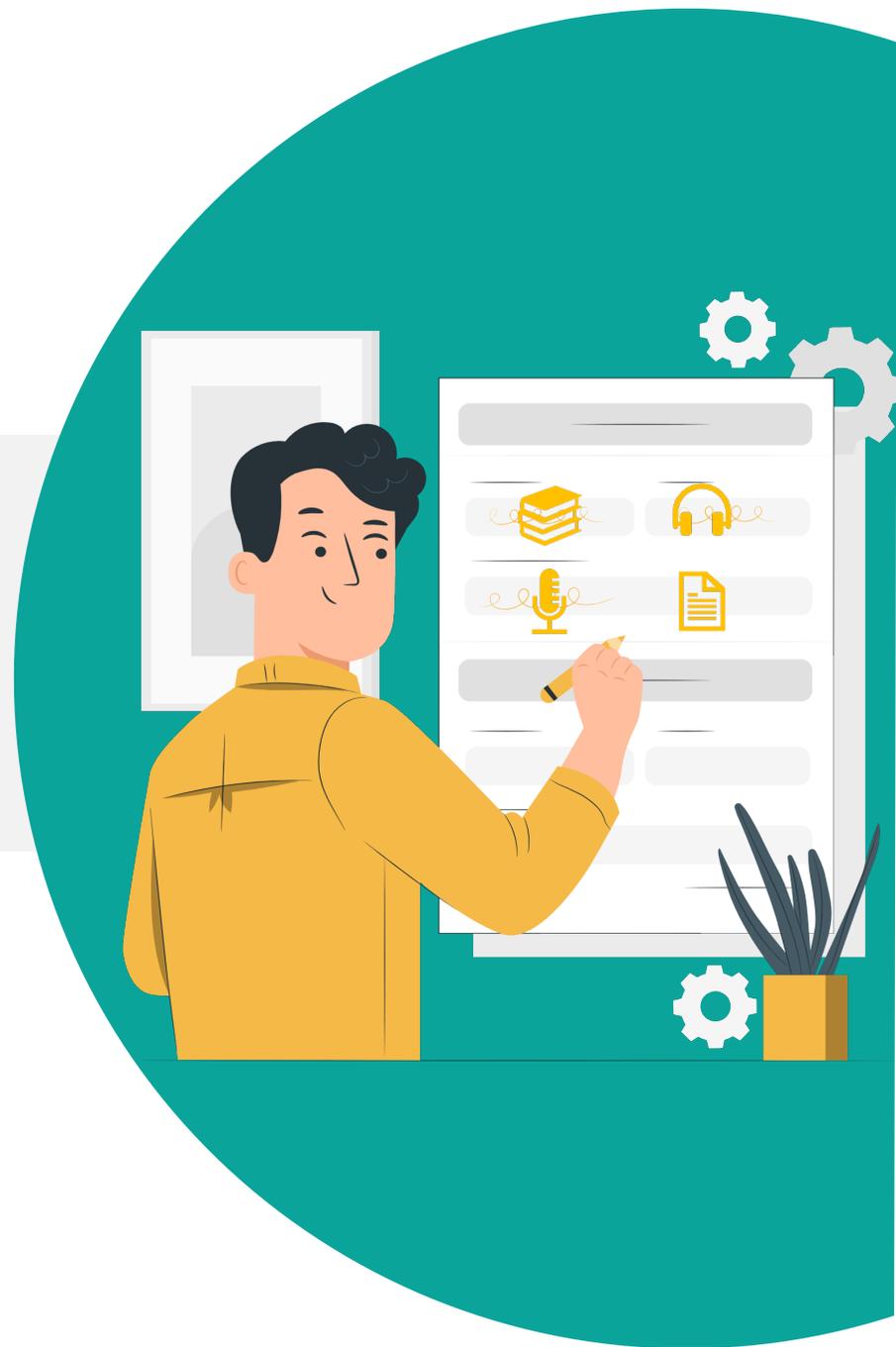


اتدرب معاي على القراءة



1- The word hijaamah (cupping) comes from the word hajm which means sucking. Hijaamah is the profession of cupping, and the word mihjam is used to describe the vessel or cup in which the blood is collected and the lancet used by the cupper to make a small wound. And this instrument must be clean and sanitized.

2- Cupping was known since ancient times. It was known to the Chinese, the Babylonians and the Pharaohs. Their ruins and carved images indicate that they used cupping to treat some diseases and energize the body. At first they used metal cups, from which they would remove the air by sucking it out after placing the cup on the skin. Then they used glass cups from which they would remove the air by burning a piece of cotton or wool inside the cup.

3- The earliest record of cupping is in the Ebers Papyrus, one of the oldest medical textbooks in the world, which describes that Egyptians used cupping in 1550 B.C. Archaeologists have found evidence of cupping in China dating back to 1000 B.C. In ancient Greece, Hippocrates (400 B.C.) used cupping for internal disease and structural problems. This method in multiple forms spread into medicine throughout Asian and European civilizations.

4- Broadly speaking there are two types of cupping: dry cupping and bleeding or wet cupping (controlled bleeding) with wet cupping being more common. The British Cupping Society (BCS), an organization promoting the practice, teaches both. As a general rule, wet cupping provides a more "curative-treatment approach" to patient management whereas dry cupping appeals more to a "therapeutic and relaxation approach". Preference varies with practitioners and cultures.

5- While the history of wet cupping may date back thousands of years, the first documented uses are found in the teachings of the Islamic prophet Muhammad. According to Muhammad al-Bukhari, the Prophet (peace and blessings of Allah be upon him) approved of the Hijama (cupping) treatment. A number of hadiths support its recommendation and use by the Prophet (peace and blessings of Allah be upon him). As a result, the practice of cupping therapy has survived in Muslim countries, we used it to remove the toxic from our body, toxin is the main cause for headache. Today, wet cupping is a popular remedy practiced in many parts of the Muslim world.

6- With regard to the times when cupping is recommended as it was reported from Ibn 'Abbas (may Allah be pleased with them both) that the Prophet (peace and blessings of Allah be upon him) said: The best times to be treated with cupping are the seventeenth, nineteenth or twenty-first of the month, and you can do it once a year or more.

1

How to get blood for cupping?

A

Small wound

C

Cupping therapy

B

Wet cupping only

D

Big cuts

2

According to paragraph 1, which of the following is needed?

A

Bowels

C

New Instruments

B

Towels

D

Clean Instruments

3

What are the benefits of cupping?

A Energize the body

C Just a habit

B Heal wounds

D Treat the skin

4

Is it recommended to have cupping?

A Yes, it's recommended by prophet Muhammad.

B Not recommended in early ages.

C Not recommended in this century.

D Recommended recently

5

What is the reason of headaches?

A

Cupping

C

Toxin

B

Lancet

D

Hajm

6

How frequent is it recommended to do cupping?

A Once a month or more.

B Once a year or more.

C Twice in a year.

D Every two months.