



Introduction and History of Hijama Therapy

Hijama Therapy is a minor surgical procedure, also known as Wet Cupping Therapy.

The original meaning of Hijama is derived from the word “hajm”

حجم which means to return something to its original size. In the context of Hijama, this refers to removing impure blood from the body to restore it to a healthier condition.

Hijama treatment is a holistic and highly beneficial detoxification process that removes old and impure blood from the body. This helps reduce acidity in the body and maintain an alkaline balance. By removing harmful substances from the body, this treatment rejuvenates the body with new energy. When Hijama is performed, various reactions occur within the body. It is believed that Hijama enhances the secretion of hormones and chemicals and brings about other physiological changes that are beneficial for the body.

Hijama, also known as Cupping Therapy, is an ancient and one of the oldest healing techniques. Hijama has been practiced worldwide. It is mentioned in ancient medical texts, where Hippocrates, known as the “Father of Medicine,” emphasized that “neglecting ancient healing methods in favor of only modern ones would be deceiving ourselves and others.”

Hijama is believed to be about 50,000 years old and is said to have been practiced since the time of Prophet Adam AS.



Hijama Spread from Egypt and Asia and later spread to Anatolia, Europe, and the Middle East. This treatment was widely used in countries like the Ottoman Empire, Spain, France, Germany, England, USA, Arab, Netherlands, Malaysia, Türkiye and Italy. The first recorded mention of Hijama is found in the 1550 BC Egyptian medical text, Ebers Papyrus. Hijama, or cupping therapy, has been part of Arab, Chinese, Greek, Korean, and Oriental medical systems. Famous medical figures like Ibn Sina (Avicenna), Al-Zahrawi, and Abu Bakr al-Razi strongly recommended Hijama. Hippocrates explained Hijama in detail, describing it as a method to draw out deep fluids from the body and relieve pain.

Cupping has been documented for over 5,000 years. Over time, the cups and techniques have evolved slightly, and its mention can be found in ancient Chinese and Egyptian scriptures. Until the 19th century, Hijama was practiced both privately and in hospitals. From 1850 to 1950, the pharmacological drug industry banned its practice, claiming that if Hijama existed, there would be less demand for painkillers and other drugs. Gradually, the trend shifted towards modern medicine and chemical drugs. However, even today, Hijama is practiced by some medical doctors and naturopaths.

Over the centuries, Hijama, especially wet cupping, was sometimes misused, leading to harm. However, several doctors have proven in their publications that when done correctly-



Hijama not only improves health but also strengthens the body and enhances its ability to fight diseases. Today, there is a renewed global interest in complementary and alternative medicine. Doctors like Head and MacKenzie have re-studied ancient healing arts and explored the reflex connections between the body's surface and internal organs. It has now been established that alternative treatment methods are highly effective.

Hijama and Islam

Hijama holds a special place in Islam. Prophet Muhammad ﷺ (PBUH) not only recommended Hijama but also practiced it himself. During Isra and Miraj, when Prophet Muhammad ﷺ was taken to the heavens, the angels also advised him to undergo Hijama. Sahih Bukhari (5371) states: “The best treatment you have is Hijama.” Its spiritual and physical benefits are immense.

Islam places great importance on health, which is why my slogan is, “**Sehat hai to Zindagi hai**” If you have health, you have life, and if you have life, you can worship.”

This is because good health is essential for worship and for performing acts that are pleasing to Allah. Along with Hijama, honey and black seed (Kalonji) are also mentioned in Hadith as remedies. Muslims use these three for maintaining health and treating illnesses.

Cupping Therapy in Prophetic Medicine

Prophet Muhammad ﷺ himself practiced Hijama, and it is an important part of Prophetic Medicine (Tib-e-Nabwi).



Hijama was mentioned because the Arabs were unfamiliar with bloodletting, and Hijama was safer and more effective in hot climates.

In Sahih Bukhari and Muslim, Prophet Muhammad ﷺ said, “The best medicine you use is Hijama.”

Hazrat Ibn Abbas (RA) and Hazrat Jabir (RA) narrated that the Prophet ﷺ said, “If there is any good in your medicines, it is in the blade of the cut, in honey, or in cauterization, but I do not like cauterization” (Sahih Bukhari – 5683) (Sahih Bukhari – 5680).

It is also narrated that the Prophet ﷺ had Hijama performed on his head when he suffered from headaches. Hazrat Anas (RA) narrated that the Prophet ﷺ had Hijama done on his head, back, and behind his feet. The Prophet ﷺ advised people to undergo Hijama if they have headaches, and if their feet hurt, they should have Hijama performed behind their feet.

