

# Dry cupping versus dry needling: A new scenario of treatment techniques

## Letter to editor

New trends of treatment begin from trial and error, ancient treatment procedures still we are utilizing in the name of manipulation. Already Existing techniques utilized in the new terminologies such as needle we are using from olden days, now using same needles for treating trigger points, as well manipulation we are using from the famous ayurvedic doctor sushrutha (Sushruta, or Suśruta was an ancient Indian physician) now we are using in the name of different terminologies such visceral manipulation, chiropractic, osteopath.

Cupping is a Chinese traditional medicine technique, which has a proof of effective practice in health care managements. Since ancient times, complementary and alternative medicine has played an important role in human health and welfare. Fascial manipulation is new trending techniques need a very proper fascial knowledge to practice these techniques for pain management.<sup>1</sup> As a cupping therapy certified practitioner my view about cupping therapy would reach next level in pain management.

Cupping is a simple application of quick, vigorous, rhythmical strokes to stimulate muscles and is particularly helpful in treatment of aches and pains of limbs, head, neck, shoulders and back. Trigger point is a tender point which has a active muscle knots. Application of cupping therapy on the trigger points is a main concept of this paper, cupping therapy practitioners some time don't have a effective knowledge in treating trigger point or trigger point dry needling practitioners don't have efficient knowledge in cupping therapy techniques.

Strongly recommending to the trigger point practitioners in any discipline such as a physiotherapist or pain interventionist or pain medicines specialist should kick start the practice of trigger point dry cupping. Pain management is challenging task in medical practice at many situations by using NSAIDS, Analgesics. Wet cupping therapy was found to be better than dry cupping therapy, because it is able to eliminate the causative pathological substances (CPS) and restore the normal physiology, while dry cupping therapy depends on dilution and redistribution of CPS to new sites.

Continuous professional development should be scrutinized everywhere otherwise these kind of valuable techniques like cupping, needling may go in to quacks, than society wouldn't feel the benefits of this techniques. Physiotherapy practice covers major part in pain care management while patients not willing to take NSAIDS, analgesics why can't we try these valuable techniques. Research datas even though not supports many people be ready to raise voice against this statement but in future pain care medicinal practice should come in to next level to allow this techniques to practice in prescribed format.<sup>2-10</sup>

## Conclusion

Pain care medicine department always things in burden of new drugs without side effects , patients also not willing to go with drugs, pain care practitioners should explore this techniques with

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physiotherapy practitioners or certificate practitioners in these areas once get the confident recommend to your patients.

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## Conflicts of interest

The authors declare no conflicts of interest.

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