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Hijama-Aesthetic Body Integration Method

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HIJAMA (CUPPING THERAPY) AS A TOOL FOR DETOXIFICATION, THE IMPROVEMENT OF MICROCIRCULATION AND LYMPHATIC FLOW: MECHANISMS, EVIDENCE BASE, AND PRACTICAL PROTOCOLS FOR BODY COSMETOLOGY

The article presents a comprehensive theoretical analysis of hijama (cupping, or vacuum, therapy) as a tool for detoxification and for the improvement of microcirculation and lymphatic flow in the context of body cosmetology. The relevance of the study is determined by the growing demand for non-surgical methods of improving the condition of body skin, by the prevalence of functional congestive states (pastiness, oedema, cellulite), and, at the same time, by the fragmentary and heterogeneous scientific substantiation of cupping techniques. The physiological mechanisms of local negative pressure are systematised: dilation of superficial vessels and reactive hyperaemia, an increase in cutaneous blood flow, mechanical decompression of the tissue, stimulation of superficial lymphatic pathways, as well as neuro-reflex and anti-inflammatory effects. The concept of detoxification is analysed, in particular the «Taibah model» of wet cupping, and the limits of its evidentiary grounding are shown. Particular attention is paid to a critical appraisal of the evidence base: instrumental data (laser Doppler flowmetry, near-infrared spectroscopy) are cited that demonstrate a substantial, dose-dependent increase in cutaneous blood flow after cupping, while the limited and heterogeneous nature of the evidence regarding clinical and cosmetic outcomes is stated. The mediated influence of improved perfusion and drainage on the tone, oxygenation and general condition of body skin is considered, as is the nature of temporary marks after cupping as an expected microvascular reaction. Practical protocols for the application of the dry, massage and wet techniques in body cosmetology are proposed, with the mandatory combination with manual lymphatic drainage; dosing parameters, indications, absolute and relative contraindications, and infection-control requirements are outlined. A conclusion is formulated on the soundness of hijama as an auxiliary method of body cosmetology, subject to safety, screening for contraindications and the honest communication of expectations, and prospects for further controlled research are outlined.

Keywords: hijama, cupping therapy, vacuum therapy, microcirculation, lymphatic drainage, detoxification, body cosmetology, skin tone, evidence base, practical protocol.