



# International Conference on Traditional Medicine and Ethnobotany

September 23-24, 2019 Kuala Lumpur, Malaysia

## The Use of Blood Cupping Therapy in Reducing Cardiovascular Disease Risk Factors

**Ab Aziz al-Safi bin Ismail**  
Lincoln University College, Malaysia

**Blood cupping therapy** is a form of complementary medicine practiced by extracting the blood that is believed to be harmful from the body. Ninety three subjects aged between 30 and 60 years old participated in the study aims to determine the effect of blood cupping therapy on health. Sixty two on diabetic individual without chronic disease were randomly and equally assigned into control and intervention group. For diabetic group, 31 subjects were included. Blood cupping were done on subjects in the intervention and diabetic group, whereas individual in the control group were remained untreated. Assessments were done at baseline, first month, third month (before the second session of cupping) and fourth month for all participants.

**Results:** In non diabetic and diabetic cupping group, there were significant reductions in fasting blood sugar (FBS) and all renal function parameters from baseline to the first, third and fourth month. The von Willebrand factor (VWF) antigen also showed significant reduction at fourth month. At the end of the study, all the serum lipid profiles, FBS, serum urea and creatinine in cupping group were significantly differ as compared with control group. For serum HDL-C and LDL-C, the significant difference between cupping and control group were seen at the third and fourth month.

**Conclusions:** Wet cupping therapy showed significant improvement in blood pressure and certain component of biochemical parameters, renal function parameters and also endothelial functions. Therefore, wet cupping could contribute in reducing and preventing the risk factors for cardiovascular disease.

### Biography:

Dr Ab Aziz al-Safi bin Ismail (MD, PhD) is a professor of public health at Lincoln University College, Kota Bharu campus who specializes in diabetes mellitus, metabolic syndrome and malignancies. He is practicing integrative and functional medicine and actively involved in conducting clinical trials and epidemiological research. Recently, he conducted a study on the use of blood cupping in reducing cardiovascular disease and actively speaks on treating chronic diseases using blood cupping therapy.