

## Complementary Medicine VS Alternative Medicine: Evidence Based Cupping Therapy

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### Abstract

#### Introduction and Background:

Complementary Medicine is both the ancient and contemporary approach to patient management and treatment. However, the truth is lost between complementary medicine and conventional medicine- in relation to effectiveness. Complementary medicine, unlike conventional medicine, lacks evidence to support its effectiveness. Complementary medicine is still used by most of the global population; a notable example is that of cupping therapy which has been used since the Ancient Egyptians circa 1500 BC- until the present day. Cupping therapy is classified as a complementary medicine and the purpose of this presentation is to provide participants with some evidence of the effectiveness of cupping therapy.

#### Aim:

The aim of this presentation is to provide some evidence-based practice on the effectiveness of cupping therapy - based on patient's perception and the outcome of pre & post-cupping therapy research.

#### Methods:

A variety of methods were used in this presentation from survey design to investigate the perception of patients towards cupping therapy to pre- and post- design to examine the significance difference in pain level before and after cupping in relation to knee pain and migraine.

#### Results:

The results show that the majority of patients of this study (46.3%) seek cupping therapy because conventional medicine fails to treat their conditions and as a preventive Measure (72.1%). Patients also stated their preference for cuppings comes from reasons to do with religious and traditional beliefs. The pain level in patients, after Cupping therapy was performed, was significantly decreased in migraine  $P=0.001$  and knee pain  $P=0.001$ .

#### Conclusion:

Although there is clear evidence that cupping therapy decreases the level of pain in some conditions, the path is still too long to solely depend only on cupping therapy - or any other complementary medicine. There is urgent need for further research to provide substantial evidence in the field of complementary medicine and until this time governments worldwide should provide regulation to the practice of complementary medicine in collaboration with the World Health Organisation.