

UNIVERSITI SAINS MALAYSIA
GERAN PENYELIDIKAN UNIVERSITI PENYELIDIKAN
LAPORAN AKHIR

PROBING THE WET CUPPING THERAPY (BEKAM) ON
MEASURABLE BENEFICIAL HEALTH EFFECTS

PENYELIDIK

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2014

Salinan Fail



USM UNIVERSITI
SAINS
MALAYSIA

EXPLORATORY RESEARCH GRANT SCHEME (ERGS)

FINAL REPORT

PROJECT TITLE:

**PROBING THE WET CUPPING THERAPY (BEKAM)
ON MEASURABLE BENEFICIAL HEALTH EFFECTS**

ACCOUNT NO:

203/PPSP/6730025

DURATION: OGOS 2011 – FEBRUARY 2014

PRINCIPLE INVESTIGATOR:

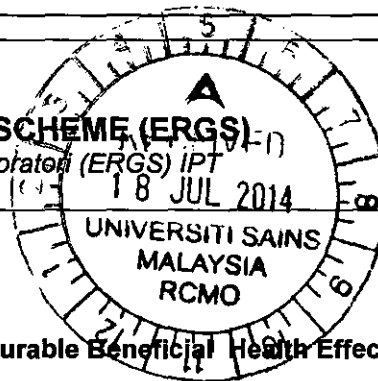
PROF DR AB AZIZ AL-SAFI ISMAIL

**PERPUSTAKAAN HAMDAN TAHIR
UNIVERSITI SAINS MALAYSIA**



FINAL REPORT
EXPLORATORY RESEARCH GRANT SCHEME (ERGS)

Laporan Akhir Skim Geran Penyelidikan Eksploratori (ERGS) IPT
 2014



A PHASE : 5 (FINAL)
 Fasa

RESEARCH TITLE : Probing The Wet Cupping Therapy (Bekam) On Measurable Beneficial Health Effects
 Tajuk Penyelidikan

PROJECT LEADER : Prof. Dr. Ab. Aziz Al-Safi Ismail
 Ketua Projek

PROJECT MEMBERS (including GRA) :

1. Dr. Nik Rosmawati Nik Husain	4. Dr Yvonne Tee Get Bee
2. Puan Rehanah Mohd Zain	5. Dr Azhar Amir Hamzah
3. Dr Mujahid Bakar	6. Dr Suhaily Mohd Hairon

Projek Penyelidikan

ACHIEVEMENT PERCENTAGE

Project progress according to milestones achieved up to this period	0 - 50%	51 - 75%	76 - 100%
Percentage			100%

RESEARCH OUTPUT

Number of articles/ manuscripts/ books (Please attach the First Page of Publication)	Refereed Journal	Non-Refereed Publication
Conference Proceeding (Please attach the First Page of Publication)	International	National
		2
Intellectual Property (Including Paten, Copyright, Industrial Design, layout Design of Integrated Circuit & Trademarks)		

HUMAN CAPITAL DEVELOPMENT

Human Capital	Number				Others (please specify)
	On-going		Graduated		
Citizen	Malaysian	Non Malaysian	Malaysian	Non Malaysian	
PhD Student			1		
Master Student					
Undergraduate Student					
Total			1		

Budget Approved (Peruntukan diluluskan) : RM 87,050.00
Amount Spent (Jumlah Perbelanjaan) : RM 86,973.72
Balance (Baki) : RM 76.28
Percentage of Amount Spent : 99.9 %
(Peratusan Belanja)

International

Activity	Date (Month, Year)	Organizer
1. 3 rd International Symposium on Wellness, Healthy Lifestyles and Nutrition	12-14 December 2012	School of Health Sciences, Universiti Sains Malaysia
2. International Conference on Medical and Health Sciences (ICHMS) 2013	20-22 May 2013	School of Medical Sciences, Universiti Sains Malaysia

National

Activity	Date (Month, Year)	Organizer
(e.g : Course/ Seminar/ Symposium/ Conference/ Workshop/ Site Visit)		

RECOMMENDATION

- Further research is strongly recommended to determine the effect of cupping therapy on stroke, cancer, auto immune disease and other chronic diseases.

G The effect of wet cupping therapy on cardiovascular disease risk factors

Introduction : Cupping is a form of complementary medicine practiced in many countries worldwide. It is a method involving the application of suction to certain part of the body by placing a vacuum cup or jar. Suction for vacuum effect resulted from usage of fire or suction pump. The purposes of this therapy are curing certain diseases by extracting the blood that is believed to be harmful from the body.

Objective : The aim of this study was to determine the effect of wet cupping therapy in non diabetic and diabetic subjects on body mass index (BMI), blood pressure, biochemical parameters, renal function and endothelial function.

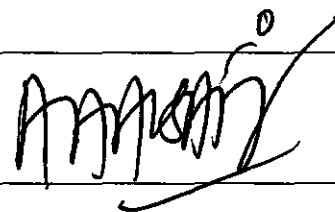
Methods : Ninety three subjects aged between 30 and 60 years old participated in this study. Sixty two non diabetic individual without chronic disease were randomly and equally assigned into control and intervention group. For diabetic group, 31 subjects were included. Cupping were done on subjects in the intervention and diabetic group, whereas individual in the control group were remained unintervene. Two sessions of wet cupping had been performed; at the start of the study and at the third month. 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 cupping group, there were significant reductions in fasting blood sugar (FBS) and all renal function parameters (serum urea, creatinine and uric acid) from baseline to the first, third and fourth month. Serum triglycerides and systolic blood pressure (SBP) also showed significant reductions at first month. All serum lipid profiles except serum triglycerides showed significant improvement at third and fourth months. 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. In diabetic group, FBS, blood pressure and all renal function parameters showed significant reduction at the first, third and fourth month. Serum total cholesterol showed reduction at the third and fourth month. For serum HDL-C, serum LDL-C and VWF antigen, the changes were seen at fourth month. At the end of fourth month, there were significant improvements in all parameters except BMI and triglycerides.

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

Date : 6 July 2014
Tarikh

Project Leader's Signature:
Tandatangan Ketua Projek



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