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Case Study

A Single Case Study of Cupping Therapy in AVABAHUK (Frozen Shoulder).

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A B S T R A C T

Pain has been described by the International Association for the Study of Pain as "an unpleasant sensory and emotional experience associated with actual or potential tissue damage". Shoulder pain is one of the most common health problems encountered in the general population.Shoulder pain is a common symptom, in especially in office workers. In developed countries, approximately twothirds of people experience shoulder pain. This disorder occurs most frequently in the middle-aged population and more often in females than in males. A majority of the acute shoulder sufferers obtain spontaneous relief within days or weeks, although approximately 10% of acute shoulder pain suffers experience the condition as chronic or persistent. Conventional treatments such as medications and surgery were not always effective, and may have serious adverse effects.

Frozen shoulder is a chronic aseptic inflammation caused by injury and degeneration of shoulder capsule and periarthritic soft tissue (including ligaments, muscles, tendons, synovial sacs, etc.). [i]Cupping is gaining popularity in physical medicine due to its ease of use, lack of side effects, and pain relief. This study looked at the efficacy of cupping therapy for treating shoulder pain. Cupping therapy (CT) is a traditional Chinese medical (TCM) treatment which has been practiced for thousands of years. The World Health Organization's (WHO) definition of cupping is a therapeutic method involving the application of suction by creating a vacum. This is typically done using fire in a cup or jar on the dermis of the affected part of the body.[ii]

In this case study a patient diagnosed with AVABAHUK (Frozen Shoulder) was treated with a WET CUPPING THERAPY. After completion of cupping therapy significant relief was observed in symptoms.

Key words: cupping therapy, frozen shoulder, adhesive capsulitis, wet cupping therapy, dry cupping.

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INTRODUCTION:

Frozen shoulder is a chronic aseptic inflammation caused by injury and degeneration of shoulder capsule and periarthritic soft tissue (including ligaments, muscles, tendons, synovial sacs, etc.). Shoulder and arm pain, as well as limited movement, were the most prominent clinical characteristics. The aetiology and pathogenesis of this condition are unknown; however it affects mostly middle-aged and elderly adults over the age **of** 40[1].Cupping therapy is an ancient method of treatment that has been used in the treatment of a broad range of conditions**.** There are many types of cupping therapy; however, dry and wet cupping are the two main types. Dry cupping pulls the skin into the cup without scarifications, while in wet cupping the skin is lacerated so that blood is drawn into the cup.[2]

Although cupping has been a treatment for centuries, and had been used by various culture and societies, its mechanism of action is not well understood Cupping is a simple application of quick, powerful, rhythmical strokes to activate muscles that can help with aches and pains caused by a variety of illnesses. As a result, cupping has the ability to improve one's quality of life. "Cupping therapies are available in a variety of forms, the most prevalent of which are dry and wet cupping. Wet measuring rips some skin to draw blood further into cup, but dry cupping forces the skin into the cup without scarifications.

The effects of sub-atmospheric pressure suction, boosting peripheral blood circulation, and enhancing immunity were the major hypothesized mechanisms of action. Cupping treatment has been reported to improve skin blood flow,

change biomechanical aspects of the skin, increase pain thresholds, improve local anaerobic metabolism, reduce inflammation, and modulate the cellular immune system.

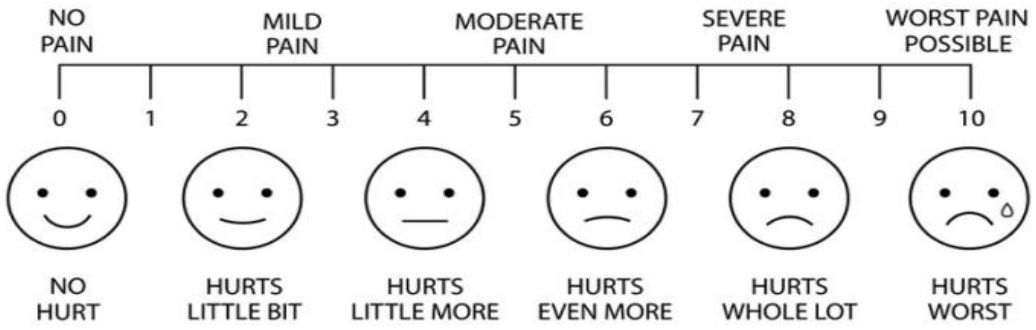
Case study:

A 43 years old, male patient visited OPD of shalyatantra department of Government Akhandanand and Ayurved hospital, Ahmedbad on present with the complaints of pain at right shoulder region from 12 months. He had developed Pain while movement of shoulder joint, swelling around the shoulder and tenderness. He had these complaints for last 12 months. Gradually his day to day activities were disturbed. Preliminary clinical diagnosis and criteria were confirming the frozen shoulder.

Procedure of cupping therapy:

Cupping is a simple application of quick, vigorous, rhythmical strokes to stimulate muscles and is particularly helpful in the treatment of aches and pains associated with various diseases. Thus, cupping carries the potential to enhance the quality of life.[4] Each cupping session takes about 20 min and could be conducted in five steps. The first step includes primary suction. In this phase, the therapist allocates specific points or areas for cupping and disinfects the area. A cup with a suitable size is placed on the selected site and the therapist suck the air inside the cup by flame, electrical or manual suction. Then the cup is applied to the skin and left for a period of 3 to 5 min. The second step is about scarification or puncturing. Superficial incisions are made on the skin using Surgical scalpel Blade No. 15 to 21, or puncturing with a needle, auto lancing device or a plum-blossom needle.[5] The third step is about suction and bloodletting. The cup is placed back on the skin using the similar procedure described above for three to 5 min. The fourth step includes the removal of the cup, followed by the fifth step which includes dressing the area after cleaning and disinfecting with FDA approved skin disinfectant. Furthermore, suitable sizes of adhesive strips are then applied to the scarified area, which remain there for 48h.[iii] It is wise to know that the suction and scarification are the two main techniques of wet cupping therapy. Each technique of cupping might be responsible for certain changes at the level of body cells, tissues or organs. Specific interventions could enhance or suppress body hormones, or it might stimulate or modulate immunity, or it may get rid of harmful substances from the body, and eventually it might ease the pain.

On examination- He was not able to do movements of shoulder joint. Apley's scratch test was positive. Blood pressure was 120/70 mmHg, Pulse rate was 86/minute, Weight-65 kg and Height-5.9". All routine blood and urine investigations were carried out which seems to be normal. HIV, HBsAg, VDRL were negative.



Pain score: 08 before treatment

Results and discussion:

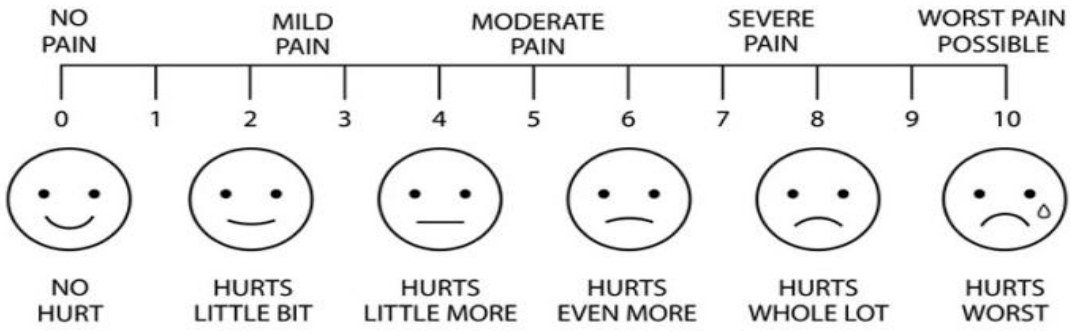
The effects of sub-atmospheric pressure suction, boosting peripheral blood circulation, and enhancing immunity were the major hypothesized mechanisms of action. Cupping treatment has been reported to improve skin blood flow, change biomechanical aspects of the skin, increase pain thresholds, improve local anaerobic metabolism, reduce inflammation, and modulate the cellular immune system.

Cupping treatment can assist with low back pain, neck discomfort, and other musculoskeletal tissues.

Careful examination after a week, patient have got marked improvement in symptoms like stiffness and shooting pain. His stiffness is almost gone. He also got relief in movements of joints. We observed that he got moderately improvement in various clinical examinations of frozen shoulder.

Clinical Examinations of frozen shoulder:

Apley's scratch test was negative.



Pain score: 02 after treatment

CONCLUSION

The CT therapeutic method can cause vasodilatation and stimulate blood circulation to increase metabolism and accelerate the elimination of waste and toxins from the body. This effect acts to improve physical function and affect BP[4]

Cupping treatment has been reported to improve skin blood flow, change biomechanical aspects of the skin, increase pain thresholds, improve local anaerobic metabolism, reduce inflammation, and modulate the cellular immune system. It should be considered for all musculoskeletal pain conditions as a complement to medical treatment.[9]

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