

Changes in hemodynamic status in patients with high blood pressure after cupping

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Abstract:

Background and Purpose: Hypertension is the third leading cause of death in the world. Given that 50% of pharmacological methods are not successful in treatment of hypertension, dealing with appropriate, effective, and inexpensive non-pharmacological treatments such as cupping can be effective, so this research was done.

Methods and Materials: A descriptive study was conducted in hypertensive patients referred to the cupping center. Among patients who were referred for cupping, 25 patients who had hypertension and received antihypertensive medication were selected. Systolic and diastolic blood pressure, as well as pulse were checked before and after cupping. Data were collected using a questionnaire and was statistically analyzed by paired t-test.

Results: The research was conducted on 25 people. The decrease of systolic blood pressure was 0.94 ± 0.98 ($p < 0/0001$) and diastolic blood pressure decrease was $78/0 \pm 46/0$ ($p < 0/0001$) and pulse rate changes decrease was $8/2 \pm 3$ ($p < 0/05$).

Conclusion: It seems that cupping can help recovery of hemodynamic status in hypertensive patients.

Keywords: Cupping, Systolic blood pressure, Diastolic blood pressure, Pulse, High blood pressure.

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