MANAGEMENT OF SHAQEEQA (MIGRAINE) BY HIJAMA BISH SHART (WET CUPPING) AND NUTOOL THERAPY – A CASE STUDY

Mohammad Tausif¹, Abdul Tawwab Ansari²
Prof. Anisur Rahman³ and Mohammad Rais³

Assistant professor, Dept. of Ilaj bit Tadbeer, State Unani Medical College Prayagraj, Uttar Pradesh
P.G Scholars, Dept. of Ilaj bit Tadbeer, State Unani Medical College Prayagraj, Uttar Pradesh
Professor, Dept. of Ilaj bit Tadbeer, State Unani Medical College Prayagraj, Uttar Pradesh

ABSTRACT

Unani system of medicine or Greeko-Arab medicine, founded by Hippocrates is based on the concept of balance and equilibrium of natural body humors (Akhlats) i.e. (Blood, Phlegm, Bile and Black bile). Any imbalance in quality and quantity of these humors leads to various diseases where as restoration of this equilibrium maintains health. In present era man is subjected to various challenges and stressful situations every day in there life as a result of which pain in the head or headache is very common. Among various types of headache, Shaqeeqa (migraine) is the most important one. In Unani system of medicine Shaqeeqa (migraine) is treated by a number of single or compound drugs and through various regimens of Ilaj bit tadbeer like Hijama bish shart (wet cupping), Fasd (venesection), Dalk (massage), Nutool therapy etc. In this case study Hijama bish shart (wet cupping), applied on the Al-kahil region, total 3 sittings of wet cupping were done on every 5th day after that 5 sittings of nutool therapy were done on every 3rd day. Considerable improvement both in disease process and in quality of life was achieved.

INTRODUCTION

Shaqeeqa is derived from an Arabic word “shaq” meaning apart or aside.¹ This is also known as sudaenisfi or Adha sisi.¹,²,³,⁴ Shaqeeqa (migraine) is a disease caused by imbalance of Akhlats (humors) in the body.¹,² Shaqeeqa is described since ancient time. Many eminent unani physicians like Jalinoos (Galen), Ibne Sina (Avicenna) and Razi described its etiology, prevention and treatment. It has been described in the Ebers Papyrus, dated around1500 BC as “sickness of the half of the head.” According to Jalinoos this pain occurs in weakest part of the brain. According to Ibne Sina this pain occur either in meninges of the brain or outer side of the brain in the muscles of temporal region. Its cause involves morbid vapours and humoral imbalance.²³ Alteration in Asbabe sitta zarooriya leads to various diseases of which Shaqeeqa is the one. Some Unani physicians described that the pain is due to bukharat (gaseous) or rutubat e ghaleeza (viscid matters) which accumulate in the weaker part of the head.²⁶ According to involvement of khilt (humour), shaqeeqa is classified in to four types viz. shaqeeqae damvi (due to imtela or congestion of blood), shaqeeqae balghami (due to imtela or congestion of phlegm),

*Corresponding author: mohdtausif328@gmail.com
shaqeeqa safravi (due to imtela or congestion of bile) and
tsaqeeq saudavi (due to imtela or congestion of black
bile). These four types are classified in to two broad
categories according to temperament of morbid matters v i z.
(1) Shaqeeqae har (migraine due to hot temperament of
morbid matters which includes Dam and Safra) and (2)
Shaqeeqae barid (migraine due to cold temperament of
morbid matters which includes Balgham and Sauda).
A classical migraine starts with prodrome of malaise, lethargy,
vague yawning, giddiness followed by the aura of a focal
neurological event and then as ever throbbing unilateral
headache associated with photophobia nausea and
vomiting. It may last for few hours to several days. The
Global Burden of Disease Study 2010, ranked migraine as
the third most prevalent disorder in the world. The
International Headache Society (IHS) has classified
migraine in to several types, among them two are common v i z.
(1) Migraine without aura (earlier known as common
migraine), (2) Migraine with aura. The IHS has given criteria
for the diagnosis of common migraine is recurrent attack of
headache lasting 4-72 hours, characterized by headache is
unilateral location, pulsating quality, moderate or severe
intensity, aggravation by routine physical activity and
involuntary photophobia and/or phonophobia. Earlier, it was regarded that vascular
phenomenon play main role to produce headache in migraine
but recent studies have shown that migraine occurs due to
turbulent flow in the brain which behaves like a turbulent
stream of blood. Vascular spasm and occlusion of the
vasodilated vessels of the brain can cause a migraine.
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Management of Shaqeeqa (Migraine) by Hijamabishshart.....

Before starting the procedure patient underwent through
examination necessary for starting the wet cupping like CBC,
BT, CT, HIV, HBsAg and VDRL. Before starting the cupping
the target area Al-kahil region (Interscapular region) was
cleaned with the spirit and then cup was applied without
scarification with two large sized cups for 10-12 minutes. The
benefit of dry cupping (cupping without scarification) is that it
increases the blood circulation of that area which helps in
easily evacuation of the morbid matter. After that cup was
removed and 1-15 superficial incision were made on the
same area and the same cup was applied again on that part.
When the cup was applied after incision, the blood is coming
out and starts to collect within the cup. After some time the
bleeding is stops and the blood inside the cup is coagulated,
then cup was removed gently. Finally the area is cleaned and
dressed. Total 3 sitting were done on 0th, 5th, and 10th day. After
completion of the 3 sittings of wet cupping, from the next day
Nutool therapy was started with Roghane Gul which contains
Gule surkh (Rosa damascena) and Roghane kunjad
(Sesamum indicum). Total 5 sittings of Nutool therapy were
done on every 3rd day. The patient was advised to lie in supine
position on the specially designed table for the Nutool
therapy and his eyes were covered by cotton pad to prevent entering of
drug in to the eyes. The irrigation with
Roghane Gul (500 ml) was done from one and half feet height over the forehead of
the patient.

RESULT

Before starting the study the patient's severity of pain due to
headaches was 7 on VAS scale (0-10 scale, 0 being no pain
and 10 is the most severe it can be) two days after second sitting
of wet cupping the patient have one episode which is of shorter
duration and on VAS scale the severity of pain is reduced to 3.
During the Nutool therapy patient have no any episode of
headache and the patient's daily activities and concentration on
work are improved. After the completion of treatment protocol,
the patient returned for follow up after 1 month. The patient

MATERIALS AND METHODS

A 25 year old male patient visited in the OPD of Ilaj bit
tadbeer in State Unani Medical College, Prayagraj with the
chief complaint of headache for more than 4 years. According
to the patient his pain was episodic in nature, and was
aggravated during empty stomach, traveling, exposure to
sunlight and in inadequate sleep condition, the episode of pain
occurs almost every week which persists for several hours,
during the episode patient also develop some degree of nausea
& vomiting. Patient daily routine was restricted and was
unable to do their personal work; patient also had
concentration and sleeping difficulty. The patient had no
history of any metabolic disease, hypertension and
tuberculosis. On general examination, his vitals are within
normal limit and no abnormality was detected through
systemic examination. X-ray PNS report shows no any
abnormality. Based on the above findings this episodic pain in
head was clinically diagnosed as Shaqeeqa (Migraine).

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reported that he has no any episode of headache and he is continuing their study without the fear of migraine.

**DISCUSSION**

Migraine is one of the commonest causes of the headache although it is not life threatening but it reduces the quality of life and over all productivity of the patient. As it is known that there is no cure for migraine and the pharmacological treatment options are very much limited, hence now a day the non-pharmacological treatment like Cupping (Hijama therapy), Massage (Dalk), Acupuncture, Yoga etc. becomes popular. These therapies not only alleviate the pain but it acts on the root cause of the disease and improves the over all well being of the patients. The trends of Hijama therapy are increasing day to day but it is not a new therapy it is used since antiquity. It removes the harmful substances and toxins which are in Unani medicine called as Fasidmadda from the body to promote healing. On the other hand Nutool therapy is also a very popular mode of treatment in Unani system of medicine which is useful in the treatment of certain diseases e.g. Headache, Insomnia, Melancholia, Migraine, cystitis and arthritis etc. Nutool therapy acts by altering the temperament of diseased organ or by normalization of morbid temperament and by providing the strength (Taqwiyate Aza). When the diseased organ get their normal temperament back which is the root cause of the disease its Quwwate mudafiat (Defence mechanism) improves which restores the health. The result of this study suggest that Hijama bish shart (Wet cupping) followed by Nutool therapy may be beneficial for Migraine (Shaqeqaa), however the finding can not be generalized, so further studies are recommended on large number of patients to established the effect of Hijama bish shart (Wet cupping) and Nutool therapy and also the long term follow up should be done to know the long term effect.

**CONCLUSION**

Patient case report reveals that applying Hijama bish shart (wet cupping) followed by Nutool therapy is quite effective in the management of Shaqeqqa (Migraine). Hence it is recommended that further randomized clinical trials should be done to validate their efficacy in the management of Shaqeqqa (Migraine).

**REFERENCES**


