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**MANAGEMENT OF KIDNEY PAIN SUFFERING PATIENTS
THROUGH CUPPING THERAPY: A CASE STUDY**

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ABSTRACT

Cupping therapy is a very effective but under-utilized healing technique in Unani system of medicine. There are various different techniques of cupping, involving different levels of suction, heat, and duration of therapy. Stationary cups are typically placed on the patient in an area of local stagnation with a medium level of suction for 10-15 minutes. Timing and level of suction is to be adjusted depending on the type of tissue or structure which is being treated. Cupping therapy stimulates the nerves, muscles, blood vessels and subcutaneous glands and causes a series of nerve and endocrine system responses so as to improve systemic blood circulation and can eliminate blood stasis, increase permeability of blood vessels, promote blood circulations so as to improve blood supply to the kidneys and help much alleviate renal ischemia and hypoxia states.

Keywords: Cupping therapy, Renal ischemia.

INTRODUCTION

Kidneys are vital organs that play numerous regulatory roles in humans and animals. They are of great importance in the urinary system. They excrete waste products in urine and are widely considered as body's natural filter of the blood. Kidneys filter and detoxify our body effectively. If toxins are not properly excreted out, it can infect or poison our body resulting in several diseases.

Kidneys are located underneath the diaphragm on either side of the spine above the gluteal region. If pain in the kidney is stabbing-severe, it may extend to back of the body. At some occurrences, pain due to injury as in case of accident or falling down with pressure may also damage the kidneys [1, 2].

Causes of Kidney Pain

Causes of kidney pain are quite many ranging from normal muscle sprain (connected to the back) to a flank pain (between the bottom of the rib and the buttock). A person suffering from any of the below-mentioned abnormalities may be a prey to kidney pain.

Kidney Stones: Kidney pain is caused in kidney when a

stone is developed or blockade occurs in the ureter (a lean tube that connects kidney with the bladder). When urine flow is blocked or hampered, urine may get stuck up in the kidney. Pain due to kidney stones is referred to as 'colic' which means wave-like that is different from a steady constant pain. It is very difficult for patients with renal colic while they are in constant motion; it's hard to hold still even while pacing and writhing. Patients experience nausea and vomiting when such pain is very severe.

Kidney infection: Kidney will get infected when kidney stones are incapable of getting flushed out. The kidney swells and stretches and pain is felt in the sensitive area which leads to severity and intolerance.

Arteriosclerosis: This only happens when arterial walls are occupied by fatty material. Fats block the blood flow thereby arteries get hardened. Drug therapy may help in decreasing the causes of arteriosclerosis.

Kidney cancer: When kidney infection gets severe and bacterial infestation has spread out, the kidney capsule is

stretched and the pain is at high-pitch.

Polycystic kidney: Enlargement of kidney also accelerates kidney pain. This disease is believed to be hereditary. Pain is more likely to be felt in the front of abdominal region instead of lower rib/back pain.

Urinary tract infection: The urinary system is composed of bladder, kidney, ureter and urethra. Urinary tract infection usually takes place when kidney stones are developed.

Cupping therapy for kidney disease patients as one of the best physical therapies, cupping therapy has many benefits to patients suffering from chronic kidney diseases. Keeping this view in mind beneficial effects of therapy, a case study was done to stumble on out the efficacy of therapy as well as in subjective parameters in patients suffering from chronic kidney pain [1-4].

TYPES OF BACK PAIN AND KIDNEY PAIN

Back pain is classified into neck pain, upper back pain, lower back pain or tailbone pain anatomically. It can be acute if it lasts for less than 4 weeks, sub acute if lasting for 4 to 12 weeks and chronic if present for more than 12 weeks.

Kidney pain is usually very severe and if caused due to kidney stones are known as colic which indicates its wave like occurrence as opposed to steady pain. Pain due to kidney infection is indicated by pain in flank area. All types of kidney pain are usually accompanied with fever, nausea and vomiting [5, 6].

Differences in causes [5,6]

Back pain can be caused due to a number of reasons. Usually mild back pain does not require immediate medical attention. Back pain usually occurs due to inflammation. Sometimes back pain can be indicative of a serious medical condition like bone fracture, spinal fracture, multiple myeloma, osteoporosis, cancer, lumbar disc herniation, degenerative disc disease etc. Stress and dysfunctional family relationships are also known to cause back pain. During pregnancy majority of women experience low back pain which can be severe during the third trimester.

The most common cause of kidney pain is kidney stones. These stones get lodged in the ureter blocking urine flow causing severe pain which has been comparable to labor pains. Kidney pain is also caused due to pyelonephritis or kidney infection. Pain occurs due to infection and inflammation of the capsule that surrounds the kidney. Unlike back pain, both these types of kidney pain are accompanied with fever, nausea and vomiting. Other potential causes of kidney pain include cancer and bleeding inside the kidneys due to injury. Dull aching pain in kidney can be caused due to polycystic kidney disease or gradual blockage of urine flow.

CUPPING THERAPY

Cupping Therapy is the oldest & most globally practiced medical treatment in human history. It is a traditional, time-honored treatment that remains favored by millions of people all over the world. Cupping Therapy is a gentle therapy that uses negative pressure, instead of compression of the muscles, for incredible results. The negative pressure releases tight tissue helping to loosen adhesions & draining fluids & toxins from the muscles & body. It brings a flow of fresh blood & nutrients to the muscles & skin. It is a safe & comfortable therapy, yet is very powerful & at the same time very relaxing. Cupping is incredibly effective for many health problems.

This gentle therapy uses negative pressure, instead of compression of the muscles, to pull stagnation from the tissues & bring it to the skin level. Deep muscle 'knots', tightness & soreness are gently relieved as the tissue loosens & is stretched. The pores expand to discharge some of the wastes & toxins, the rest are flushed by the body's circulatory & lymphatic systems. Fresh revitalized blood, oxygen, & nutrients are brought to the area. Inflammation, joint pain, stiffness, & arthritis pain can relieve. Congestion in tissue, including the lungs, is broken up & expelled. The immune system is strengthened. The nervous system is stimulated allowing a deep relaxation to move through the body.

PROCEDURE

It's an ancient traditional therapy in Unani system of medicine called cupping therapy. It's a completely safe, yet highly effective treatment for reducing pain, treating sprains and enhancing localized circulation. During wet cupping, a mild suction is created using a cup that is left in place for about three to five minutes. Then removes the cup and uses a small scalpel to make superficial skin incisions. After the procedure, the site may be covered with an antibiotic ointment/betadine lotion bandage to prevent infection. The skin's appearance generally returns to normal within 6-7 days.

OTHER BENEFITS OF CUPPING THERAPY

Promotes deep relaxation of muscles and fascia, locally and peripherally Stimulates whole-system system relaxation response Regulates peristalsis and relieves intestinal spasms Regulates vaso-dilation/constriction of blood vessels throughout the body Encourages the proper circulation, oxygenation, and detoxification of blood Detoxifies metabolic residue in muscle tissue, fascia and skin by bringing toxins up into the circulatory system to be cleansed and safely excreted [7].

PATIENT TESTIMONIAL

Mohd Sahid, Delhi "My age is 44 years, When I move in side to side or lean forward only slightly, I get a severe pain on my lower left side. It is very tender to the touch. Bending over is near impossible. It feels like

somebody is grabbing something inside of me and squeezing very hard for 3 seconds and then releasing, the pain sometimes radiates through my whole body, like an aftershock effect. I started cupping therapy treatment by Dr Izharul Hasan in Ballimaran OPD and after 4 time in one month, my kidney pain disappear without any medicine, I am very happy after one month because get rid of long time pain.

I Naseem Ahmad, suffer with so much pain for a month straight, i could not even move my feet, was in the hospital sick for days. my kidney like it was getting worst my back everything was hurting, not even antibiotics was helping, and still I'm on some and it's not working cause I was really getting a lot of burning in my right side of my kidney straight down to my feet. Finally I went to Ballimaran OPD, Delhi for treatment, and started cupping therapy treatment on advice by Dr Izharul Hasan, on first time therapy pain was reduced fifty percent, and weekly 5 consecutivetherapy cured me totally.

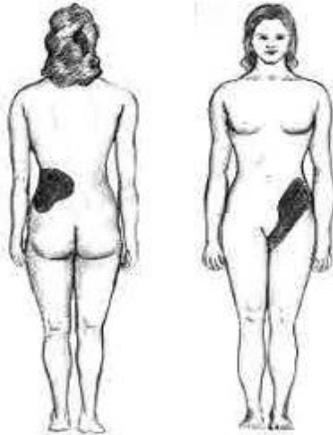
INFORMED CONSENT

Patients were properly informed (before treatment) about the potential for cup marks, temporary discoloration of the skin that may range from pale brown to darker red/purple depending on level of stagnation and whether the condition is of a deficient or excess, hot or cold nature. Cup marks are evidence of the removal of toxins trapped in the muscle and skin layers. Patients were also be informed that the areas of cupping should be protected from cold, wind, or water for the rest of the day after treatment.

CONTRAINDICATIONS

Current general opinion is that cupping should not be used to treat the low back or abdomen of pregnant women, due to the possibility that through its actions on regulating the autonomic nervous system, cupping may stimulate uterine contractions, which may potentially negatively influence a high-risk pregnancy.

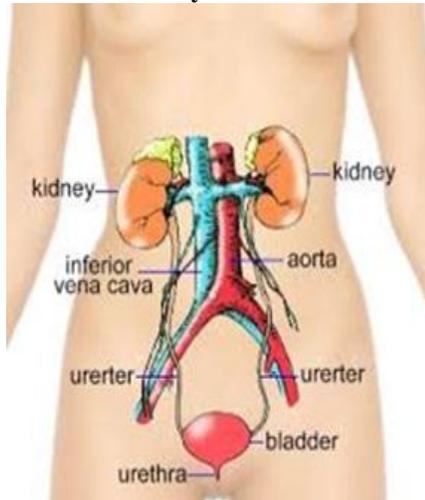
Picture 1. Regions of the body that feel pain resulting from kidney



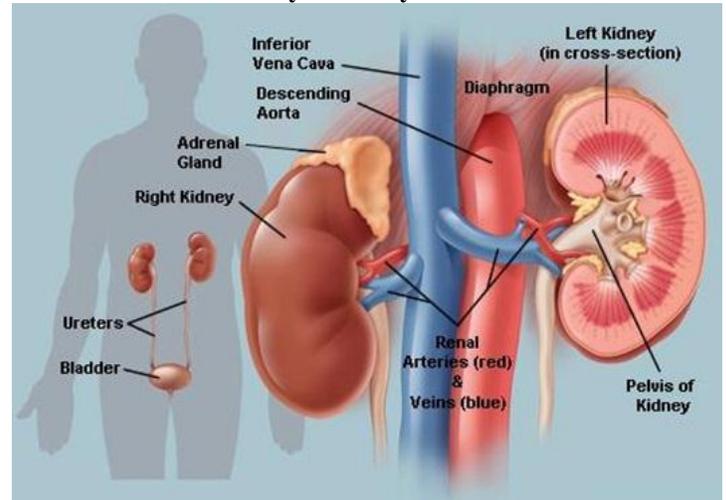
Picture 2. Different regions (curvatures) of the vertebral column may be afflicted with back pain



Picture 3. Kidneys location



Picture 4. Human Kidney Anatomy



Picture 5. Cupping therapy, Patient on 1st visit



Picture 6. Cupping therapy, Patient on 3rd visit



CONCLUSION

Cupping therapy for kidney disease patients as one of the best physical therapies, cupping therapy has many benefits to patients suffering from chronic kidney diseases. It can promote circulation of blood and lymph, regulate endocrine disorders so as to increase blood flow to the kidneys and much improves renal ischemia and hypoxia. Cupping therapy can alleviate many

complications of kidney failure such as high blood pressure, arrhythmia, and inadequate blood flow to the heart so as to much reduce the risk factors for kidney disease patients. Cupping site: between T12 and L1 relief of kidney pain, kidney stones, nephritis, kidney insufficiency, lower backache, impotence, irregular menstruation, strengthens the kidneys, endometriosis, spermatorrhoea.

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