

Hijama

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(Hadith-i Sherif)*



Hijama

Cupping Therapy

Secrets and tips of the hijama

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34th
EDITION

Dr./N Süleyman Gök
Doctor of Naturopath



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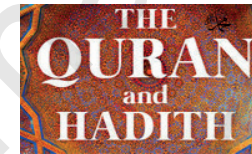
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Hijama

(Cupping Therapy)

Dr. (N) Süleyman Gök
Doctor of Naturopath





Dr. (N) Süleyman Gök
President of Turkey Hijama Association
Doctor of Naturopathy (India)

The author was born in 1972. He graduated from Kahramanmaraş High School in 1989 and from the Faculty of Engineering of Hacettepe University in 1995.

He moved to the United States to work and learn the language, staying there for 11 years, between 1997 and 2008.

He returned to Turkey in 2008. He started to educate himself on the natural treatment methods that he was very interested in.

He received training in hijama, acupuncture, homeopathy, and hirudotherapy from Dr. Mehmet Kocabaş, a representative of the Faculty of Homeopathy Malaysia. He was the assistant to Dr. Kocabaş for one year.

Across Turkey, he provided training on hijama and hirudotherapy with Dr. Mehmet Kocabaş. In 2011-2012, he received a coaching certificate from the British Cupping Society, headed by Dr. Tamer Shaban, and he obtained Turkish representation rights and gave hijama trainings on behalf of the British Cupping Society.

As of July 2012, he completed Medical Massage and Reflexology training,

approved by the Ministry of National Education.

After 2012, he started giving trainings on behalf of the Traditional Medical Academy, which he established in Turkey in place of imported education.

The Academy's teaching staff, consisting of a total of 40 people, with doctors, nurses, and physical therapists from 17 cities in Turkey and 8 countries and 25 cities worldwide, who have been trained by the writer himself, have been providing hijama trainings since 2014.

As of January 2016, he has trained more than a total of 4,000 hijama specialist students and more than 70 hijama instructors from many countries, primarily Turkey and European countries, but also including Mexico, India, Brazil, and Pakistan.

He was elected as the chairman of the executive board of the Hijama Association, established in October 2012. He still continues this duty.

He obtained the title of Traditional Medicine Physician from the Alternative Medicine School in Calcutta, India, in 2016.

His book, HIJAMA, has become one of the best-selling read and translated books in the world.

The author, who has been accepting patients since 2008, gave up hope in modern medicine and became the hope of patients who resorted to hijama.

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Legalize hijama application for everyone!

While there were about 15-20 people who performed hijama in 2008, the number of people who performed hijama in the middle of 2018 had unofficially reached 25,000 JUST IN TURKEY AND 70,000 AROUND WORLD.

One of the most important reasons for the rapid spread of hijama treatment today is the fact that it is Sunnah in our religion, Islam, and the second reason is that it is superior in terms of effect, impact, and benefit among natural treatment methods.

This treatment method, which nobody knew about ten years ago and was presented by the pharmaceutical lobby as a simple folk remedy or quackery, has now become popular in Turkey and all over the world despite all the restrictions and limitations.

In addition, with the regulations that came into force in 2014, tens of thousands of hijama experts who had been performing hijama for ten years became victims.

Unfortunately in Turkey the district health directors did not tolerate hijama practitioners who were earning their daily bread.

They tried to hinder hijama practitioners in the courts, with raids against them.

Hijama and leech therapy are treatments that everyone can easily learn and apply.

There is no doubt that it will be better for our country and for our people if the Ministry of Health and Esteemed President Recep Tayyip Erdoğan intervene and stop the activities of the drug lobby.

Dr. /N Süleyman Gök

President of the Hijama Association

7 November 2018, Karagömrük / Istanbul

Traditional Medical Academy and Social Development

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Foreword

Bismillahirrahmanirrahim;

(In the name of Allah, the most beneficent, the most merciful;)

Allahumme salli alâ seyyidina Muhammedin ve ala alihi ve sahbihi ve sellim.

Undoubtedly, hijama is the most excellent and most useful of treatment methods.

We have prepared this work in order to bring this useful method of treatment to a more scientific level, to put the efforts of hijama practitioners on a more systematic basis, and to provide an answer to the questions of patients who are struggling with synthetic drugs in today's world: "Which diseases will hijama benefit, and how much it will benefit them?"

While preparing this work, we have added our own experiences while referring to works written in Turkish and in foreign languages, and in Ottoman times.

I hope that this work, which we prepared with meticulous study, will be a guide for you readers and for our colleagues who practice the profession of hijama.

Sincerely,

Dr. /N Süleyman Gök

The Islamic Traditional Medical Academy has been an essential need for World.

Many people do not yet understand the importance of the concept of holistic medicine. Holistic medicine is an institution in which physicians are trained not to conduct examinations just to make a living, do not give unnecessary advice to their clients for commercial concern, and understand traditional medicine holistically.

A power and force similar to that shown between the USA and Russia during the Cold War is now emerging between India and China.

Until the 1960s, the theory of acupuncture and Yin and Yang in China was underestimated; it was called superstition and even quackery. Once China recognized the value of acupuncture and Uighur medicine, they immediately claimed it and named it "Chinese Medicine". Today, acupuncture is known all over the world as Chinese medicine.

The fight between India and China is not only a fight over these countries' shares in traditional medicine, but also a fight for the most accurate methods of traditional medicine and ownership of these methods. It is a struggle of cultural imposition.

There are traditional medicine schools in almost all of Europe, the USA, Canada, and Latin America. Countries without traditional medicine schools are the Arab countries, third world countries, and Turkey.

The lack of traditional medicine schools is a big drawback for almost all countries, and it is a great loss also problem to leave such training only to a monopoly of medical doctors in many countries.

The right things in a society start with handing jobs over to experts.

On the contrary, the Traditional Medical Academy, which is working and providing training in the field of Islamic medicine and prophetic (nebevi) medicine, should be supported by KOSGEB and TÜBİTAK.

The Traditional Medical Academy should also be supported by the Ministry of Culture in the best way to promote the values of our country, especially in overseas education.

I think I have provided many services to my country, all humanity, all countries as a person who has been teaching and receiving traditional medicine education in 17 countries since 2012.

I ask for the intervention and help of the Ministry of Health, the Ministry of Culture, and our Esteemed President Recep Tayyip Erdoğan.

Dr./N Süleyman Gök

President of the Turkey Hijama Association

Founder of the Traditional Medical Academy of TURKEY

*I thank you for your interest in the
best-selling
and most translated
book on hijama.*

*All of the income from this book will be
donated to the Traditional Medical Academy, which is providing
training services in the field of Islamic medicine.*

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01

What is Hijama?



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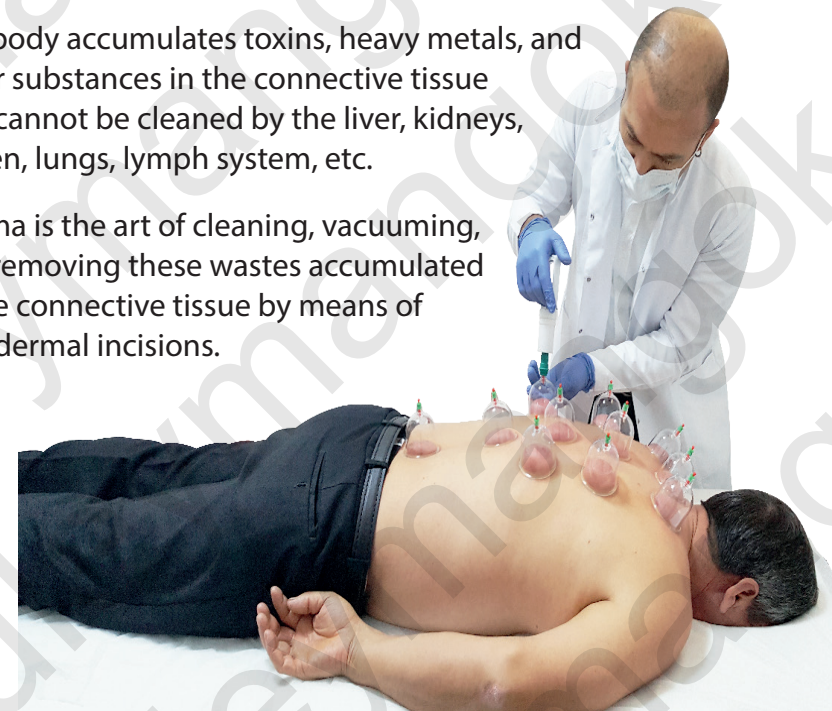
What is hijama?

- The particulars of the art of hijama
- What are the benefits of hijama?
- How often should hijama be performed?
- What is screening hijama?
- Side effects of hijama
- Academic researches about hijama

What is hijama?

Our body accumulates toxins, heavy metals, and other substances in the connective tissue that cannot be cleaned by the liver, kidneys, spleen, lungs, lymph system, etc.

Hijama is the art of cleaning, vacuuming, and removing these wastes accumulated in the connective tissue by means of intradermal incisions.



The particulars of the art of hijama

It is an art to be able to practice the profession of hijama in the most efficient and useful way!

In addition to good hijama practice, a person or a specialist who determines the hijama points and the session intervals before the session also knows these:

*Temperaments (Ahlal-ı Erbaa)

*Acupuncture

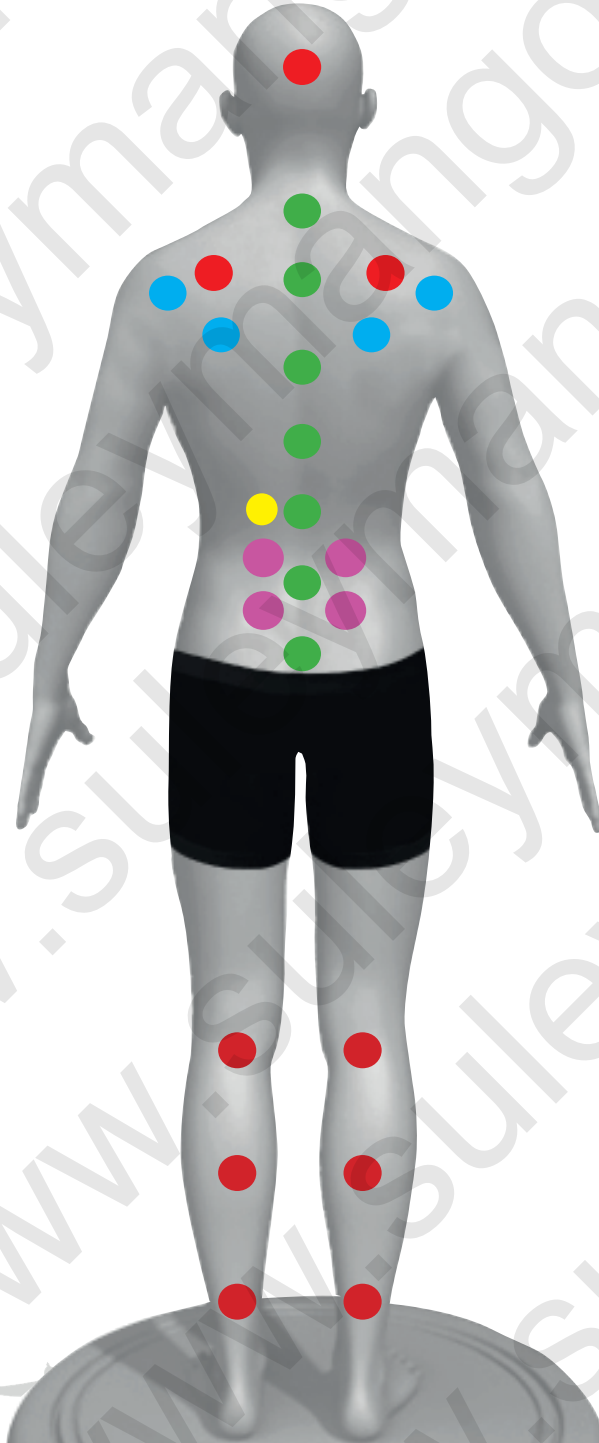
*Phytotherapy

*Reflexology

*Naturopathy

*Diagnosis of diseases by traditional methods ,

The maximum benefit is thus obtained from the hijama sessions.



What are the benefits of hijama?

Hijama is It is the most helpful adjuvant treatment method for blood-related diseases, There is no disease not related to the blood problems.

Hijama is an application that has both medical and religious aspects. The knowledge of the hijama practitioner in both aspects of the subject improves the benefits of the application of hijama.

What are the benefits of hijama?

Hijama is very useful in the treatment of all diseases related to the blood. There is almost no disease that is not related to the blood in some way.

It is the most helpful adjuvant treatment method for blood-related diseases, particularly migraine, high blood pressure, waist and neck pains, rheumatism, fibromyalgia, forgetfulness, attention deficit disorders, cerebral vascular occlusion, cardiovascular obstruction, liver fatigue, kidney disorders, menstrual irregularities, and depression.

How often should hijama be applied?

10 times a year for treatment of diseases; If there is no disease, at least 4 times a year is ideal.

How often should hijama be performed?

People who are receiving hijama treatment for the first time can have one session of hijama treatment every month for 12 months.

The accumulation of toxins over the years will be cleared after hijama is performed once a month.

If you do not have specific discomfort after regular treatment every month for a year, it is very useful to then have a minimum of 4 to 6 hijama sessions per year.

Ancient physicians recommended a minimum of twice a year. These recommendations are available in the books of both Avicenna and Hippocrates, the founder of modern medicine.

From Avicenna to Hippocrates, many ancient medical scholars generally recommended having hijama at least twice a year.



People without any health problems should receive hijama treatment 2 times a year.

Avicenna Canon Medicine Book

That recommendation was made a thousand years ago when there were no hormones in vegetables and fruits, no GMOs, and no exhaust fumes, and fruits and vegetables were grown without exposure to chemical fertilizers.

It is not enough to have hijama twice a year under contemporary conditions!

Under current conditions, three or four sessions of hijama a year will be enough for a healthy person.

A patient who is undergoing hijama for the first time is required to have back, head, and knee screening hijama, respectively

(see "Screening Hijama").

What is screening hijama?

The details and procedures of the application were developed by Süleyman Gök in 2009 with the most useful points for hijama.

What is screening hijama?

Screening hijama is the study of unlogging the main standard occlusions that affect most patients. Screening hijama comprises three to five separate sessions and different areas are cleaned in each session.

Regardless of the disease, first the main occlusions are unlogged and the screening hijama is performed, and then the specific disease points are treated with hijama for better results.

In the case of emergencies, this approach will not be correct.

In such a case, first it is necessary to relieve the pain, and then you need to continue to the screening hijama.

Are there side effects of hijama treatment?

There are no side effects of hijama treatment!

Side effects of hijama

Hijama is an extremely natural treatment without any side effects.

In fact, there are twenty different methods of traditional medicine and in total there are forty traditional methods of treatment.

Hijama is easily used in the treatment of almost all kinds of diseases and ranks first in terms of benefits.

Hijama alone is not enough to treat 100% of the disease. This rule also applies to all conventional methods of medicine.

Each disease has its own unique most helpful treatment method.

Dr./N Suleyman Gok

Academic researches about hijama

In 2005, the question of “is hijama useful and how useful is it?” was being discussed, and today domestic and foreign universities and academic institutions have started to race for answers to the questions of how beneficial it is and which diseases it can treat.

Interested readers can find more detailed academic research on this topic in PUBMED.

In 2010, the Hijama Association made significant contributions to the development of the profession. After doctors started to practice hijama in hospitals and clinics in 2016, many doctors and clinics began pursuing research on the benefits of hijama and how it helps.



SEAL OF
SULEYMAN A.S.



02

History of Hijama Treatment



History of Hijama

- Hijama as a 50,000 year old treatment
- The spread of hijama from Egypt and Asia to Anatolia and Europe
- History of hijama materials
- Hijama in Islam
- Hijama in the Ottoman Empire
- Hijama in Spain
- Hijama in France
- Hijama in Germany
- Hijama in the UK - England
- Hijama in the United States
- Hijama in the Netherlands
- Hijama in Malaysia
- Hijama in Russia
- Hijama in Turkey
- Those who contributed most to the spread of hijama in Turkey



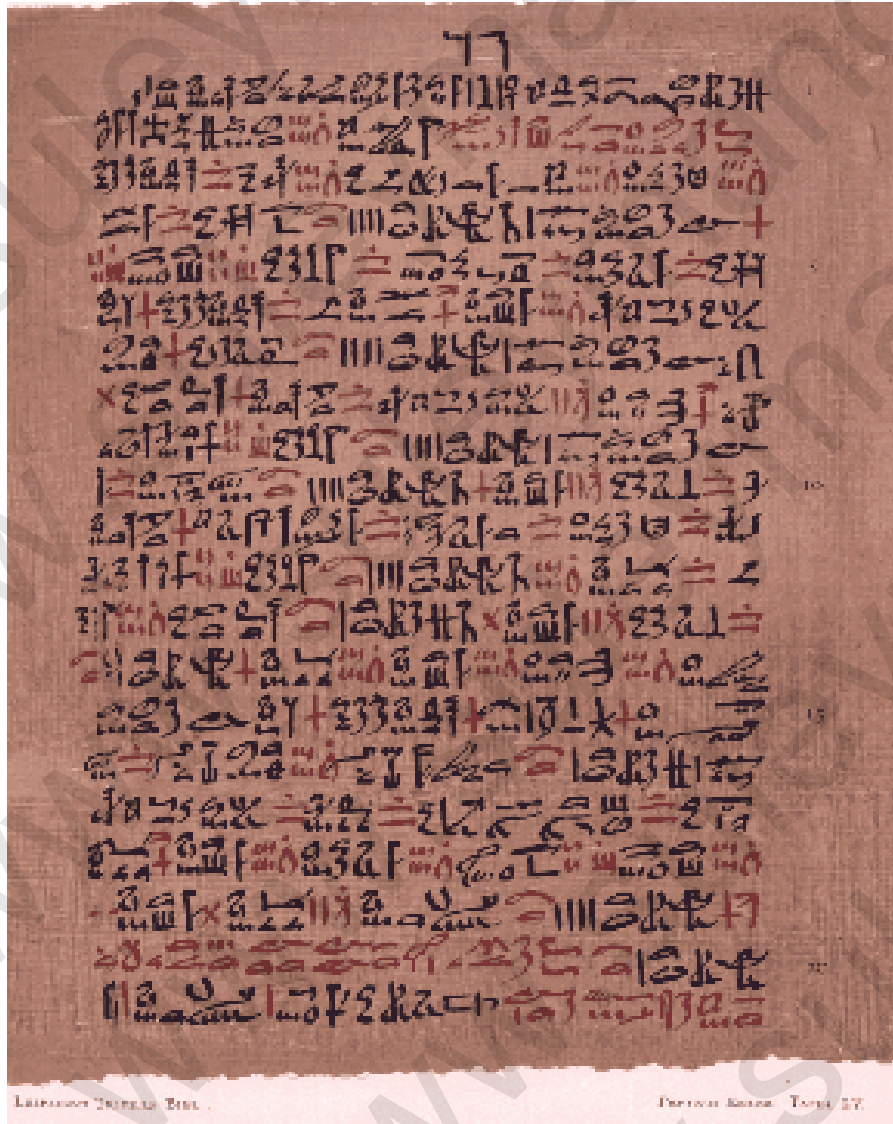
History of Hijama

Hijama as a 50,000 year old treatment

The oldest known written source about hijama has a history of 5,000 years.

It is mentioned in the oldest source known as the Ebers Papyrus, which is thought to have been written in the 3000s BC, where the benefits of hijama are described.

It was proven by archaeological excavations that hijama was performed in China in the 1000s BC.



It is written that hijama was used as a treatment method around 3000 BC in a medical book known as the Ebers Papyrus.



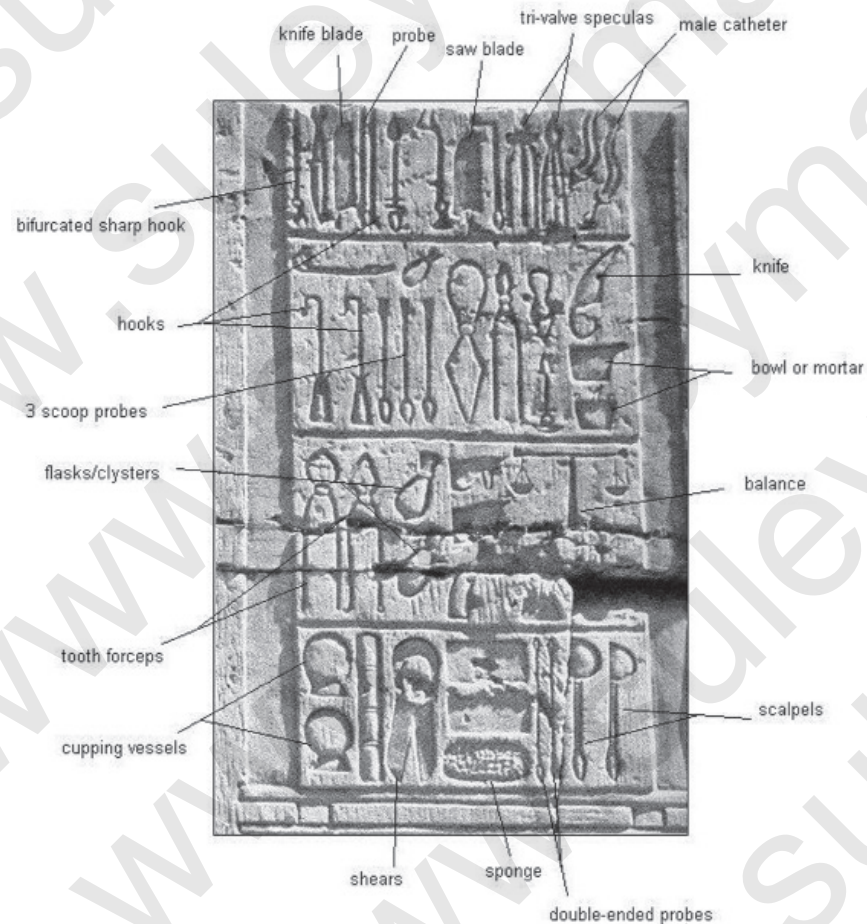
Hijama BC 1,000 in Uyghurs



Hieroglyph figure telling about the application of hijama in Egypt.

Although written sources on hijama treatment date back to 5,000 years, many Islamic scholars remark that "hijama has begun with Adam". In this case, hijama is a method that has been used for at least 50,000 years.

Beginning in Egypt and Asia and then spreading over Anatolia, hijama emerged within the theories of humoral pathology, i.e. "Ahlat-ı Erbaa", in Europe.



Hieroglyphic text describing hijama.

Hippocrates, who is accepted as the founder of modern medicine and who lived around 400 BC, used it in the treatment of both internal and general diseases.

The spread of hijama from Egypt and Asia to Anatolia and Europe

The method used by Hippocrates spread over time to the rest of Europe and Asian countries.



Later on, hijama was established based on the so-called humoral pathology laws and developed in Europe and the Middle East. Not everyone benefits in the same way from hijama. It depends on the patient's temperament. There are 4 main and 15 intermediate temperaments, in total 19 temperaments.

Not everyone benefits in the same way from hijama. It depends on their temperament.



A good hijama expert should learn about the relationship between hijama and temperaments (Ahlat-ı Erbaa).



The best physician to explain the theory of humoral pathology (Ahlat-ı Erbaa) was Avicenna.

According to Avicenna, there are four fluids (blood, phlegm, yellow bile, black bile (sauda)) in the human body corresponding to the four elements (earth, water, air, fire), which are the pillars of the outer world, and their being in balance produces good health while disturbance of the balance causes disease.

Hippocrates and Galen also explained the temperaments in ways similar to that of Avicenna.



Hijama applied with horns in Morocco, Sudan, and other African countries Be sure to read the section on hijama and the temperaments!

Be sure to read the section on hijama and the temperaments!

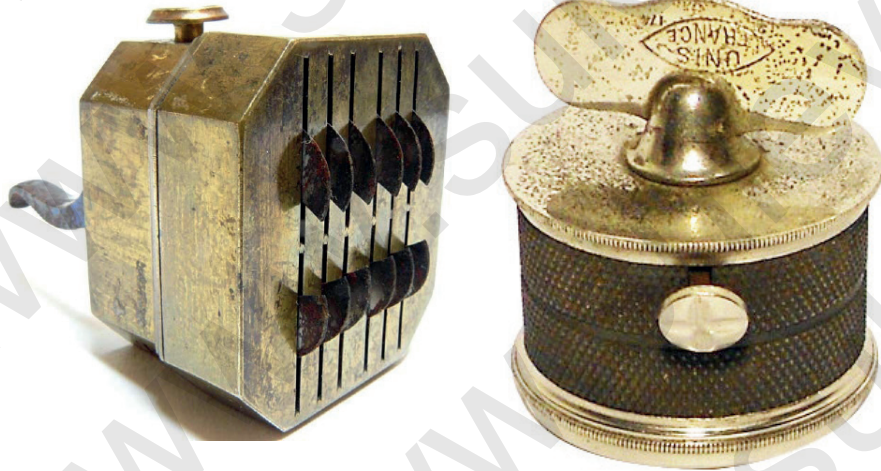


The temperaments are divided into four groups: Sanguine, Choleric, Melancholic, and Phlegmatic.

The Ahlat-ı Erbaa written by Fuzuli (K.S.) explains the subject in the best way with archetypes and symbols. According to the Ahlat-ı Erbaa, the main causes of diseases are sorrow and grief.

History of hijama materials.

When the history of hijama is examined, hijama cups and horns made of metal and bamboo were used before Christ. After the invention of glass, a fire was lit in a glass jar and vacuum suction power was created, and this method was used for a long time. Nowadays, hijama is practiced by using modern vacuum devices. In terms of control of vacuum intensity and practicality, modern cupping devices are more useful than other methods.



Hijama knife invented and used in the United States in the 1800s



Hijama cup made of porcelain and clay used in Iran, Khorasan and Tabriz region, in 1000 BC 39



Metal hijama cups believed to be used in BC period 39



A company called George Tiemann & Co. in the United States has conducted very valuable studies on hijama materials.



Hijama cups made of glass



New modern hijama cups



Pictures of hijama materials produced by George Tiemann & Co. in 1850 and currently exhibited in the Smithsonian Museum in Washington, DC, USA



During the time of Muhammed Mustafa (sav) (pbuh), hijama was applied using horns.





A company called George Tiemann & Co. in the United States has conducted very valuable studies on hijama materials.

Pictures of hijama materials produced by George Tiemann & Co. in 1850 and currently exhibited in the Smithsonian Museum in Washington, DC, USA

*The hijama is the best of
your remedies*

Hadith-i Sherif

Hijama in Islam

After the event of the ascension of the Prophet Muhammad (peace be upon him), hijama became even more important as a treatment method in Islam.

Ibnu Abbas says: "It is rumored that on the night of Miraj, every time he came to a congregation consisting of the angels, the Messenger of Allah said:

"Continue receiving hijama treatment! Order your Ummah to receive hijama treatment!" (Tirmizi, Tibb 12, 2054)."

The Prophet (pbuh) said after the event, as stated in the Hadith of the Prophet (pbuh), that the way and timing of the practice became a treatment method with a very important place in our religion.

There are more than thirty Hadith about the importance and benefits of performing hijama.



*A figure portraying the traditional methods of treatment in the Ottoman era
(Complex of Sultan Bayezid II Health Museum)*

Hijama in the Ottoman Empire

The Ottoman Empire approached medicine with holistically and did not treat any disease by using one single method.

The Ottoman Empire trained many medical physicians in Istanbul and almost all of them recommended hijama heavily between 1400 and 1800.

In particular, hijama was always of the utmost importance in Ottoman palace medicine. Ottoman citizens from Ottoman courtiers to common people received hijama treatments at least three or four times a year for medical practice.

بِإِلهِهِ الْعَزِيزِ وَأَعْيَادِهِ قَدْ طَوَّحَ فِيهِ تَبَعًا لِلشَّيْءِ الْبِشْرِ إِلَى تَصْلِحِ لَدُنْكَ
 أَنْ شَاءَ اللَّهُ تَعَالَى وَهَذِهِ صُورَةُ الْمِجْمَدَةِ الَّتِي يُسْتَعْمَلُ بِهَا الْفِجَامَةُ



The design of a hijama knife invented by the Muslim medical scholar Ebul Kasim al-Zahravi, who lived in Andalusia between AD 936 and 1013

Forma venose administrare cum ligae,



Hijama knife design as inspired by Ebul Kasim al-Zahravi after 600 years



It is known that almost all of the Ottoman sultans received hijama treatment. However, among these esteemed sultans, Sultan Abdul Hamid II took particularly great advantage of hijama treatment. ¹

¹ 1 (y.prk.tkm-21/R/1319 Dosya no: 44, Gömlek no: 66 Ottoman Federal Records



It is known that almost all of the Ottoman sultans received hijama treatment. However, among these esteemed sultans, Sultan Abdul Hamid II took particularly great advantage of hijama treatment.

Hijama in Spain

The Islamic medical scholar Ebul Kasim al-Zahravi, who lived in Andalusia in the 1000s, designed the hijama knife and utilized hijama in the treatment of many diseases.

In Spain today, hijama is applied very rapidly in the clinical environment.

It is very common especially in the southern regions where Spain's Arabic-speaking population is dense.

Hijama in France

In the 16th century, both Napoleon Bonaparte himself and his troops are known to have received hijama and leech treatment very

frequently, approximately 16 times a year, to reduce the stress of war, with the intention of becoming more vigorous and mobile. Nowadays in France, hijama is spreading very rapidly. Originally, hijama started in France with the people of Arabic origin who lived there. Now hijama is applied in homes in every neighborhood at an unstoppable level, as in Turkey.

Hijama in Germany

Hijama was used extensively in Germany in the past. It is known that hijama was performed in Germany until the end of the 1800s. Hijama existed in the Jewish culture and in non-Jewish Christian culture in Germany before Hitler.

There were scarcely any hijama experts available in Germany in 2010. After 2010, the author, Süleyman Gök, started his first hijama courses in Germany and other European countries and led hijama trainings, which are rapidly spreading in Europe now. Today, the number of hijama practitioners in Germany has reached almost 2,000.

Dry hijama application is known as "Das Schröpfen" in Germany, which is very different, and they should not be confused.

Some called dry hijama same as scröppfen also has no benefit as much as hijama.

Hijama in the UK - England

Among the developed countries, the country where hijama started first and spread rapidly was England.

Hijama therapy has now become very common in many cities in the UK, both by physicians in private clinics and by doctors who have received training. In England, hijama treatment, almost completely forgotten in the years 1850-1970, became a current issue

again in the 1980s.

In England, the spread of hijama was pioneered by two people. The first of these is Tamer Shaban, an Egyptian doctor.

The second one is David Beckham, a famous footballer who allowed himself to be photographed while hijama was being applied to him in a period when hijama was not accredited.



David Beckham, the world's best-known football player, receiving hijama treatment in 2005. In the same period, hijama treatment was referred to as quackery by many health institutions in Turkey. The fact that "bekam" means "hijama" in Malay, the original language of the person who applied hijama for Beckham (similarity of the words), meant that Beckham's hijama treatment caused a lot of sensation.

Why is hijama legal in England, a country that is against all kinds of Islamic values?



In the UK, anyone with literacy can receive hijama training and open a clinic legally.



In the 2000s, it became a famous treatment method after several other famous football players and many artists started to receive hijama.

The UK, the world's most experienced country in terms of colonialism, has a policy of causing every sort of disarray in other countries while employing the fairest plans for its own people, and it aims to be a worldwide center of attraction.

Britain has a more fair legislation compared to the lack of traditional medicine legislation in Turkey.

We must first establish justice in Turkey if we want to be among the major states of the world. We should prepare a more fair traditional medicine legislation.



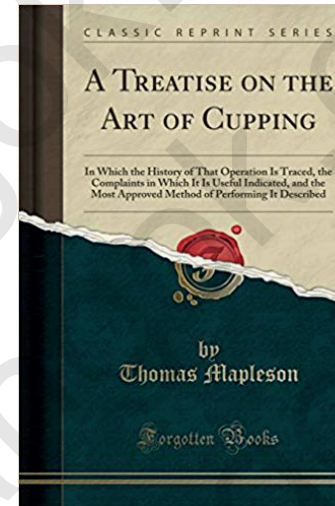


Hijama was a commonly used treatment method in the Americas between the 16th and 19th centuries . Between these years, hijama was applied in the treatment of almost every disease.

Hijama in the United States

In the United States, hijama was used by immigrants in the country predominantly between the 16th and 19th centuries as the first treatment method in the treatment of almost any kind of disease.

Thomas Mapleson, who contributed to the spread of hijama treatment in the United States, wrote the book *A Treatise on the Art of Cupping* in 1833 and used the method of hijama for the treatment of many diseases.



In his book, Mapleson described that the treatment of many diseases, especially headaches, vertigo, tinnitus, epilepsy, joint rheumatism, joint pain, and back pain, is possible with hijama, and he explained how it should be done systematically.

In 1834, a number of articles about hijama were published in the journal named *Boston Medical Surgery*.

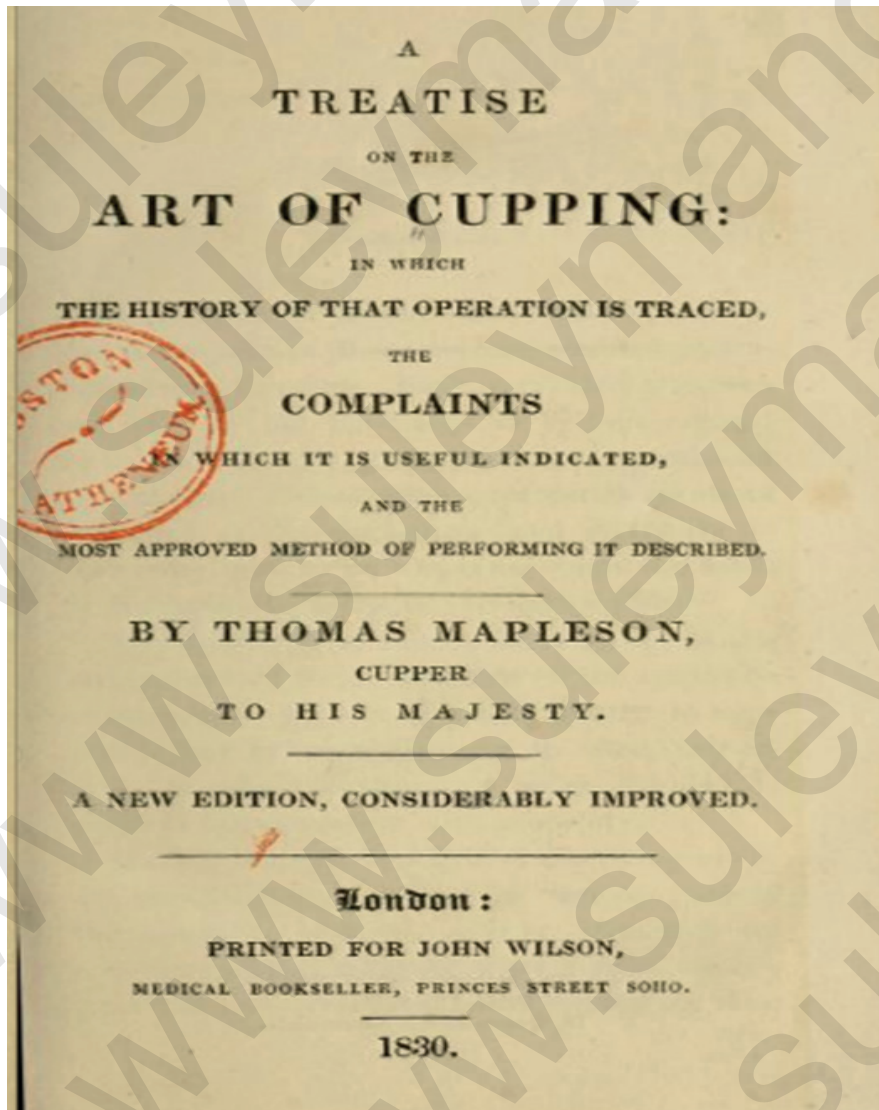
In the USA, hijama was used extensively until the 1900s, but later pharmaceutical companies succumbed to lobbying activities and introduced synthetic drugs as modern medicines to the American people, making people forget about hijama and presenting it as an outdated practice, just as in many other countries in the world.

In the USA, many states allauds to practice hijama almost everyone who has trainings.

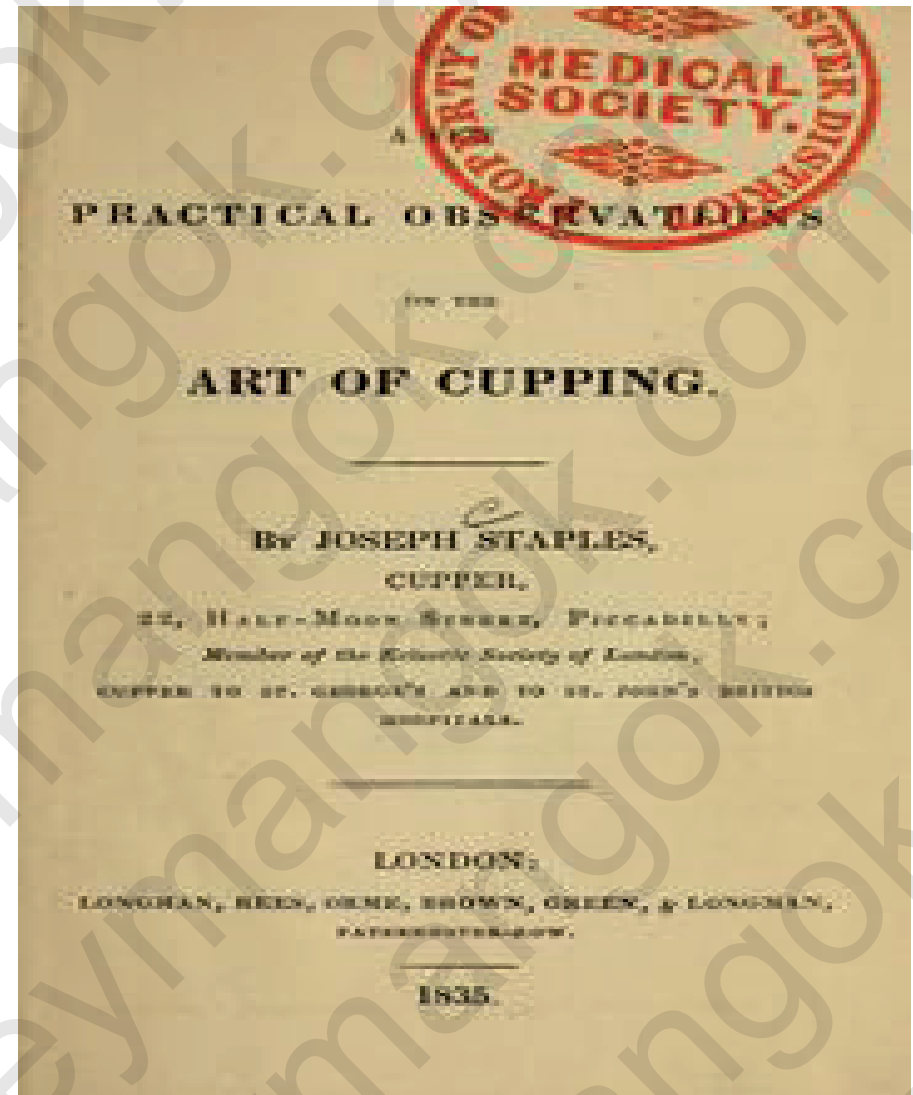


US General Health Laws: If you pay your taxes and you don't harm citizens, you're free to practice any kind of traditional medicine with basic knowledge of anatomy.





The Book of Hijama written by Thomas Mapleson in Boston, USA, in 1830
A Treatise on the Art of Cupping



The cover of the book "Art of Cupping", written in England in 1835
The book on the left is a copy of the book written in 1830 in the USA, done 5 years later.



Pictures of hijama materials produced by George Tiemann & Co. in 1850 and currently exhibited in the Smithsonian Museum in Washington, DC, USA



Picture of hijama cup set invented in the USA in the 1850s

As a result of the diligent efforts of a few hijama experts, in the 2000s, hijama began to revive, and after 2010, it became applicable in many states in doctors' clinics and hospitals throughout the country.

Hijama has been applied both in clinics and by natural therapy specialists who received acupuncture and hijama training in many states of the USA since 2010.

In particular, because it is a rapid and non-invasive method in the treatment of blood pressure problems, migraine, and low back pain, the number of those who receive hijama treatment and who get and practice hijama training is constantly increasing.

Health laws and general laws in the USA are constructive and promotive rather than restrictive.

Laws in the USA will tolerate almost any kind of treatment if you know what you are doing, if you have education on the subject, and if you pay your taxes.

In Turkey, the necessity of being a medical doctor is asked even for the simple application of leech therapy.

This approach does not work anymore than forcing engineers and architects in a construction project to work as laborers.



Dutch General Health Laws: If you're paying taxes, and you don't harm citizens, everything is free.



In Netherland,

anyone with the simplest level of health education and the right to open a legal workplace can open a clinic.



Hijama in the Netherlands

The Dutch government meets the costs of treatment and prevention with traditional medicine for its citizens up to a certain amount per year.

Hijama has also gradually become practiced in clinics in the Netherlands. In the Netherlands, private health insurance companies support the practice of hijama.

The most important factor here is that traditional medicine specialists encourage their patients not to use chemical drugs regardless of the disease of the patients. Because of the decrease in the insurance costs of patients who do not take chemical drugs, hijama has been accepted by the public and insurance companies in the Netherlands.

Hijama in Malaysia

Hijama is being practiced in the clinical environment in many states of Malaysia. In Malaysia, anyone who has received simple hygiene and anatomy education is allowed to receive training in hijama and to open a clinic.

Hijama in Russia

Many Russian leaders, and especially Stalin, received hijama therapy.

In 1675, when a cholera epidemic spread in Russia, in order to reduce the effect of the epidemic and strengthen the immune systems of patients, hijama treatment was used.

Until the 1800s, hijama was one of the most common treatment modalities in Russia. Former Communist Russia has been the

country least affected by the lobbying activities of pharmaceutical companies.

Today, especially in Crimea and the Tatar regions of Russia, hijama is very common in private clinics and hospitals.



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Hijama in Turkey

Following Turgay Güler's SIRADIŞI program on ÜLKE TV, hijama therapy in Turkey has been revived.

Today, anyone who wants to receive hijama treatment, hijama training, or healing with hijama is indebted to Turgay Güler and the author, who have contributed to the spread and recognition of the hijama profession.

At the beginning of the 1930s, hijama was banned unofficially and forgotten, people were directed towards chemicals and synthetic drugs, legal sanctioning was applied to those who practiced hijama or their patients, and the public was deterred from this form of therapy through scare tactics.

People who were afraid to utter the word had to say "We don't practice hijama, we are cupping". This is where the word "cupping" originated from.

It was not even possible for a student who mentioned hijama or Avicenna in the medical faculties to become a doctor and graduate in 2000 and before in Turkey.



Twenty years ago, a health worker who used the word "hijama" at a hospital would be ostracized and a student who uttered the words "hijama" or "Avicenna" would never be able to graduate from a medical faculty.

In recent years, those who do not benefit from synthetic drugs have begun to show interest in hijama and it has started to spread rapidly.

Hijama is a very useful and common method; besides, it is one of the important personal practices of the Prophet Muhammed (sav) (pbuh).

Although there are more than twenty Hadith about the benefits of hijama, religious teachers (Diyaret employees) became aware of hijama after 2010.



Hijama, of which only 15-20 practitioners existed in Turkey in 2008, and which was known only by 1,500 to 2,000 people and defined as "quackery" by modern medical doctors, is being practiced at hospitals with state support today.

Those who contributed most to the spread of hijama in Turkey

Recent history of hijama in Turkey

Years 1950-2006

There were 15 people who applied hijama throughout Turkey and 15 people doing it in Istanbul. Almost all of them were primary school graduates.



Year 2010 Cupping spread rapidly in Turkey in 2010; Süleyman Gök, Aidin Salih, Mehmet Kocabaş, Yasin Keskin, Murat Yüce, and Faruk Günindi are the pioneers in the spread of hijama.



Year 2011
First hijama training in Turkey

First hijama trainings led by the Turkey Hijama Institute were started.



Sene 2018

In 2018, 25,000 people were applying hijama and hundreds of doctors and nurses were providing training, most of whom learned hijama through the Hijama Institute.



The first recognition of cupping therapy, or hijama, in Turkey was led by Turgay Güler, the ÜLKE TV presenter.

Today, anyone who practices hijama or who is being healed with hijama treatment is indebted to Turgay Güler, who has helped to spread the profession of hijama.

In 2009, he helped the spread and recognition of hijama, and most importantly, he served humanity tremendously.

Currently, you can see programs about the benefits of hijama on TV channels almost every day. However, in a period when nobody knew what hijama was, making a program about it, giving hijama training, and defending the truth took much nerve. Turgay Güler did this without any fear.

Ranking second in the spread of hijama in Turkey is Emine Erdoğan

In the first Cupping Therapy Symposium, led by many doctors and



Emine Erdoğan'lı "islami alternatif tıp propagandası"

Peygamber'in sünnet kıldığı iddia edilen, ilkçağlardan kalma bi tedavi yöntemi olan "hacamat", "kupa terapisi" adı altında tekr popülerleştirilmeye çalışıyor. Önümüzdeki üç gün toplanacak Kupa Terapisi Sempozyumu'nun açılışını, Başbakan'ın eşi Emine Erdoğan yapacak.



*Mrs. Emine Erdoğan
Making the opening speech at the
first international Cupping Therapy
Symposium*

*Mrs. Erdoğan was heavily criticized by
anti-Islamic newspapers after her speech
on hijama.*

academicians from abroad and held in Istanbul in 2011, the benefits of hijama were explained.

The symposium's opening speech was made by Emine Erdoğan, the wife of then Prime Minister of Turkey, Mr. Recep Tayyip Erdoğan. She highlighted that the application of hijama should be performed by trained and adept people. Thereafter, hijama became one of the most popular adjuvant therapies in Turkey.

Thirdly, the Hijama Association is a factor in the growth of hijama in Turkey

In 2012, under the chairmanship of Süleyman Gök, the Hijama Association was established with the efforts and joint venture of seventeen people.

The Hijama Association became the third most influential factor in the proliferation of the legalized hijama profession in Turkey.



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Fourth factor in the proliferation of hijama in Turkey: Seda Sayan

The fourth factor in the spread of hijama in Turkey was an interview that the author of this book, Süleyman Gök, did with Seda Sayan on TRT Haber in 2012 about hijama.

Seda Sayan's hijama program, which lasted for 45 minutes, led to the introduction of many patients to hijama.

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03

How to Apply Hijama



03 How to apply (perform) hijama?

Step-by-step hijama application (Hijama in 10 steps):

1. Patient acceptance
2. Filling out medical history form
3. Determination of the number of cups
4. Determination of cup spots
 - a) Point determination according to screening hijama
 - b) Point determination according to the aching areas
 - c) Point determination according to anatomy after completion of the medical history form
 - d) Point determination according to nervous system
 - e) Point determination with diagnosis methods
5. Pre-vacuuming
6. Sterilization
7. Incision process
8. Second vacuuming
9. Emptying cups
10. Dressing

Step by Step (In 10 steps)

How to apply Hijama?

1	Patient acceptance
2	Filling out medical history form
3	Determination of the number of cups
4	Determination of cup spots
5	Pre-vacuuming
6	Sterilization
7	Incision process
8	Second vacuuming
9	Emptying cups
10	Dressing

Here I will try to share tips, tricks, and practical experiences about how to apply hijama step by step. What are the secrets of hijama?



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1. Patient Acceptance



The purpose of patient admission is to try to understand why the patient has come to your clinic or why he/she wants to receive hijama therapy.

For this purpose, a specially prepared questionnaire, preliminary interview, and similar questions are all part of patient acceptance.

One of the 15 most common traditional treatment methods used worldwide, hijama application differs from other applications in one aspect.

The most important factor that distinguishes the application of

hijama from other traditional methods is that our religion accepts it and it is recommended in Islam, and it is also Sunnah of the Prophet Muhammad (pbuh).

A patient may wish to receive hijama treatment for many reasons.

The reasons why people want to receive hijama treatment are usually grouped into three categories.

1. People receive hijama therapy because it is Sunnah, or one of the personal practices of the Prophet.
2. People receive hijama therapy to preserve and strengthen the general immune system.
3. People receive hijama therapy to help with disease treatment.

The better you understand the patient's reasons for receiving hijama therapy, the better your chances are of being useful to the patient.

Waiting rooms and patient admission areas of almost all successful clinics are spacious and large.

2.0 Filling out medical history form

After patient admission, filling out the medical history form is the next step.

The purpose of filling out the medical history form:

SAMPLE PATIENT MEDICAL HISTORY FORM



INTERNATIONAL HIJAMA INSTITUTE
HUAMA VE TRADITIONAL MEDICINE
EDUCATION CENTER

Dr./N Süleyman Gök
Geleneksel Tıp Hekimi
(Doctor of Naturopathy)
(Doctor of Naturopathy)

INTERNATIONAL HIJAMA INSTITUTE
DELEGATE OF HANNOVER GERMANY
DELEGATE NO.0011

Hasta Bilgileri

Name, Surname :

Date of Birth :

Blood Type : A B AB 0

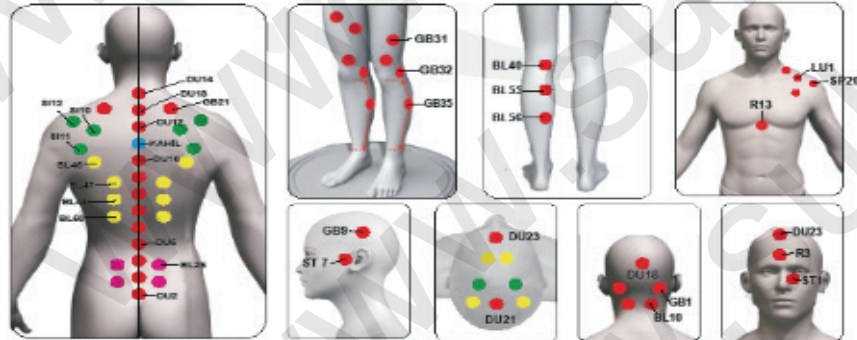
Occupation :

Weight : Height :

Smoking : Yes No Alcohol : Yes No

Hastalık Bilgileriniz

- | | | |
|--|--|---|
| <input type="checkbox"/> Nervosity | <input type="checkbox"/> El Ayak uşamesi | <input type="checkbox"/> Tinnitus |
| <input type="checkbox"/> Obesity | <input type="checkbox"/> Premature Ejaculation | <input type="checkbox"/> Fungus |
| <input type="checkbox"/> Binge Eating Disorder | <input type="checkbox"/> Eye disease | <input type="checkbox"/> Stomach Diseases |
| <input type="checkbox"/> Emaciation | <input type="checkbox"/> Malaise | <input type="checkbox"/> Multiple Sclerosis |
| <input type="checkbox"/> Headache | <input type="checkbox"/> Low Energy | <input type="checkbox"/> Prostate Disorders |
| <input type="checkbox"/> Migraine | <input type="checkbox"/> Hepatitis B | <input type="checkbox"/> Uterus Disorders |
| <input type="checkbox"/> Lumbar Pain | <input type="checkbox"/> Hormonal Diseases | <input type="checkbox"/> Rheumatism |
| <input type="checkbox"/> Neck Pain | <input type="checkbox"/> Anorexia | <input type="checkbox"/> Alopecia |
| <input type="checkbox"/> Nephropathy | <input type="checkbox"/> Constipation | <input type="checkbox"/> Gallbladder diseases |
| <input type="checkbox"/> Lung Diseases | <input type="checkbox"/> Heat Diseases | <input type="checkbox"/> Psoriasis |
| <input type="checkbox"/> Frigidity | <input type="checkbox"/> Bloodlessness | <input type="checkbox"/> Coeliac |
| <input type="checkbox"/> Hypersomnia | <input type="checkbox"/> Anemia | <input type="checkbox"/> Frequently Widdling |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Liver Diseases | <input type="checkbox"/> Acne |
| <input type="checkbox"/> Eczema | <input type="checkbox"/> Osteolysis | <input type="checkbox"/> Diabetes |
| <input type="checkbox"/> Vitiligo | <input type="checkbox"/> Cholesterol | <input type="checkbox"/> Hypertension |
| <input type="checkbox"/> Dysmenesia | <input type="checkbox"/> Insomnia | <input type="checkbox"/> Varicosity |
| <input type="checkbox"/> Vertigo | <input type="checkbox"/> Anxiety | <input type="checkbox"/> Panic Attack |



Patient No :

Check Up :

Gsm (.....)

Date :/...../201.....

How did you reach ?

Internet Brochure Advice TV

BACK PAGE OF MEDICAL HISTORY FORM

DTU : H
Tarih :/...../20..... S
Tansiyon :/...../..... Nabız : A

1

UYULAMA NOKTASI	KOTULUK	MİKTAR	KÖPÜK	YIKANILIK	NOT

Lu H P Sj Si Li Sp K LivGBUBSc Gv Ren

DTU : H
Tarih :/...../20..... S
Tansiyon :/...../..... Nabız : A

3

UYULAMA NOKTASI	KOTULUK	MİKTAR	KÖPÜK	YIKANILIK	NOT

Lu H P Sj Si Li Sp K LivGBUBSc Gv Ren

DTU : H
Tarih :/...../20..... S
Tansiyon :/...../..... Nabız : A

5

UYULAMA NOKTASI	KOTULUK	MİKTAR	KÖPÜK	YIKANILIK	NOT

Lu H P Sj Si Li Sp K LivGBUBSc Gv Ren

DTU : H
Tarih :/...../20..... S
Tansiyon :/...../..... Nabız : A

2

UYULAMA NOKTASI	KOTULUK	MİKTAR	KÖPÜK	YIKANILIK	NOT

Lu H P Sj Si Li Sp K LivGBUBSc Gv Ren

DTU : H
Tarih :/...../20..... S
Tansiyon :/...../..... Nabız : A

4

UYULAMA NOKTASI	KOTULUK	MİKTAR	KÖPÜK	YIKANILIK	NOT

Lu H P Sj Si Li Sp K LivGBUBSc Gv Ren

DTU : H
Tarih :/...../20..... S
Tansiyon :/...../..... Nabız : A

6

UYULAMA NOKTASI	KOTULUK	MİKTAR	KÖPÜK	YIKANILIK	NOT

Lu H P Sj Si Li Sp K LivGBUBSc Gv Ren

Medical Story form It is a form on which you will write general information, such as the patient's complaints, age, height, weight, and drugs used, and also the simple notes that you learn after removing the hijama cups.

Write via What's App +1 714 909 46 66

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to request this Medical History form for Hijama. We will send you JPEG version

Medical history helps us avoid wrong practices.

The medication used by the patient and the patient's history should be written on the medical history form.

It is useful to measure the blood pressure and listen to the pulse before applying hijama if necessary.

Now it's time to determine the number of cups.

3.0 Determination of the number of cups

There is no standard formula in determining the number of cups in hijama application. Generally, 8-12 cups for adults is normal; this is the most general formula, as seen in the illustration on the next page.

There are many factors in determining the number of cups.

- * Age of the patient,
- * Height,
- * Weight,
- * If there are drugs used by the patient,
- * Blood values (hemoglobin, etc.),
- * The last time the patient received hijama treatment.



These factors are considered while determining the number of cups.

The ideal number of cups for an adult patient in one session should not be

- * less than 6 cups, because less than that won't offer much benefit,
- * more than 14 cups, because more than that may cause harm.

Do not apply hijama to those who have a hemoglobin value of 10 or less!





HIJAMA INDICATIONS ACCORDING TO DISEASES

ADVANCE LEVEL HIJAMA (MODUL II)

N A M E L A S T N A M E

Has successfully completed all prescribed requirements and is hereby designated as the Certificate Program entitled **"Advance Level Hijama" (Modul 2)** training organized by the Traditional Medicine Academy & International Hijama Institute.

Date:

Dr. Mustafa Sahin (Phd. MD Surgeon)

Süleyman GÖK

Traditional Medicine Instructor

President

Certificate Number:

Group Number:

This hijama training has been
accredited by
Brussels Capital University.

Von Brussels Capital Universität Belgien
akkreditierte Hijama Kurs.

There is no standard formula for the determination of the number of cups prior to hijama treatment.

If we want to produce a general formula in determining the number of cups:

A patient with normal blood values who does not use any drugs, weighing 80 kg on average and 1.80 m tall, may receive

* 8 sessions of hijama treatment (10-12 cups) and additionally

* 8 sessions of leech treatment (provided that not more than 10 leeches are used in one session).

Blood values should be checked before each session and patients with hemoglobin values of 10 and below should not be treated with hijama.

General Formula!

6 cups or less have very limited benefits, 8-12 cups are normal, 14+ become harmful.

Number of Cups for Children

Cups as many as half the age of the child or 1 cup for each 7 kg is the general formula.

Users of blood thinners: Those who use blood thinners should discontinue their medication at least 2 to 3 days in advance under the supervision of a medical doctor. Treatment then starts with 2-3 cups at the beginning.



Using the medical history form and following the patient gain importance at this point, because, in each session, patients bleed in different amounts.

For some patients, cups are filled in the hijama sessions, and in other cases only a small amount of blood is taken.

It will be easier to determine the number of cups after a session if the practitioner has written how much blood was taken on the medical history or patient follow-up form, such as 100 cc, 150 cc, 200 cc, 250 cc, or 300 cc.

One-year general formula for healthy adults

The total amount of blood taken from total hijama and leech sessions in 1 year if 2,000 cc. or less that is normal.

For a patient with a hemoglobin value of 10 or above, Hematocrit value of 35% or above, and

Height and weight of 1.80 m and 80 kg or above,

it can go up to 2,500 cc annually.

This is a general formula. The frequency of application of hijama and the use of leeches varies according to everyone.

NORMAL HEMOGRAM VALUES					
AGE	WBC 10 ³ /mm ³	RBC 10 ³ /mm ³	Hb (g/dL)	HCT (%)	RDW (%)
NB-2 weeks	9.0-30.0	4.1-6.1	14.5-24.5	44-64	-
2-8 weeks	5.0-21.0	4.0-6.0	12.5-20.5	39-59	
2-6 months	5.0-19.0	3.8-5.6	10.7-17.3	35-49	
6 months-1 year	5.0-19.0	3.8-5.2	9.9-14.5	29-43	
1-6 years	5.0-19.0	3.9-5.3	9.5-14.1	30-40	
6-16 years	4.8-10.8	4.0-5.2	10.3-14.9	32-42	
16-18 years	4.8-10.8	4.2-5.4	11.1-15.7	34-44	
>18 years (M)	5.0-10.0	4.5-5.5	14.0-17.4	42-52	11.5-14.5
>18 years (F)	5.0-10.0	4.0-5.0	12.0-16.0	36-48	11.5-14.5
AGE	MCV (fL)	MCH (pg/cell)	MCHC (g/dL)	PLT (10 ³ /mm ³)	
NB-2 weeks	98-112	34-40	33-37	150-450	
2-8 weeks	98-112	30-36	32-36		
2-6 months	83-97	27-33	31-35		
6 months-1 year	73-87	24-30	32-36		
1-6 years	70-84	23-29	31-35		
6-16 years	73-87	24-30	32-36		
16-18 years	75-89	25-31	32-36		
>18 years (M)	84-96	28-34	32-36	140-400	
>18 years (F)	84-96	28-34	32-36	140-400	
PATHOLOGICAL CRITICAL VALUES					
WBC 10 ³ /mm ³	Hb (g/dL)	HCT (%)	PLT 10 ³ /mm ³		
<1500/mm ³ >30.000	<6.5 g/dL>22 g/dL YD: <9.5 g/dL>22 g/dL	<9.21>9.65 YD: <9.33>9.70	<40.000/mm ³ >1.000.000/mm ³		

NORMAL CELL VALUES				
AGE	Band (%) Neutrophile	Neutrophile (%)	Eisinoiphile (%)	Basophile (%)
NB-1 week	10-18	32-62	0-2	0-1
1-2 weeks	8-16	19-49	0-4	0-0
2-4 weeks	7-15	14-34	0-3	0-0
4-8 weeks	7-13	15-35	0-3	0-1
2-6 months	5-11	15-35	0-3	0-1
6 months-1 year	6-12	13-33	0-3	0-0
1-6 years	5-11	13-33	0-3	0-0
6-16 years	5-11	32-54	0-3	0-1
16-18 years	5-11	34-64	0-3	0-1
>18 years	3-6	50-62	0-3	0-1
AGE	Lymphocyte (%)	Monocyte (%)	Metas (%)	
NB-1 week	26-36	0-6	-	
1-2 weeks	38-46	0-9	-	
2-4 weeks	43-53	0-9		
4-8 weeks	41-71	0-7		
2-6 months	42-72	0-6		
6 months-1 year	46-76	0-5		
1-6 years	46-76	0-5		
6-16 years	27-57	0-5		
16-18 years	25-45	0-5		

Its not recommended hijama when hemotocrit values %30 or less.

4.0 Determination of cup locations

After determining the number of cups to be used in hijama, the location of the cups should be determined according to the number.

The most common and most frequently used approach is to use the following methods in determining the places of cups to be applied.

- a) According to the screening hijama (see section on Screening Hijama),
- b) According to the aching points,
- c) According to anatomy after completion of the medical history form,
- d) According to the autonomic nervous system and organ connection paths,
- e) According to the points that can be pinpointed based on educated diagnosis of disease through traditional methods (such as the tongue, nails, or eyes, or by listening to the pulse).

Disease diagnosis methods are taught in detail with traditional methods to those studying traditional medicine in America, India, and Europe .

Now let's try to understand the methods of point determination before hijama and how we use these methods.

4.1 According to screening Hijama ✓

4.2 According to aching points ✓

4.3 According to anatomy after the anamnesis ✓

4.4 According to the autonomic nerve system ✓

4.5 According to Disease diagnose ✓

4.6 According to Trigger points ✓

4.7 According to Refleks Zone points ✓



4a) Point determination according to screening hijama

The main obstruction points are the same in almost every patient, regardless of the disease.

From the moment of conception of a human being, a single cell is divided into multiple cells followed by mesoderm, ectoderm, and endoderm cell junction points, and each cell is assigned to form a different organ.

These main screening points can also be defined as the junction points of these tissues or the points of their nerve connections with these junction points.

Screening hijama points can be called ectoderm-endoderm division-junction points or acupuncture points of tissues and organs.

Again, the points for screening hijama are the points where our Prophet Muhammed (pbuh) received hijama treatment and what we call "Sunnah points".

Screening hijama sessions are generally:

- a) Applied for those who do not have serious health problems and who want to strengthen the immune system, or b) who want hijama treatment because it is sunnah.

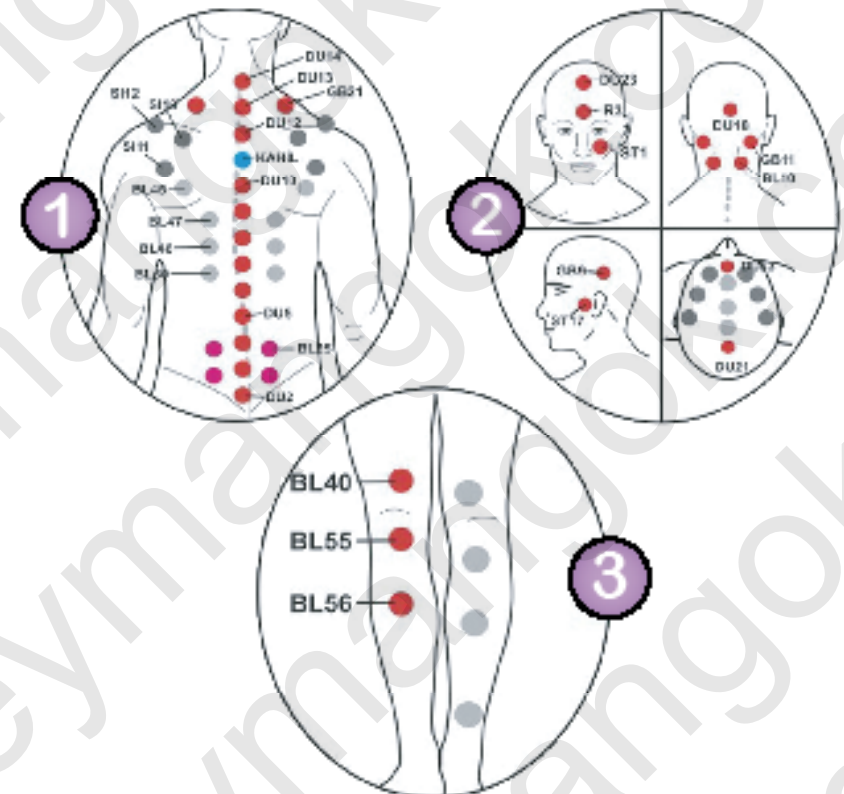


Point determination according to screening hijama

There are 3 areas for screening hijama.

- Back screening hijama,
- Head screening hijama,
- Foot (leg) screening hijama.

Please see the SCREENING HIJAMA section to understand under which conditions, when, and how to use screening hijama.



Refer to the "Screening Hijama" section for the screening points. Read "SCREENING HIJAMA" for the hijama screening points.



There are 3 areas for screening hijama.

- * Back screening hijama,
- * Head screening hijama,
- * Foot (leg) screening hijama.

A good hijama practitioner should analyze how to best use the other points when screening for hijama points.

Please see the SCREENING HIJAMA section to understand under



which conditions, when, and how to use screening hijama.

4b) Point determination according to the aching areas

This method is usually used in emergencies and painful situations.

One of the basic philosophies of traditional medicine is "The spot is where the pain is!"

In other words, if the patient has a headache, hijama is applied to his head; if his back aches, to his back; and if his knee aches, to his knee. The application of hijama according to the aching spots is one of the most frequent applications.

It is very useful to immediately apply hijama to aching areas even if it is not a normal hijama session day.

It will do more damage to wait for the session day.

4c) Point determination according to anatomy

After the medical history is registered, the points are determined according to the information written on the medical history form and the recommendations of the Hijama Points Poster.

If the patient has a migraine, hijama is applied from the back of the ear; if the patient has liver problem, it is applied at the back of the liver.

For those who have urinary tract or kidney problems, it should be applied from the level of the kidneys, while if the patient has complaints about blood pressure, it should be directly applied to the head and the C7 point.

According to this method, I recommend that you take advantage

of the "Hijama Points" section in this book.

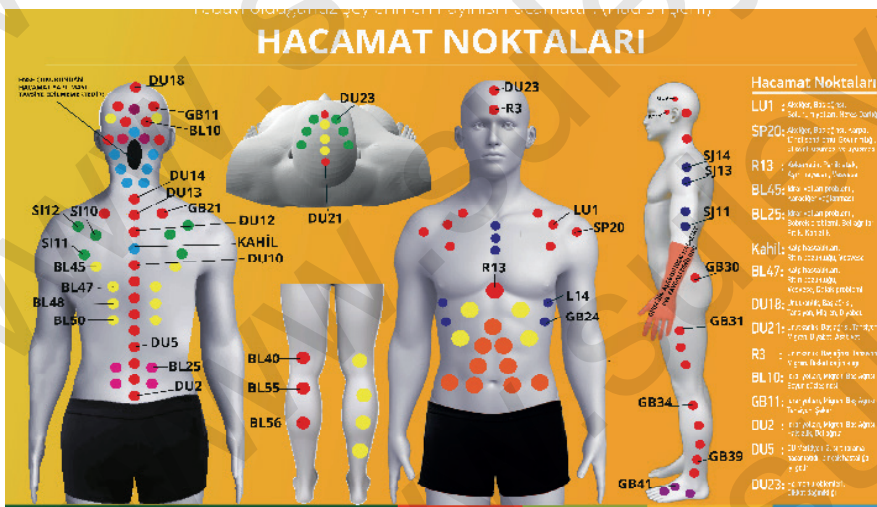
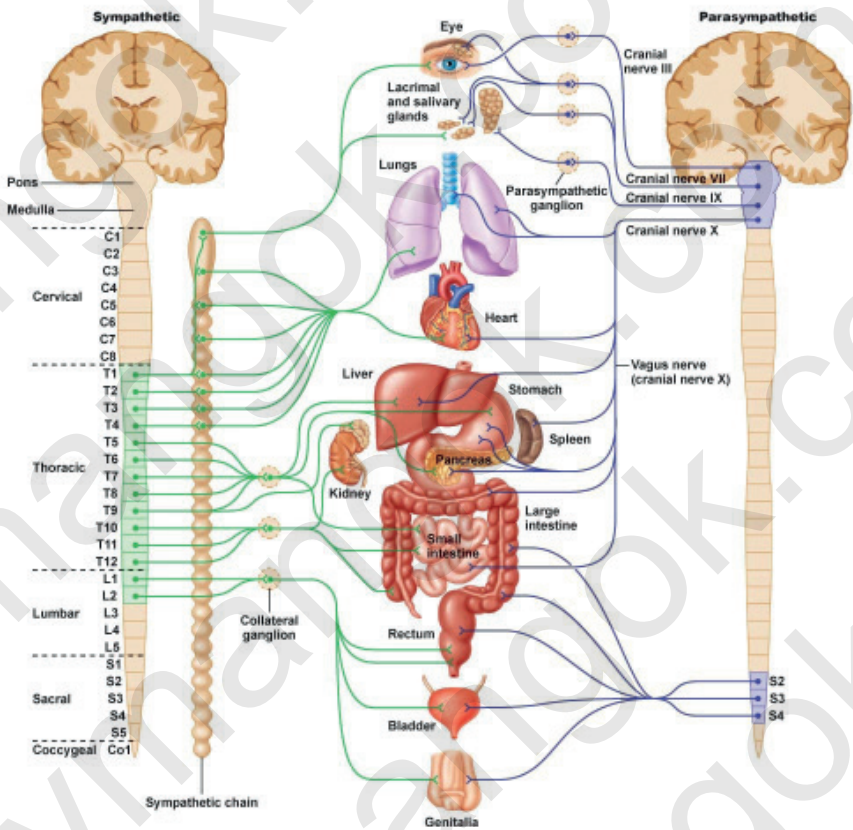
Professionals are welcome to obtain the Hijama Points Poster and they can detect which spots cure which diseases by looking at this poster.

d) Point determination according to autonomic nervous system

Determining the hijama points according to the autonomic nervous system is still a very simple method in terms of the theory that I first suggested in 2012. It is a very useful and commonly practiced approach to the "hijama points" theory.

The key to this method is as follows: If it is known which organ the weakness occurs in based on the medical history form or disease

Diagram of Sympathetic and Parasympathetic Nerves



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ATLAS OF HIJAMA POINTS

diagnosis, hijama is applied according to the spinal cord for the relevant organ and the spots on the spinal cord.

The sympathetic and parasympathetic nerve endings of the spinal cord are both associated with organs.

For detailed information, please see Hijama Points - Autonomic Nervous System.

The determination of hijama points or leech points according to the autonomic nervous system is a bit easier.

4e) Point determination with disease diagnosis by traditional methods

Those who have undergone advanced hijama training or who have completed at least 2 years of traditional medical school are familiar with the methods of diagnosis by old traditional methods.

Although these methods are not limited to the following, the primary approaches to disease diagnosis by traditional methods as known and commonly used by traditional medical physicians from many countries such as Mexico, Germany, China, India, Pakistan, and Mongolia are as follows:

- * Disease diagnosis from the pulse,
- * Disease diagnosis from the tongue,
- * Diagnosis of diseases by face analysis,
- * Disease diagnosis from the nails,
- * Disease diagnosis from the teeth,
- * Disease diagnosis from the eyes,
- * Diagnosis of disease according to reflexology.

These methods correspond to nearly 80% accuracy with

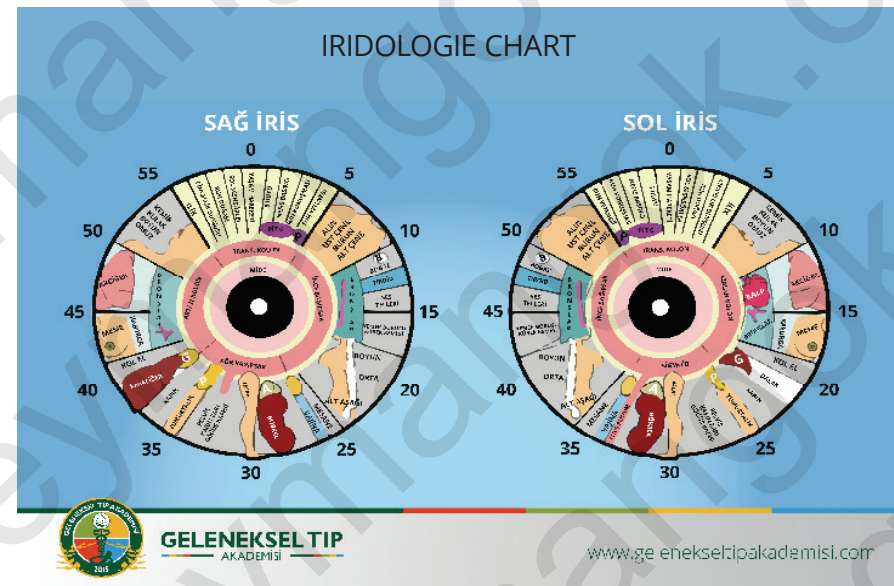
REFLEXOLOGIE DIAGNOSE



EAR DIAGNOSIS



IRIDOLOGIE CHART



Some of the posters used in disease diagnosis seminars

diagnosis by modern techniques.

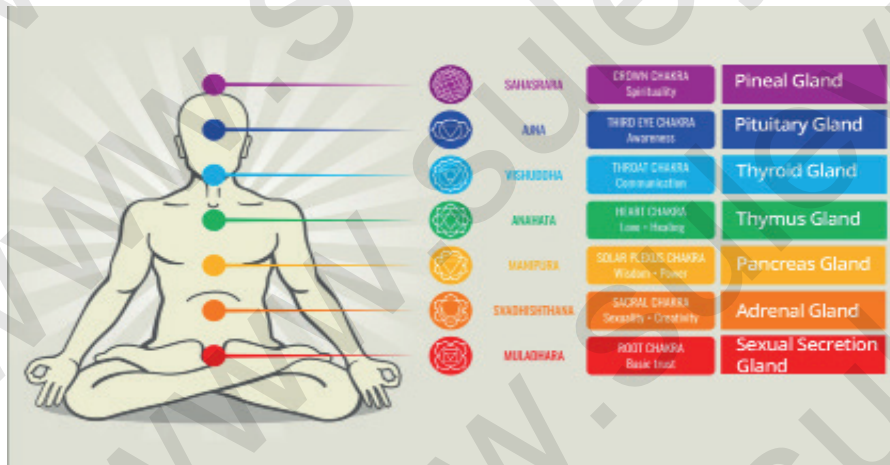
After the examination, the patient's damaged organs or diseases can be diagnosed and determined by traditional methods.

In fact, there are many cases where diseases that cannot be detected with modern devices or identified in blood samples can be predicted with traditional methods.

I don't want to go into too much detail, but I'd like to give a brief example here.

Thyroid disease is described in modern medicine as an incurable disease and its cause is unknown.

However, there are at least 10 different causes of thyroid disease and at least 40 different treatment cures according to traditional medicine, Islamic medicine, Indian or Chinese schools, and even



Chakras and related Glands

Each Chakra is related to a Gland and responsible of releasing some responsible hormones.

I will try to explain only the easiest one of the explanations that define disease of the thyroid.

Thyroid disease is caused by blockage of the throat chakra in people who have not been able to express themselves in the past. This is the most simplest explanation of thyroid disease.

There are several different explanation for thyroid.

There are at least 10 different explanations of traditional medicine for almost every disease, similar to this.

I won't go into too much detail here, but for those who wonder, a disease diagnosis book using traditional methods will be released soon.

Those who wish to develop and cultivate this skill can participate in seminars on disease diagnosis by traditional methods.



Pulse Diagnose

5.0 Pre Vacuuming

Pre-Vacuumping Tips:

After the hijama points are determined, it is time to apply pre-vacuumping.

The biggest mistakes of those who improperly apply hijama occur in the pre-vacuumping stage.



The pre-vacuumping time should be at least 1 minute and not more than 3 minutes.

When the area that you vacuumed turns pink, it means it is ready for application of hijama.

Sometimes, no matter how much you vacuum it, an area will not turn pink. This does not mean that there is no movement in the background (in the lower layers of the skin).

Unnecessarily long vacuuming or excessive vacuum intensity reduces or even damages the benefits of hijama.

Also density of vacuuming is very important.



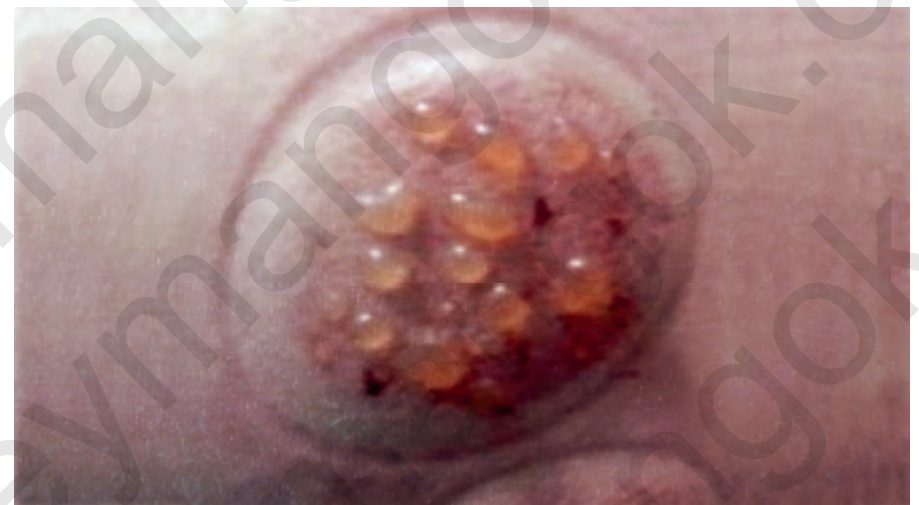
5.1 Pre-vacuumping time

The pre-vacuumping time should be 1-3 minutes. .



Pre-vacuumping should be terminated when pinkness occurs.

Excessive or overly intense vacuuming will damage the skin.



As shown in this picture, excessive intense vacuuming has been applied here.



Picture above: Right
Picture below: Wrong

When the area that you vacuumed turns pink, it means it is ready for application of hijama.

Unnecessarily long vacuuming or excessive vacuum intensity reduces or even damages the benefits of hijama.

Sweat pores are clogged due to unnecessary waiting and longer vacuuming, which can be opened in 3-5 sessions.

Vacuums Intensity:

There is no standard vacuuming intensity. Each skin structure has a different elasticity and different tightness.

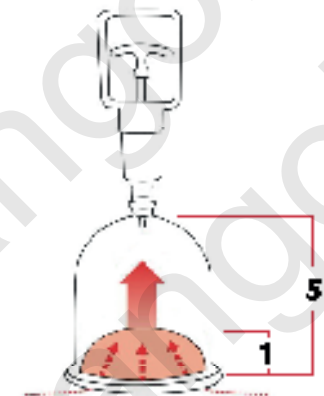
If we want to make a general definition about the intensity of vacuuming, it is sufficient that the height of the vacuumed skin be $\frac{1}{5}$ or $\frac{1}{6}$ of the total vacuum height.

Remember that the vacuum cups are of different brands and sizes.

5.2 Pre Vacuuming intensity

General Formula:

Vacuumed skin should be $\frac{1}{5}$ or $\frac{1}{6}$ of the total cup height.



It is very important that the vacuuming intensity be set properly. If the vacuum intensity is high, it causes water bubbles and accumulation of edema in the skin. If the vacuum intensity is correct, more benefits are obtained.

6.0 Sterilization

Sterilization or Disinfection

Before pre-vacuuming, it is recommended that the pinkish spots be sterilized prior to the pre-incision process.

Iodine: A type of antiseptic containing a high percentage of alcohol. Alcohol is a good microbicidal agent, but alcohol has the effect of shrinking capillaries. Therefore, it is not recommended to disinfect with chemicals with a high proportion of alcohol unless it is essential.

Generally, it is a mixture of 7% iodine, 3% potassium iodide, and 90% alcohol.

Oxygen Water: This is hydrogen peroxide in terms of chemical components. The antiseptic property comes from both oxygen removal and acidity. Antiseptic potency is not that high. In wound dressing, it is used to stop bleeding. It has thrombogenic and vasoconstrictor effects. It is not used in sterilization before hijama unless it is very necessary.

Detol: This is the antiseptic that can be considered most suitable

for hijama. It does not contain high alcohol content, and it is the

Please avoid using cheap chemicals for sterilization. They might damage the skin and cause unwanted skin problems along.



After applied sterilization material on the skin gently rub the material on to the skin from inside out.



After applied sterilization material on the skin gently rub the material on to the skin from inside out.



Generally true hijama should look as the picture shown above. Picture belong to a patient who has regular blood counts.

safest and least harmful antiseptic in the application of hijama among chemicals.

Vinegar: Those who are very sensitive to chemical solutions may have the area disinfected with vinegar before hijama, due to its naturalness. There is no academic study on disinfecting with natural vinegar.

For the incisions made in normal hijama treatment, the pre-vacuuming is sufficient to disinfect the boundaries of the outer circumference of the hijama cup. The incisions should be sterilized from the inside out, as shown in the figure.

If male patients have their skin shaved, especially on the back, both the razor and the shaved areas should be sterilized with Batticon.

An ideal antiseptic has an effect on microorganisms;

Should not destroy the skin, body tissues, and cells; and



To understand how important is duration of pre-vacuuming. All three spots are vacuumed 3 minutes. However one on the middle didn't get pink. That means that area has a problem.

7 Incision Process

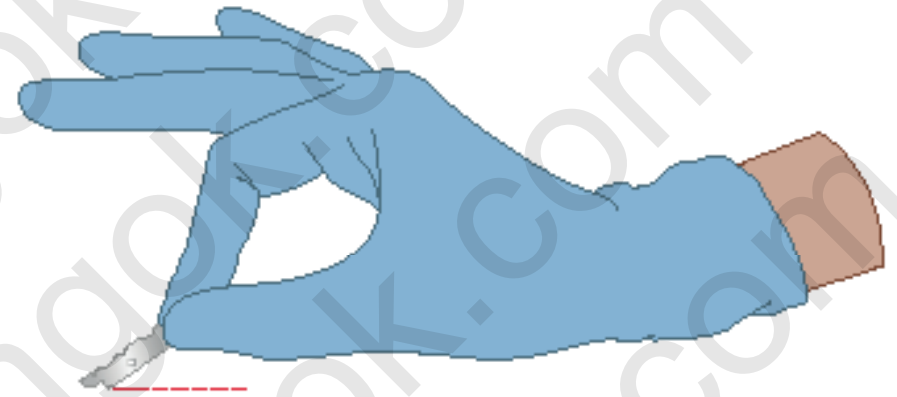
Should prevent the growth of microorganisms.

Now it's time to explain the most important and subtle step of the process.

The incision process will be addressed in the following order:

- * Ideal incision length and depth,
- * Ideal incision range,
- * Finger and hand position.

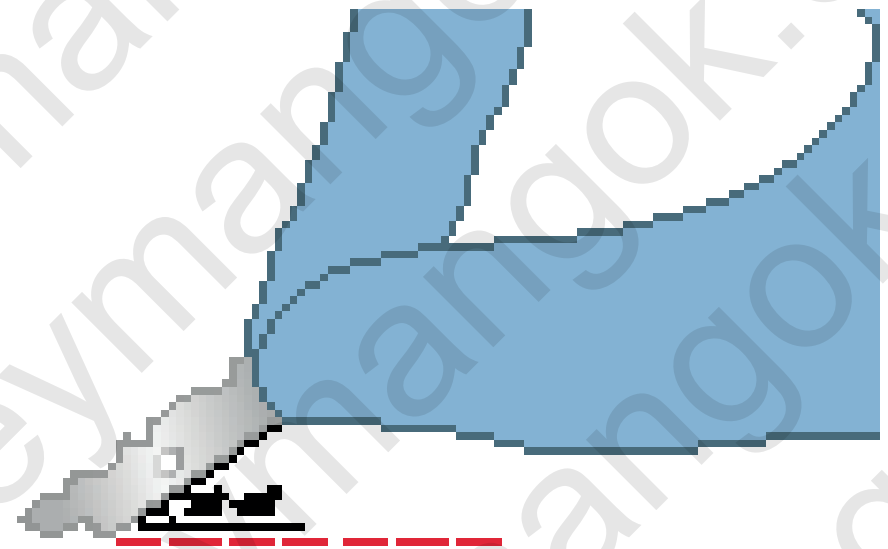
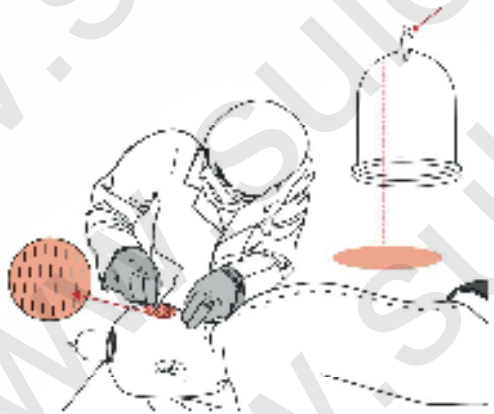
I'll try to provide the finest details and share my experiences as exemplified above.



The optimal grip position is held with two fingers. Beginners or those who have hard time gripping with two fingers can use three fingers. An angle of 30° to 45° between the incision tool and the skin is ideal.

7.1 Incision Position

You should assume the most comfortable position for whichever hand you will be using (right or left hand).



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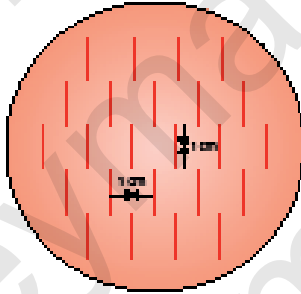
7.2 Incision Length

The ideal incision length is 1 cm

The longest incision should be 1.5 cm.

The shortest incision should be a minimum of 0.5 cm.

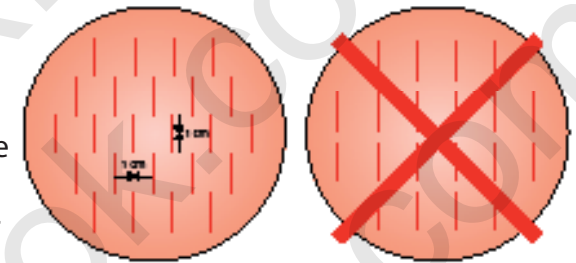
Incisions of less than 0.5 cm will have no benefit.



7.4 Incision spacing and length

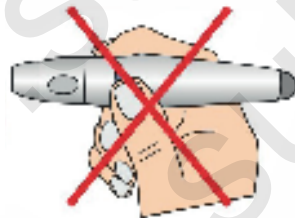
Effort should be made to not create incisions in a line, one directly under another.

The upper incisions should be placed over the middle of the lower incisions, as if bricking up a wall.



7.3 No Hijama with so called hijama pen

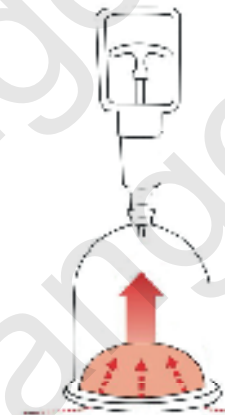
It is not useful to use equipment such as saccharimeters or the so-called hijama pen.



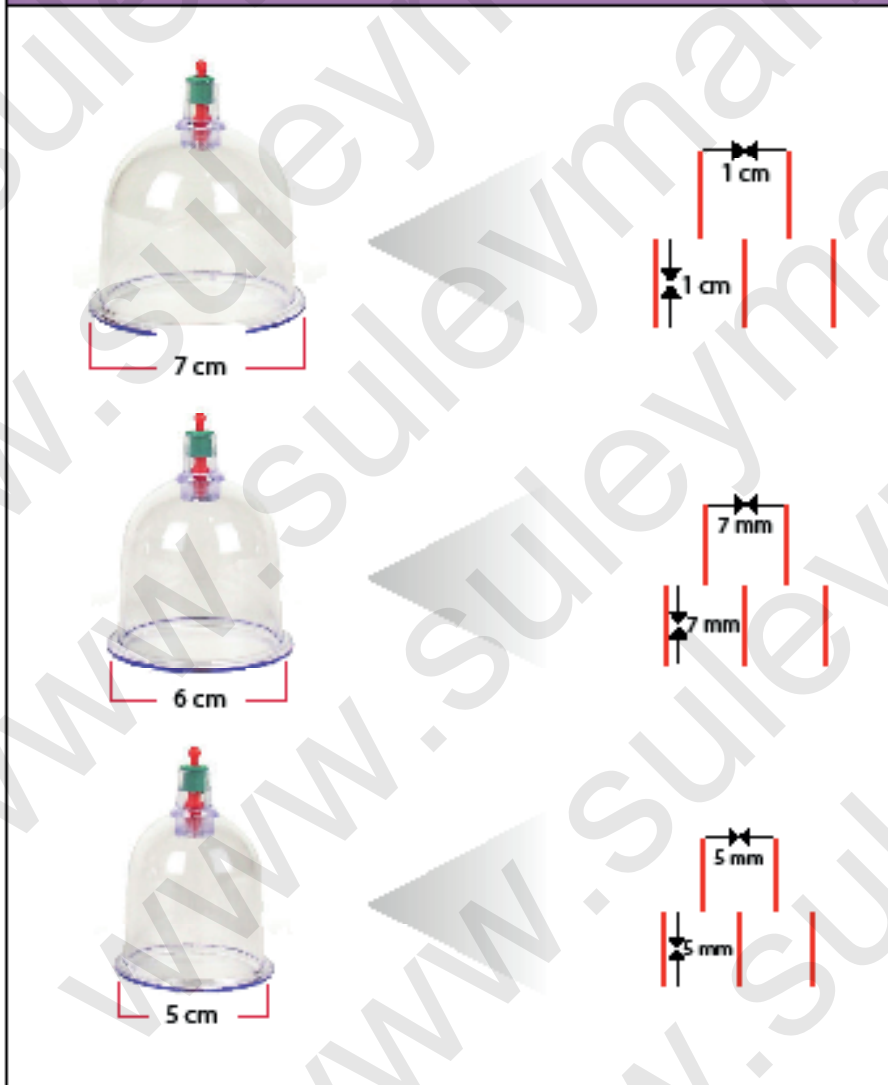
7.5 Incision thickness

The depth of the incision should be 0.5-0.8 mm according to the patient's skin structure and the application point.

After the incisions, the second vacuuming is started.



7.6 Incision size according to cup size



8.0 Second Vakuuming

The second vacuuming is one of the most demanding stages in the application of hijama.

In the second vacuuming, the average waiting time is 7 minutes.

You may occasionally need to empty the cups within 5 minutes or earlier. You can also hold the cups for 10 minutes.

It is not necessary to attach the cups twice or more.

8.1 Second vacuuming tips

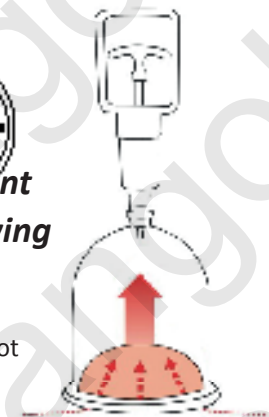
The second vacuuming ideally lasts 7 minutes.

If there is no blood, there is no point in making another incision and trying to force the blood out.

*** ** A leech is applied to the points that do not bleed;

See "Miraculous Treatment Medical Leeches"

Book by Süleyman Gök, 2018 First Edition



Average Second Vacuuming Time	
<p>Normal Duration 8 minute ± 1 minute</p>	<ul style="list-style-type: none"> • Quick pinkening during pre-vacuuming; • Blood flow is normal; • Patient weight is normal;
<p>Duration is prolonged</p>	<ul style="list-style-type: none"> • If the blood flow continues, • If the blood flow stops but bubbles are coming. • If blood + bubbles are coming, cups are attached a second time if necessary.
<p>Duration is reduced</p>	<ul style="list-style-type: none"> • If yellow liquid/lymph fluid is coming, • If the skin does not turn pink after 2-3 minutes of vacuuming, • If the patient is overweight, • If hemoglobin values and hematocrit percentages are borderline, • If blood is not coming

9.0 Emptying Cups

The issue of how to empty the cups does not have any effect on increasing the benefit or the loss of hijama.

I briefly explain how the cups should be practically emptied quickly in my training courses, and I thought it would be good to also address it here because it is a subject of the courses.

People who have just started applying hijama often fail until they learn the right method and become skillful.

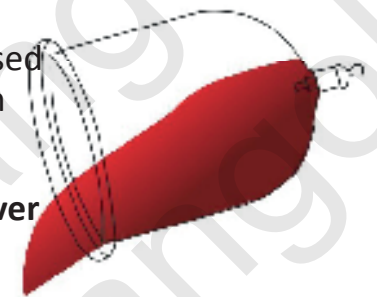
There won't be any problem if you hold the cups in the following way.

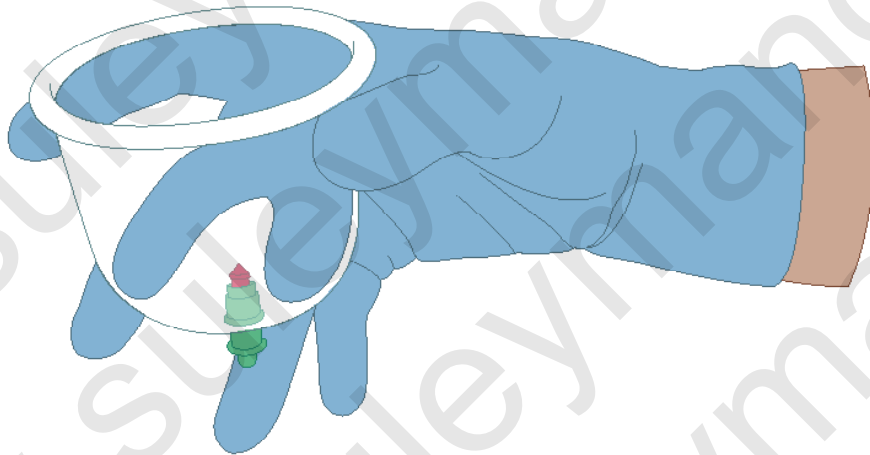
9.1 Emptying Cups

The issue of how to empty the cups is not a technical issue.

The cups used must be disposed of in a medical waste bin or in recycling bins after use.

Dispose of used cups and never use them again on another patient.





10. Dressing

This is the last step.

The main points to be considered in dressing are as follows:

1. Contact with other objects.
2. Sterilizing the wound.
3. Closing the wound.
4. The care of the wound after hijama.

Now let's explain these points separately.

1. Contact with other objects: No matter how experienced you are during the draining of the cups, and no matter how cleanly

you work, your gloves may be contaminated, or the patient's blood can smear on the gloves.

Remove the glove of the hand that you are not using after the cup is empty. Do not touch the containers of the materials that you use commonly for other patients, such as centaury oil or wet wipes, with your dirty hands.

In this way, if you work cleanly and meticulously, you will reduce the risk of transmitting infectious diseases from one patient to another.

2. Sterilize the wound: After the cups have been emptied, it is not a problem to clean the contaminated area with wet wipes while sliding the cups around (Do not clean the open wound with a wet wipe).

It is usually the right method to apply centaury oil to an open wound.

Besides centaury oil, you can also use a different oil that has disinfectant-antiseptic properties to quickly heal open wounds.

Avoid chemical creams as much as possible. If your patient has serious sensitivity about the possibility of leaving a scar, then you should always go to a pharmacist and make sure you use the appropriate cream.

3. Closing the wound: Do not cover the wounds after hijama application. This is the most accurate method.

When the wound is left open, it will heal faster as oxygen contact is not interrupted.

Just apply centaury oil after the hijama application, and that will

Dr./N Suleyman Gok

be enough.

I have experienced many times that wounds that are left open heal faster and fewer scars are left.

Especially when you try to close the wound in hot and humid areas, such as hot and humid cities the wound will definitely become infected.

There are rarely small leaks in the incision areas after hijama. This usually happens in overweight patients. If you vacuum, there will be no blood, and when you stop vacuuming, there will be small leaks. In this case, you can consider closing the wounds with hijama pads.



Accredited Hijama Certificate with the signature of Dr./N Suleyman Gok
Hijama Institute of Turkey

04

Secrets and Tips for Hijama



Secrets and tips for Hijama

- Important issues to be considered before hijama
- Important issues to be considered after hijama
- Pre-Hijama Material and Space Preparation
- Hijama Application Positions
- Material Selection in Hijama (Vacuum Materials)
- Important Tips for Boosting the Benefits of Hijama
- What is Medical Hijama and Sunnah Hijama?



Secrets and Tips for Hijama

There are many things that both the patient and the practitioner need to be aware of for a healthy application of hijama.

Here is my accumulation of knowledge that I learned from my hijama training and application experiences in 17 countries and approximately 40 cities.

Important issues to be considered before hijama:

The basic principle is to avoid activities that slow the blood circulation before and after the application period.

Issues to be considered are as follows:

Hijama is not applied on a full stomach!



1.

Hijama should be applied with an empty stomach.

Three hours before the process, the patient should not eat anything.

Hijama applied on a full stomach causes many diseases.



The reason why hijama is performed on an empty stomach is that the total fat and glucose ratio in the blood (sugar) and amounts of other harmful substances will be low.

While hungry, the heart, liver, and kidneys are more active.

On a full stomach, because the blood is in the abdominal cavity, the feeding of the brain and heart, which are our vital parts, is weakened.

In such cases, when hijama is applied, the volume of blood going to the brain, heart, and organs producing other vital hormones and enzymes is reduced, which can lead to permanent ailments such as paralysis and infarction.

2. No animal food is to be consumed at least 24 hours before.

Twenty-four hours before and after hijama food of animal origin is not to be eaten!



Animal foods contain protein, making the blood dense. Hijama is more beneficial when applied considering the effects of an animal food diet.

Of course, if you forget and have a slice of cheese or a bite of meat, drink a tablespoon of olive oil and vinegar mixture, and then the effect of the animal food will be neutralized.

3. It is better not to have sexual intercourse 24 hours before.

After sexual relation blood circulation slows down and patients will get less benefit because of it.

Important issues to be considered after hijama:

1) For at least 2 hours, you should not eat anything!

After hijama, the appetite can increase a little. Spending the day with light foods as much as possible improves the benefits of hijama.

2) Not having sexual intercourse 24 hours after hijama increases the benefits.

3) You should wait 24 hours after hijama to consume animal products.

4) You can take a shower after 12 hours.

To prevent scars, rubbing with kantoron oil on the incision areas immediately after showering is very beneficial in terms of the rapid healing of wounds.

It is very useful to drink vinegar or honey sherbet after hijama. The common feature of both of these is that they are vasodilators.

Pre-Hijama Material and Space Preparation:

The preparation and cleaning of the room is as important as the pre- and post-patient preparation for the application of healthy

and beneficial hijama treatment. Below you will find a list of all materials required for a healthy and for good hijama application.



List of Stationary Equipment

1. Massage Table (With hole),
2. Electric Hair Clipper
3. blood pressure measuring instrument
4. Medical Waist Box
5. Scissors



Disposable material list:

1. Razor blade (or lancet)
2. Adjustable Vacuum Cups,
3. Vakuüm Pump,
4. Single Blade Shaving ,
5. Kantoron Oil,
6. Antiseptic solution a) for table b) for patient
7. Sterile Gauze,
8. Wet Wipes,
9. Sticking plaster,
10. Stretcher cover,
11. Medical Sterile Gloves

Fixed materials must be regularly cleaned and regularly sterilized with suitable surface disinfectants.

Non-stationary materials must be disposable. Regardless of the cost, disposable materials must be disposed of at medical waste centers after they have been used once.

Hijama Application Positions

- * Hijama applied on a stretcher (Massage Table)
- * Hijama applied while sitting
- * Hijama applied on semi-curved vertical stretcher
- * Hijama applied while sitting cross-legged
- * Hijama applied while kneeling



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Hijama applied lying on a stretcher: In today's conditions, the most useful and safest position for the application of hijama is with the patient lying on a stretcher. During hijama applied while lying down, more blood goes to the brain and there will be no fainting during the application.

Lying down during hijama is the most comfortable position for the patient. Emptying the cups requires some skill for the practitioner.

Hijama while sitting: The greatest risk in sitting is the risk of shock and fainting. It is not recommended that patients sit when receiving hijama for the first time.



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Hijama while sitting facilitates the work of the practitioner while emptying the cups.

Hijama on a vertical stretcher: This stretcher is slightly less risky than a beanbag style chair or a stool for those who are at risk of fainting. It is especially useful when performing hijama to the head.

The sitting angle is not as steep as that on a beanbag or stool.

Although it has convenience for both the specialist and the patient, it is not a preferred approach.

Hijama is not recommended while sitting or crossing the legs unless it is very necessary.



Hijama while kneeling: When you sit on your knees, the hormones secreted by your body and your state of mind are different than when you sit.

The fact that hijama is more helpful while kneeling was written in some brief manuscripts in some ancient schools, such as Iranian, Egyptian, and Malaysian schools.

There is no academic study in terms of blood analysis and heavy metal differences after hijama applied while the patient is kneeling, sitting on a stool, or lying on a stretcher.

Material Selection in Hijama (Vacuum Materials):

- * Hijama with plastic modern vacuuming cups
- * Hijama with glass cups
- * Hijama with vacuuming machines
- * Hijama with horn and breath

The most important thing that increases the usefulness of hijama in a good hijama application is what kind of vacuuming is used during the application. Balanced and regular vacuum intensity is a must for a useful hijama session.

In addition, when you cannot find plastic vacuum cups, it is possible to light a fire in glass cups.

When the fire is lit in the glass, negative pressure is generated as a result of the decrease of air during combustion. Therefore, the



Ateş ile hacamat yapılırken vakum şiddeti kontrolü çok zordur. Gereğinden fazla vakum bir çok endikasyonlara, istenmeyen durumlara vesile olur.

Glass Cups has can be dangerous and not usefull:

It is very difficult to adjust the vacuum intensity during hijama applied with glass cups.

It is much easier to adjust the vacuum intensity of plastic vacuum cups and keep them under control.

Practitioners who use glass cups defend it because of the therapeutic feature of the heat. There are also people who say that those who use glass cups use them again and again by washing them, and therefore glass cups should be defended.



Hacamat kupaları kullanıldığında vakum şiddetini kupanın en üst kısmında bulunan sibopdan azaltmak çoğaltmak mümkün olur. Vakum şiddetini ayarlamak çok kolay olur.

Hijama with automatic vacuuming machine:

Although automatic vacuuming machines provide convenience for the user, it is not a common method because it decreases the anticipated healing.

The skin structure of each patient is different. In addition, the application and vacuum intensity to be applied in each region is different.

In particular, pressure control from the main valve by a single mechanism is not useful.

Vacuuming machines are generally regulated by pressure intensity valves. For some models, it is possible to control the air hose extending to each cup, while in some models the pressure is generated from the main valve.

Like many others, I am of the opinion that hijama applied with machines will not provide much healing.



Look carefully at the picture of old-style hijama with a horn. While vacuuming with his breath, the practitioner uses his right hand to try to feel the nerve and interaction over the patient's shoulder blade. Only very advanced hijama specialists able to perform this application

Hijama with horn:

Hijama with horn is one of the best to apply hijama.

The picture above provides proof that there is another dimension that requires expertise and knowledge beyond vacuuming and incision.

Today there are no more than 3 to 5 people who apply hijama with a horn and know the secrets of this practice.

This is because the people who will apply this method must undergo special training.

In today's conditions, it will be difficult to find experts who apply hijama with horns.

In Malaysia, Afghanistan, and the Kashmir Region in Pakistan, there are those who still practice as in the picture above.

Good quality airproof hijama cups:

The benefit of hijama is further enhanced by proper pre-vacuumping. Poor quality cups continuously lose air. Irregular vacuumping reduces the usefulness of the hijama if you work with inferior quality cups that are deflating.

A good quality hijama cup should be made of light and flexible material and there should not be any decrease in the air pressure for 5 minutes after the incisions.

Hijama-Skin Relationship

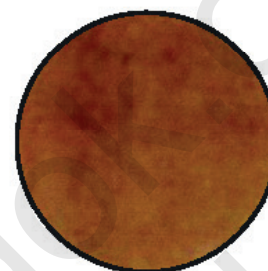
I have tried to explain hijama and its effects when applied with different materials.

A good hijama expert should know about what kind of vacuum material he uses, and how this material affects the anatomical structure of the skin and the substratum of the skin.

When pre-vacuumping begins, the subcutaneous toxic substances move through the sweat ducts, and then are removed via the incisions by the second vacuumping.

The thickness of the epidermis and dermis tissue is related to the patient's age, race, and skin color, the climate in which he/she lives, and even his/her diseases.

Skin analyze according to skin reaction after pre vacuum



Normal



Capillary occlusion



Heavy metal



Fatty skin



Colon problem
B12 problem



Anemia and
Spleen problem

The biggest mistake of those who apply hijama wrongly is that they fail to adjust the pre-vacuuming and the second vacuuming time well.

There is no standard vacuuming intensity and duration.

Vacuuming intensity and duration may vary depending on skin types and the area to be treated.

Even the color of the skin gives a lot of information about the patient's condition .

Skin analysis after pre-vacuuming of the skin:

By looking at the skin structure of the patient and by touching it, you can acquire a lot of information about the patient.

Those who have received training for disease diagnosis by traditional methods may perform this analysis more easily.

The causes of reactions forming on the skin are explained in the picture here.

If the skin begins to turn pink too quickly after the vacuuming begins:

- There are blockages at the capillary level.
- There is no cardiovascular problem; the blood pressure is high.
- The patient may have hypertension.

If the skin does not turn pink after three minutes:

- Anemia,
- Absorption problems, and

- Kidney problems are the first diagnoses that can be considered.
- * If bruising occurs very quickly after vacuuming, it is considered as a sign of spleen problems.

The epidermal layer of the skin is very thin, especially if there are capillary arteries in the neck area near C7 and T1. This is a sign of having nightmares, being unable to be sleep soundly, indecision, and psychological/spiritual problems for the patient.

The vacuuming and incision depth for this type of skin should be determined very carefully. If the skin layer does not turn pink 2-3 minutes after vacuuming, it is a sign that the lymphatic system is destroyed, there are obstructions in the capillaries, or there are signs of edema.



After the ideal volume is obtained, the skin should be pink or light-colored. Overly bruised skin is a sign of the misapplication of hijama.

For detailed information on such topics, you can join the TM Disease Diagnosis Seminars.

Important Tips for Boosting the Benefits of Hijama:

1. When intending to perform hijama, start with a prayer:

It is very important to make the patient 'intend' the treatment; in other words, prayer is very important. "Dear God, I intend to receive hijama treatment for it to cure all diseases that I know of and do not know of; bestow a remedy upon me" is the shortest essential form.

With such a prayer, new patients will be able to relax, and it helps relieve the capillaries and clean the toxins more easily. It also has placebo benefits.

2. Reciting of the Ayetel Kursi (2:255) during hijama:

During hijama, it is good for the practitioner and the patient to recite the Ayetel Kursi, the 255th verse of the second surah of the Quran.

3. Have Vudu and being ritually clean during hijama:

Ablution is not just a physical



cleaning process. Ablution is the process of neutralizing the existing static and potential electricity in the body. It is the process of the purification of negative energies.

The fact that bioactive elements are more active when hijama is practiced with ablution is accepted in modern medicine.

Of course, it is better to be ritually clean when doing any job.

4. Applying olive oil or volatile oil to areas that will be treated with hijama:

This method was developed by me and I get a lot of results.

I have had very good results, especially for hijama of the head. Many times, I got very effective results after the application of olive oil in people with migraine and similar headaches, tinnitus, and vertigo for whom I did not achieve any results in the past.



If possible, before hijama of the head, shave the whole head and then keep the head wrapped with a gauze bandage with olive oil or a volatile oil for at least 24 hours.

This lubrication process causes the softening of the pores in the skin and the softening of the excess toxin accumulated between the skull and the skin.

The reason why there is little or no blood during hijama: The upper layers of the skin and capillary tracts are clogged, so there is no blood. This problem is more common in people who are overweight or underweight.

You can use this type of lubrication not only for the head, but also the legs, feet, and back.

In this kind of preparation, it is also possible to soften the area to be treated with hijama and to increase the benefit of the hijama.

5. During the application, ney music is very useful.

It is very useful to play ney music during hijama. It is more convenient to play music in different modes for every disease. You can get help from a specialist who has been trained in which mode of music should be played for which disease and which temperament.

6. No unnecessary chatting during hijama.

TV is not watched during hijama. No talking on the phone during hijama!

It is not proper to perform hijama for multiple people in one

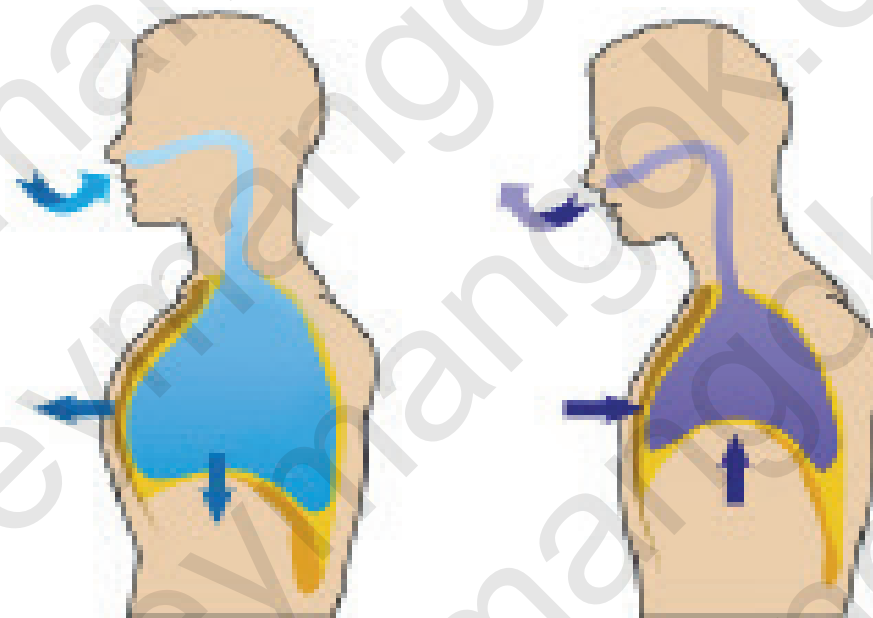
room.

You should not allow other people to watch hijama in the hijama room. If possible, there should be nobody else except the hijama practitioner (if necessary, his/her assistant) and the patient.

7. Diaphragm breathing during and after hijama:

Many causes of illness occur when you stop breathing correctly and begin to breathe improperly.

Both the practitioner who applies hijama and the patient who receives hijama treatment—and everyone else—should take diaphragm breath training.



A very talented opera singer, a breathing instructor, and also my friend told me that you would see that if people learned to breathe just the right way in schools, many of the diseases that exist today would disappear. In fact, for all diseases, the right diaphragm breathing results in incredible blood values.

Proper breathing is youthful and healthy. People who use diaphragm breathing appear smarter and younger.

Those who practice correct breathing through the diaphragm do not get ill easily.

Now let's examine the hijama-breath relationship step by step.

- a) Diaphragm breathing before hijama
- b) Diaphragm breathing during hijama
- c) Diaphragm breathing after hijama

These provide oxygenation in the respiratory organs from the diaphragm. This has an effect of oxygenation to the endpoints of capillaries. With this mechanism of action, the toxins accumulated under the skin are removed more easily.

Diaphragm breathing before hijama greatly improves the benefits. Diaphragm breathing is not recommended for patients with low blood pressure, asthma, or cardiovascular problems.

The benefits of breathing from the diaphragm during hijama are numerous.

Diaphragm breathing during hijama increases the benefits of hijama at least 5 times. With diaphragm breathing, the organs

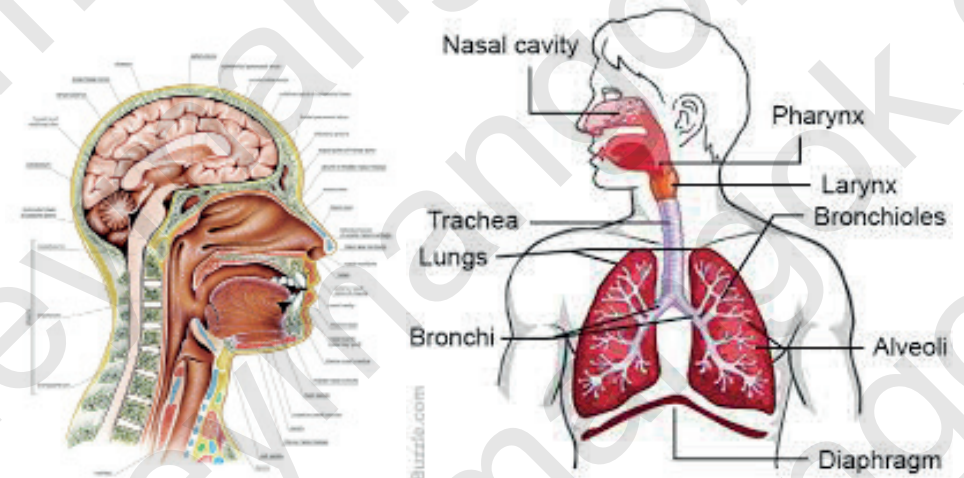
are oxygenated, and the blood begins to come out of the spots where no blood was obtained .

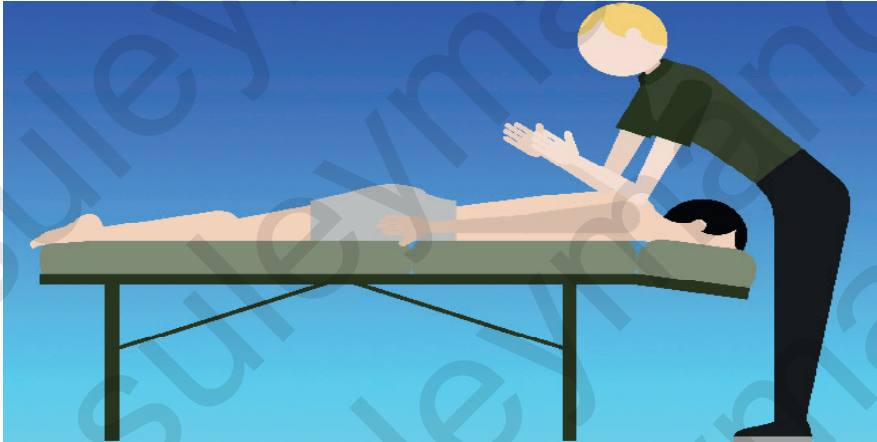
The toxins are quickly cleaned by the simultaneous vacuum effect.

Many of my clients who remarked "I've received hijama treatment in many places until now but I have seen no benefit" stated that the difference was caused by breathing and massage during hijama.

Diaphragm breathing after hijama: Optionally, at least 1 hour after the end of the treatment, you can go to a quiet place and start doing diaphragm exercises on your knees or sitting cross-legged .

Relief in the capillaries occurs with the cleansing of subcutaneous toxins after hijama. If you do a breathing exercise on top of that, it would be much more useful .





7. Hijama and Massage

- a) Pre-hijama massage
- b) Massage during hijama
- c) Massage after hijama

Massage applied in a proper way considering the necessary points, as is the case with diaphragm breathing before, during, and after hijama, is quite effective in increasing the benefits.

a) Pre-hijama massage: You can give two types of massage before hijama.

- * Manual medical massage (lymph drainage massage)
- * Cup massage

Pre-hijama cup massage certainly increases the benefit of hijama.

HIJAMA AND MASSAGE

Cup massage before hijama treatment increases the benefits of hijama by at least 2 times, and triple massage increases them by at least 3 times.



Overweight people with joint pain and poor blood circulation benefit greatly from lymphatic drainage massage prior to hijama.

There are two different views about pre-hijama massage in patients whose blood values and blood circulation are normal. The first one approves of pre-hijama massage and the second one does not.

The view that pre-hijama massage is very beneficial prevails. However, there has not been any academic research on this subject yet. Also, cup massage does not distribute toxins like lymph drainage massage. On the contrary, it collects them due to vacuuming and this may contribute to increasing the benefits of hijama.

CUP MASSAGE before hijama

will increase the benefit of hijama minimum 2 times more and it is very useful for all type of health problems.





b) Massage during hijama: Manual massage during hijama is quite difficult.

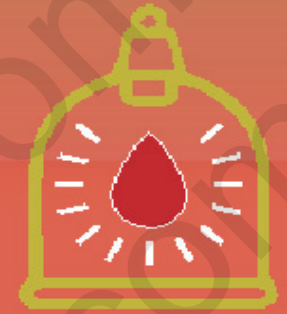
From the heel towards the heart, using electric massage tools, massaging towards the vein is very useful in increasing the benefits of hijama.

Cup massage for 2-3 minutes before hijama may be useful for anyone who is underweight or overweight. Cup massage is at least as beneficial as medical lymph drainage massage. Cup massage is already very easy to apply.

Those who want to learn how to practice cup massage can learn it by watching in my **YouTube VideoChannel** and may easily apply this massage to their family at home .

Lymphatic drainage or medical massage must be applied by a certified massage therapist.

The massage should be done by **MEDICAL MASSEURS!**



The only academic research on massage and its effects before and after hijama was conducted in London .

c) Massage after hijama

Open wounds are closed 1 week after the application of hijama. Massage after the open hijama wounds have healed is very helpful.

MASSAGE before hijama

for people who are overweight and with weak blood circulation is **very useful.**



Such an effect is different from the pre-hijama massage effect. It is intended to soften the toxins that cannot be removed from the body in the normal way, which are stuck in the connective tissue in pre-hijama massage.

The massage after hijama provides extra benefit because a cleansing occurs due to the pre-hijama massage.

All three massage has triple benefits:

Triple massage (before, after, and during hijama) is more useful. This type of application is at least two to three times more useful than normal. Overweight people are the ones who need massage the most.

8. Use of hijama and leeches together:

One of the most important issues to increase the benefit of hijama is to understand the secrets of the use of hijama and leeches together.

Hijama alone can help 40-50% in disease treatments.

Leeches alone can help 40-50% in disease treatments.

When you understand the correct use of leeches and hijama, the success rate of treatment of diseases reaches 90%.

What is hijama and how does it work in successful practice? What is leech therapy and how does it work? You need to understand this well.

Think of a dusty and dirty room. Every corner of the room is covered with spider webs, the floor is dusty, sauce from pasta that you ate ten years ago was spilled on the floor, and tea from five years ago was spilled on the floor and has dried. The question is: "How do you clean this room?"

- * Clean the dust with a vacuum cleaner first.
- * Then the dried up dirt is cleaned with chemicals.

The process of cleaning up coarse dirt with chemicals is the same as the leech therapy mechanism.

For more detailed information about the secrets of the usage of leeches and hijama together, you can read the "Miraculous Treatment Medical Leeches" book.

What is Medical Hijama and Sunnah Hijama?

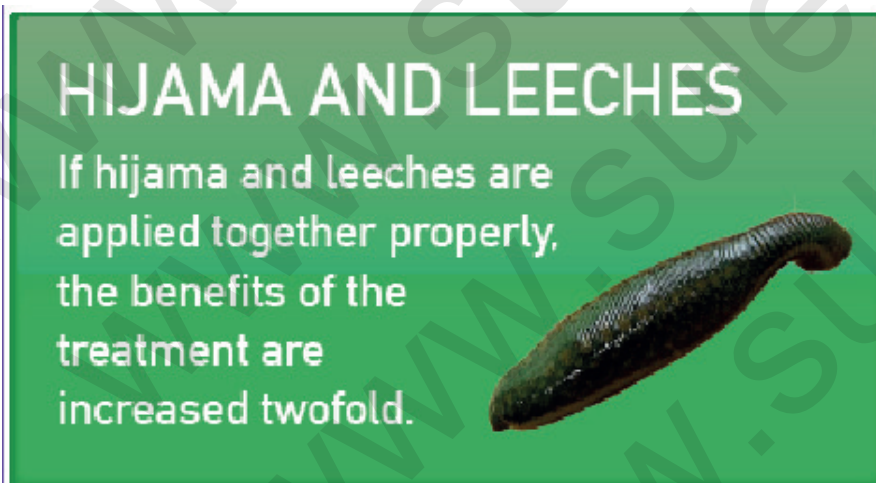
There is no concept of medical hijama, Islamic hijama, Sunnah hijama, or religious hijama.

Receiving hijama treatment is Sunnah, but there is no concept such as Sunnah hijama or hijama opposed to Sunnah.

There is also no concept of medical hijama. You can practice hijama according to the medical protocol without a doctor.

If one needs to categorize hijama applications, Hippocrates, Galen, and even the master of medicine Fuzuli or Avicenna, would categorize hijama, and they would categorize it as Sunnah hijama, medical hijama, or Islamic hijama.

Hijama has both medical and religious aspects. If the hijama practitioner has full knowledge of both aspects of hijama, of

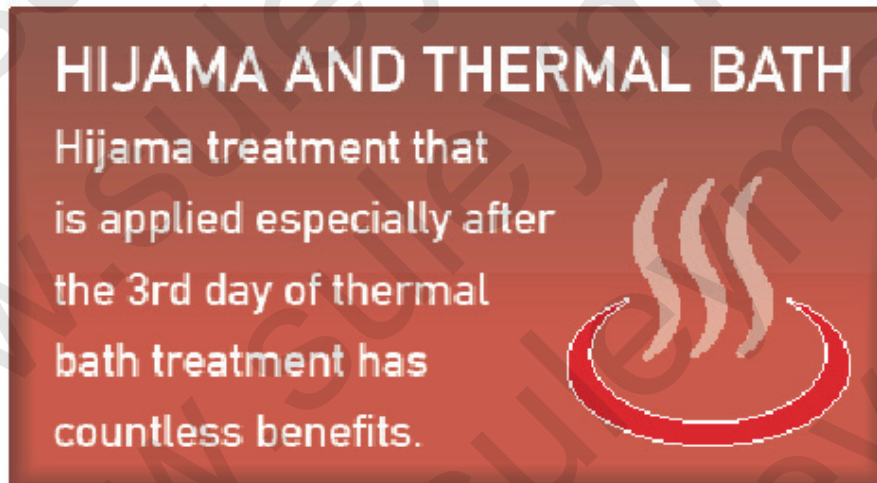


Dr./N Suleyman Gok

course the hijama will be more beneficial.

9.0 Hijama and Thermal Bath Treatments

Hijama being applied after the third day of thermal bath or spa treatments increases its benefits beyond measure.



If it is applied after ten days of treatment, it will be more useful. The average and ideal spa treatments already last ten days.

After the third day of spa treatment, the toxins accumulated in the connective tissue under the skin are softened.

During hijama to be applied after the third day of spa treatment, or even better, after the tenth day, the blood coming out is darker and dirtier.

Immediately upon contact between human skin and the hot spring water, minerals in the hot spring water act like a descaler by softening the tissues through the skin pores and softening the toxins accumulated in the tissues and under the skin .

05

Hijama and
Temprements

Hijama and temprements

- Characteristics of Blood: (Damewi)
- Characteristics of Bile: (Safravi)
- Characteristics of Black Bile: (Sawda)
- Characteristics of Phelgm:
- Different interpretations of temperaments
- Temperaments of the seasons and foods:
- Ahlat-ı Erbaa Sıhhat u Maraz (Hüsn-ü Aşk)



Earth



Fire



Water



Air

Hijama and the Temperaments

According to this understanding called temperament, Ahlat-ı Erbaa, or humoral pathology theory, life consists of the earth that forms the solid parts of a body, the water that forms the liquid parts, the air that provides the breath, and the fire that forms the soul as the essence of life.

Not everyone benefits in the same way from hijama. It depends on the patient's temperament.




Temprements, Seasons, Horoskopes and Internal Organs				
Four Temp.	Air	Fire	Soil / Earth	Water
Four Liquid	Blood	Bile	Black Bile / Sawda	Phelgm
Internal Organ	Heart - Lung	Liver	Spleen - Stomach	Brain
Seasons	Spring	Summer	Autumn	Winter
Age	Childhood	Teenage	Adult	Old
Physical	Humid - Hot	Dry - Hot	Dry - Cold	Wet - Cold
Color	Red	Yellow	Black	White
Taste	Sweet	Spicy	Sour	Salty
Time	Morning	Noon	Afternoon	Evening
Charackter	Freindly	Angry	Self conscious	Calm
Horoskopes	Gemini-Cancer-Leo	Virgo-Libra-Scorpio	Sagittarius-Capc-Aqu	Pisces-Aries-Taurus
Musiqi Type	Sehnaz Ifsehan	Rast Hicaz	Irak Buselik	Huseyni Ussak
Treatment	Dry Hot Foods	Humid Cold Foods	Humid Hot Foods	Dry Hot Foods

Not only a human being, all of the creted ones; who is a part of the universe, is made up of these four elements, and each element corresponds to a fluid in the body or it self.

Even cities, foods, states, animals everything created has temprements.

These liquids are Each of them has two properties, namely air, water, soil, or fire.

Basically, there are 4 main temperaments and 19 temperament variations of these 4 main temperaments.



Bile corresponds to dry and hot properties, meaning fire; blood corresponds to warm and wet, meaning air; phlegm corresponds to cold and wet, meaning water; and black bile corresponds to cold and dry, meaning soil. Health depends on the balance of

Soil - Earth Dry - Cold Sawda (Black Bile) Spleen - Stomach	Water Humid - Cold Phelgm Brain
Air Humid - Warm Blood Heart - Lung	Fire Dry - Cold Bile Liver

the body of the person according to the temperament of the person. Some of these fluids may turn into others under certain conditions,

and some may not. Phlegm may turn into blood; blood may turn into bile. Blood may turn into phlegm, and black bile turns into none of them.

The liquids in each organ are different but in balance within themselves. In other words, the temperature, coldness, wetness, and dryness of each organ are different.

The rates of these values change in different climates. By eating vegetables and fruits in season, in spring, the ratio of blood and its effect on the body increases; in summer the bile's effect increases, in autumn the black bile, and in winter the phlegm (4 main elements of phlegm).

These four liquids have their own places in the body. Sauda (black bile) is in the spleen. Bile is in the gall bladder. Blood is stored in

Characteristics of Blood: (Damewi)



Blood (warm/wet) is produced by foods such as meat and eggs.

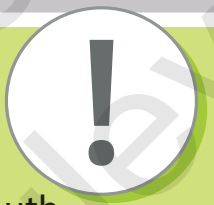
An excess of it causes bitterness in the mouth, sleepiness, stretching, yawning, itching (eczema), awkwardness, body heaviness, acne on the skin and back, nose bleeds, irritability, and skin redness.

Season: Spring (hot and damp)

Blood-forming and protein-based foods are to be avoided.

Characteristics: Warm-blooded, caring, easygoing, positive

Characteristics of Bile: (Safravi)



Bile (hot/dry) is caused by sweet food.

When it is in excess, bitterness in the mouth, thirst, facial jaundice, anemia, lack of appetite, and sleeplessness (not an inability to sleep, but rather an inability to fully benefit from sleep) occur.

Season: Summer (hot and dry)

Normal foods that are eaten in summer increase the bile.

In summer, liquid foods such as watermelon, peaches, and grapes are more healthy.

Characteristics: Angry, restless, hasty.

Characteristics of Black Bile: (Sawda)



Sawda (Black Bile) (cold/dry) is caused by dry foods such as garlic.

An excess of it causes lack of appetite, weight loss, pessimism, fear, anxiety, worry, grief, irritability, and nightmares.

Season: Autumn (dry and cold)

In autumn, foods such as molasses, honey, and walnuts are required.

Characteristics: Pessimistic

Characteristics of Phelgm:



Phlegm (cold/wet) is caused by fish, yogurt, and unripened raw fruits.

Indigestion, chronic fatigue, and sleepiness occur when there is an excess of phlegm.

Season: Winter (cold and damp)

Winter is cold and wet, increasing the phlegm. In winter, the most useful foods are rice and meat. It is necessary to increase the consumption of red meat in winter.

Characteristics: Calm, lazy

the liver and phlegm is throughout the entire body (lymph).

In the treatment of diseases, it is attempted to bring the temperament of human beings closer to the average mild level. For example, if the person's temperament is cold and dry, he is given warm and moist food and brought closer to mild and average status. The equilibrium of these four liquids according to the human body indicates healthiness and the lack thereof signifies disease

A moist temperament means high water content. A dry temperament means low water content.

The human temperament is prone to one of these four fluids. Therefore, the difference in temperament becomes clear when one of the fluids in our body increases.

With an excess of blood in the human body, individuals tend to become warm (bloody / damawi), while they are calm with an excess of phlegm (lazy / balghami), angry with an excess of bile (safrawi / overhasty), and melancholic with an excess of sauda or black bile (pessimistic / sawdawi).

The human body has the power to maintain and restore its balance. If nutrients are present in the appropriate amounts in the veins, they are converted into blood by the effect of internal temperature; if the rates are not appropriate, other fluids (bile, phlegm, sauda) are formed. The unbalanced increase of these fluids also causes diseases.

Many former medical scientists have found the place of love as the brain, and when sauda or black bile is increased, the psychology of the patient has been found to be impaired and his will weakens.

The proper and balanced incorporation of these fluids leads to health; improper association or deterioration of quality leads to disease.

Diagnosis of a disease begins by detecting which fluid in the body has increased or decreased .

Each of these four fluids is related to specific organs:

The blood-related organs are the heart and liver.

The organs related to phlegm are the lungs.

The bile-related organ is the gall bladder.

The sawda-related organ is the brain.

Phlegm may turn into blood; blood may turn into bile. Blood does not turn into phlegm and sauda does not turn into any of these.

As much as the temperaments are a part of the science of knowing human beings, treatment according to temperament is another science.

The concept of temperaments (Ahlat-ı Erbaa) extends to Hippocrates and Galen, and many Islamic scholars have written many commentaries and works on this subject.

Europe examined and blended Islamic works written before the 13th century and interpreted them according to European theology after the 18th century.

Temperaments are one of the most important subjects of Islamic medicine. In the past, Islamic scholars were able to offer four different treatments to four different people suffering from the

same disease.¹²³

⁴This was done according to the patient's temperament. Ottoman physicians also adjusted the treatment protocols according to the patient's temperament.

I added temperaments to this part of the book with the aim of briefly explaining their relationship with this method, which covers very important principles, and the awareness of this method.

The Ahlat-ı Erbaa is an extremely valuable work that describes the temperaments from another perspective. Those who want to advance in traditional medicine must read it!



Each temperament requires food that is suitable for it, and each of them spiritually requires its own unique behavior.

Anyone who wants to educate himself or herself in treatment protocols according to temperaments or diet can participate in temperament seminars and learn the diets according to temperaments.

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- 1 1 Ahmet El Merdani, *Kitab'ul Müntehab Fit Tib*
 2 2 İbn-i Sina *El Kanun fit tb*
 3 3 Robert Simmons, *Stone of the new consciousness*.
 4 4 Yu Yan Ren *Ke Medicine and Healthcare among Chinese Ethnic Minorities (Uyghurs)*

Different interpretations of temperaments⁵

According to the theory of temperaments, health and disease arise from the fact that the four fluids, blood, bile, sauda, and phlegm, are either balanced or not in the human body. In this theory, which dates back to ancient Egypt, Egyptian physicians considered the contamination of these four fluids as the cause of disease, and it is seen that they resorted to the method of draining dirty fluids in their treatments. According to Pythagoras, nature is dominated by four main directions (north, south, east, west), four elements (fire, air, water, soil), and their four physical characteristics (temperature, coldness, age, dryness).

The Sicilian Empedocles (492-432) was influenced by these views and suggested that the universe is composed of four basic elements, which contrast with each other in the forms of fire (dry-hot), air (wet-warm), water (wet-cold), and soil (dry-cold).

This theory of Empedocles was adopted by Hippocrates and applied to the human body, resulting in the theory of humoral pathology (Bayat, 2003, pp. 98-104). In this sense, the human body is a structure consisting of four elements. In the theory of humoral pathology, which was developed by the philosophers of ancient Greece and Rome and adopted by European doctors until the beginning of the 20th century, the disease occurs in the body as a result of the increase or decrease of one of the four liquid compounds in the body. Diseases in the human body are caused according to these four fluids.

Sauda or black bile leads to mental and psychological disturbances, blood diseases arise from decreases and increases in blood level, liver and kidney diseases arise from the abundance of bile in

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- 5 Assoc. Prof. Dr. Muhittin ELİAÇIK, TURKEY Kırıkkale University Faculty of Arts and Sciences

the liver, and imbalance of phlegm causes diseases such as edema.

In spring the blood, in summer bile, in autumn sauda, and in winter phlegm is active. The thought that these fluids also affect the characters of people has led to the characterization of personalities based on four psychological humors, choleric (safrawi), melancholic (sawdawi), sanguine (damawi), and phlegmatic (balgami), and also to categorization based on four characteristics as feverish (warm-blooded), phlegmatic (cold-natured), gaunt (sauda, dry-natured), and damp (phlegm, damp-natured).

This theory, which continued its influence with Galen and then spread in the Islamic world, showed its effect again with the development of sciences such as physiology and biochemistry in the 16th century. It became even more important in the early 20th century with the discovery of hormones and the development of the idea of immunity. Today, in modern medicine, blood and bile contamination is known to cause some diseases, and methods such as transfusions, laxatives, or cleansing of the gallbladder are applied (Demirhan, 1989, p. 24).

This theory, which has remained in force for 2500 years in Eastern and Western medicine, still exists in folk medicine today. This theory, called humoral pathology in ancient Greek medicine and Ahlat-ı Erbaa in Islamic medicine, was extended by adding attitudes and dreams in emotional and mental situations in a work by Avicenna (980-1037) named El-Kânûn Fi't-Tıbb.

Even if you do not know the temperament of your patients, without entering into much detail here, it is enough for them to pay attention to their seasonal diets.

Temperaments of the seasons and foods:

Products that you may consume in the spring:

White cucumber and cucumber

Fruits: green almond, green plum, strawberry, tangerine, apple

All kinds of radishes, carrots, potatoes, turnips

Varieties of wheat and beans as cereals

Meat products should be reduced in the spring

Foods that need to be consumed in the summer (hot and dry, safrawi):

Dairy products: Fresh cheese

Eggplant and green pepper

Plenty of melon and watermelon

Purslane, vine leaves, knotweed, tomato, hibiscus, shallot, lettuce, arugula, spring onion, garlic, fresh rosemary, sea bean, fresh mint, stinging nettle, fennel, chicory, Asphodelus

As cereals: rye, chickpeas, and rice

A minimum of meat and meat products should be consumed in summer

Foods you can consume in the fall:

Autumn is dry and cold; it is more useful to consume dry and cold nutrients in the autumn

Pomegranate, sour apple, lemon, grapefruit, citron, oleaster, raspberry, barberry, hawthorn

As types of cereals: millet, dried beans, rice, barley, corn, lentils

Meat type: liver or similar offal

Sumac, starch, and coffee

Vinegar, canola, corn, and vegetable oils

It is more beneficial to consume any kind of dried nuts and fruits, walnuts, almonds, and hazelnuts in this season

Products recommended to be consumed in winter:

Winter is cold and humid; the temperament is a phlegmatic temperament

Some of the most useful foods in winter are boiled boned meat or white bean stew with meat and chickpeas with meat

Dairy products: fresh cheese, cream, buttermilk, yogurt

Cucumber, pumpkin types, tomato, watermelon, and pumpkin

Now, let's have look at of the Ahlat-ı Erbaa, which was written by Fuzuli, who is as valuable as Avicenna in the field of traditional medicine.

Ahlat means liquid and Erbaa means four. In other words, let us read from the narrative of Fuzuli about the relation among soil, water, air, and fire that Avicenna tried to describe as the temperaments.

Ahlat-ı Erbaa Sihhat u Maraz (Hüsn-ü Aşk)

(Best of the best that describes Temprements)

The Sihhat-u Maraz was written by Fuzûli in Persian, but it was read, translated, and copied widely and it was translated into Ottoman Turkish in 1857 by Lebib Efendi, a member of the Ottoman court (Meclis-i Vâlâ).

A short summarized translation of the prose of the Ahlat-ı Erbaa, where valuable medical information is presented together with the causes of illness and treatment procedures, is as follows.

According to Fuzuli's Sihhat u Maraz: "A pure individual, called **Soul**, saw a land named **Body** when he walked upon the human land of the sultanate that was given to four brothers called **Blood, Bile, Black bile, and Phlegm (also called ahlat al-arbaa because they mingled and created the body)**. He fell in love with **Body** and they married, and then they had a child named **Health**.

When Soul took Body and Health along with him for an inspection of the land, he arrived at the City of Heart, where operations were carried out by **six officers called Hope, Fear, Love, Enmity, Happiness, and Sadness**. He took **Hope, Happiness, and Love**, whom he liked very much, along with him, and he dismissed **Enmity, Fear, and Sadness**, and they went away with a grudge.

Soul called Blood, Black bile, Bile, and Phlegm to his council and placed Black bile in the head, Bile in the gall bladder, Blood in the liver, and Phlegm in the lungs; however, as these fluids always drank wine and went around bragging, Soul was disappointed and he chastised them.

Enmity, Fear, and Sadness, who were expelled from the City of Heart, vowed to take this opportunity and destroy the reign of Health".

The first part of the Sihhat u Maraz by Fuzuli, which treats medicine in three parts, called health, illness, and treatment, describes health (Husn) in the first part, maraz (illness) in the second, and treatment in the third. The summary of the work continues as follows:

"The pure person called Soul, who was born in the Ceberut realm (World of Divine Compulsion) and resided in the Lahut realm (World of Divine Nature), set foot in the Nasut realm (Human Nature) and saw a land called Body, consisting of seven climates

of seven figures.

The sultanate of this Nasut realm was granted to four brothers called Blood, Bile, Phlegm, and Black bile, who didn't look like each other but who were harmonious. Their name when they loved each other was Arkân, and when they didn't it was Azdâd. As they constituted the body by mingling with each other, they formed the Ahlat al-Arbaa.

The Body prospered due to the four rivers streaming with bitter, sweet, sour, and salty waters with the work of these four practical brothers. The natures of these four rivers, dryness, wetness, hotness, and coldness, were put under the control of a girl named Mizac (humor).

When Soul sees the land of Body, he likes it so much that he loses his heart to Mizac. From the marriage of the Soul and the Body, a child named Sihhat (Health) is born. The Soul takes his wife **Mizac and son Sihhat along for an inspection of the land. His first stop is the Castle of the Mind**, which has ten districts administered by ten officers: Ear, Eye, Nose, Palate, Touch, Environmental sense, Imagination, Usage, Fantasy, and Memory. He sees that everything is fine, congratulates them, and moves on to the City of the Lungs.

Following the inspection of the City of the Lungs, administered by eight officers called Gadiyah, Namiyah, Muvallidah, Musawwurah, Jazibah, Masikah, Hazimah, and Dafiah, he moves on to the City of Heart.

He really likes the City of Heart, which is administered by six officers called Hope, Fear, Love, Enmity, Happiness, and Sadness. He calls Hope, Happiness, and Love near him while he dismisses Enmity, Fear, and Sadness, whom he doesn't like.

These three troublemakers leave Soul and his family with a grudge. Soul eats, drinks, sings, and makes merry in the land of Body and assigns places for the land's artisans: Black bile in the spleen, Blood in the liver, Phlegm in the lungs, and Bile in the gall bladder.

As the fluids become arrogant and start bragging after drinking too much wine, the Soul grows disappointed and chastises them.

Enmity, Fear, and Sadness, who were expelled from the City of Heart, vow to end the reign of Sihhat, whom they consider the reason for their dismissal.

Enmity calls upon his supporters, Lies, Hatred, and Envy; Fear calls upon Astonishment, Terror, and Anxiety; and Sadness calls upon Worry, Deprivation, and Longing, asking for their help.

These three troublemakers knock on the door of the City of Heart and set the city into an uproar.

When Sadness lays siege, Soul closes the gates to the city and tries to seek protection by resigning himself to Allah. The friends of Soul gather and try to find a solution. Happiness says that he has a friend called Beauty and offers to call upon her. Love offers to call upon Romance and Hope offers to call upon Reason.

Soul stays with Health, secretly opens the gates of the City of Heart, gives special letters to Happiness, Love, and Hope, and sends them on their way.

Happiness goes to Beauty, Love goes to Romance, and Hope goes to Reason to ask for help. Although two of them don't come, Reason comes along and takes Moral on his way to defeat the soldiers of Sadness that laid siege around the City of Heart and saves the City of Body.

Although Fear and Sadness are caught, Enmity runs and hides,

deciding to make trouble. He finds a way to meet with Disease, an enemy of Soul and Health.

Disease consoles Enmity and says, "Leave this to me; give me the name of the most enthusiastic of those who retired to the land of flesh", and starts working his mischief after learning the name of Food.

He asks Food to smuggle him into the land of Body without letting the officers of Soul notice. He finds a way and enters the land of Body through Food, and reaches the residence of Black bile.

As Black bile surpasses other fluids with Disease, Health learns that Disease is shaking the land of Body with a headache, and reports Black bile's wildness to Soul, who reports it to Reason. Reason prepares Diet and puts him at the gates of the Five Senses, and orders him to protect Taste from olives and such, Ears from the sound of the qanun instrument, Eyes from amber, and Smell from camphor.

Reason overcomes Black bile with this precaution and tries to subdue Blood.

As Disease sees that Black bile is weakened and that Blood is boiling, he runs to him and tries to defeat him. Health recognizes that damage has occurred, led by malaria, and ensures that Diet protects Taste from drink, Eyes from intense roses, Smell from fresh vegetables, and Ears from the sound of the lute with the help of Reason. Thus, as Blood becomes weak, Disease puts Phlegm into his service and Phlegm attempts to run wild through dropsy.

Health consults Reason and uses his help to ensure that Diet protects Taste from wine and such, Ears from the three-stringed tambour, Eyes from pearls, and Smell from the scent of water lilies. When Phlegm is defeated, Disease puts Bile into his service and asks for his help for these misdeeds.

Bile promises and starts working. He makes Jaundice the general of Disease's soldiers. Health asks for Reason's help again, and with his help, ensures that Diet protects Taste from sweets, Ears from the kemancha, Eyes from pure gold, and Smell from fresh roses to defeat Phlegm. Disease first runs away from the land of Body, but he changes his mind with the help and encouragement of Frailty.

The fluids that were hurt by Soul join the forces of Disease and prepare to attack Health together. Reason thus protects Fear and Sadness and retires. The desperate Health stands up to Disease on his own. As Health's mother, Mizac was a friend of the fluids in the past; she tells them not to be disloyal and they feel ashamed and join the forces of Health and expel Disease. But Disease's son, Frailty, stays in the body.

Soul praises and calls Reason, making up with him, and asks him to finish these precautions. Reason tells Diet to protect the Body at the gates of the Senses with the help of Food to prevent Frailty from getting stronger.

Soul reaches supreme levels, and since his old friends cannot reach him, he spends time alone. Happiness, who was previously sent to Beauty and couldn't come back because of his shame, comes to the land of Body with Beauty.

Beauty likes the land of Body and infiltrates Soul in a short time, and Soul becomes more beautiful. Meanwhile, Romance, who leaves Love and comes to Soul, sees Soul in this beautiful form and goes back to Love and tells about it.

As Love reaches the land of Body and submits to Soul, due to Beauty's attractiveness, he sees that Beauty has pervaded Soul, and he praises Soul and penetrates it, too.

When Soul asks Love to talk about Beauty, Love understands that

he is still ignorant and could not reach the Sea of knowing Beauty. He tells Soul that the position of Beauty is one of misfortune and that, to meet him, one must leave oneself. Soul says that this is completely a lie, and Love says that he can bring Beauty before him. When Soul hears that, he excitedly approves.

Love gives the true Pure Mirror to Soul and asks him to observe.

Soul, who has lost himself, thinks that his reflection in the mirror is something else that cannot leave the mirror.

Love asks him to give it to the treasurer of Understanding to prevent it from falling into the hands of the enemy. Although Soul doesn't want this, since he wants to look at the mirror all the time, he seals up the mirror and gives it to the treasurer after asking Imagination to paint a picture of Beauty.

Though Soul continues to look at the picture of Imagination for a while, he asks Love to take him to Beauty since he can't find peace.

They set off together and walk through the Desert of the Beloved, in their journey witnessing Delicate Foot Arch, Shin that Rests the Heart, Waist Thinner Than Hair, River of the Waistline and the Navel in the Middle, the Sahara of the Chest, two prestigious cities called Wrist, the Mansion of Gills, a bottomless well named Dimple, Vitalizing Lips, Teeth, the Garden of the Cheek, Dust of the Ear, Enchanting Eyes, Arch of the Brows, the Sahara of the Forehead, the Dark Land of Lovelocks, and the Candle of Height.

As Soul is touched, he chastises Love and tells him that he kept him wandering around and still didn't show him where Beauty is. Love says, "Oh, you unfortunate person, ignorant of what is happening, all these places were the resting places of Beauty.

You couldn't understand Beauty because you didn't have the ability to see. If you really want to find Beauty, you should put the Kohl of Recognition on your eyes.

But its ore is only found in the land of Lover, so you should walk

around that territory". Thus, they move on from the land of the Beloved to the land of the Lover and see the Garden of Malice, the City of Passion, the Desert of Inability, Astonishment, Deprivation, and Hopelessness, and they come back to the land of Body.

Soul sees that the City of Heart is in ruins and the soldiers of the Senses have been destroyed; Black bile is on fire and the mind of Lungs has burnt out; Blood is mixed with tears, Bile is yellow, Phlegm has hardened and grown cold, and the pillars of Body are demolished and their nature is destroyed. Frailty has grown strong and Health has faltered.

Soul reproaches Love when he sees this, saying "I was a happy ruler in my land, but you tricked me into roaming the lands of the Beloved and the Lover, and you ruined my land". Love says to Soul, "this is because of your inaptitude; look at the mirror of Pleasure that you gave to the treasurer of Understanding". Soul looks at the mirror and sees that he is very weak and thin, and asks Love the reason. He says: "Oh, Soul! In the face of this mirror of Pleasure, the images are nothing but a mere reflection.

The face you saw before and the one you see now has always been You. In the first one, you roamed the valleys of the Beloved and the Lover to find yourself because you were aware of yourself.

The place where the Lover was seen and the one who ornamented the Beloved was no one else but you. However, this understanding depends on the Kohl of Recognition. The Kohl opened the eyes of Soul, and henceforth he didn't need the mediation of the mirror, so Soul retreated to privacy with Gabriel without any need for form or meaning. Free of asking for Reason's help, disengaged from the Senses and Nature, he neither suffered the whims of Beauty nor heard the begging of Love. Soul reached his real destination and acknowledged himself. The Lover and the Beloved were excluded from this seclusion".

"Hijama is the best of your remedies"

Hadith-i Sherif



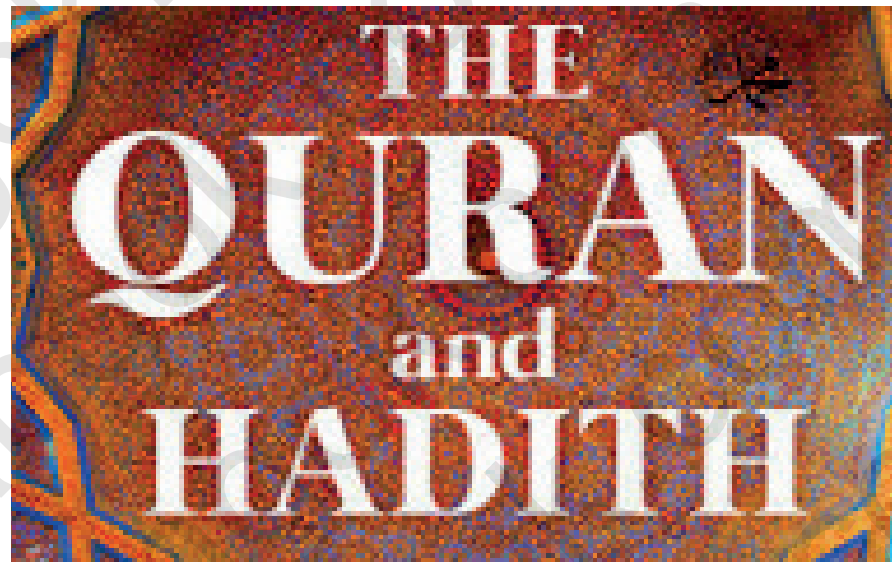
06

Hadith Sharif
about Receiving
Hijama
Treatment



Hadith-i Sherif's about receiving hijama treatment

- Hadith-i Sherif's about receiving hijama treatment



Hadith-i Sherif's about receiving hijama treatment

What is Hadith-i Sherif:

A collection of traditions containing sayings of the prophet Muhammad (SAW) (pbuh) which, with accounts of his daily practice (the Sunna), constitute the major source of guidance for Muslims apart from the Koran.

There are more than thirty Hadith-i Sherif about the importance and benefits of getting hijama treatment hijama.

Now we will briefly convey some Hadith-i Sherif about hijama from the Kütüb-i Sitte collection.

Hadith-i Sherif No: 1204 - Hazreti Enes (may Allah be pleased with him (r.a.)) recounts: "When the Prophet (SAW) of Allah (pbuh) was wearing ihram, he suffered a pain in his foot and he received hijama treatment".

Abu Dawud, Menasik 36, (1837); Nesâî, Hacc 94, (5, 194).

In Nesâî's account: "...It was said that he had suffered an injury (he received hijama at the back of his foot)".

Hadith-i Sherif No: 1205 - Nafi explains: "Ibnu Umar (r.a.) said: "Anyone with ihram cannot receive hijama treatment unless it is obligatory".

Hadith-i Sherif No: 1217 - The Messenger of Allah (SAW) (pbuh) received hijama treatment (had his blood taken) with his ihram. In another narrative of the late Bukhari: "The Messenger of Allah (SAW) (pbuh) received hijama treatment while he was fasting". In another narration of Bukhari: "While the Messenger of Allah (SAW) (pbuh) was wearing ihram, because he suffered an ache in his head, he received hijama treatment". In another account, the Messenger of Allah (pbuh) received hijama at the middle of his head (in the front of his head) because of a pain in his head called hemicrania by the waters called Lahyu Cemel on the road to Mecca".

Hadith-i Sherif No: 1218 - When the Messenger of Allah (SAW) (pbuh) was in ihram, he received hijama for the pain at the back of his foot.

(In the account of Nesâî: "...It was said that because he had suffered an injury (he received hijama from the back of his foot)").

Hadith-i Sherif No: 1264 - "Mother Umm Salma asked permission from the Messenger of Allah (SAW) (pbuh) to receive hijama treatment. The Messenger of Allah (SAW) (pbuh) ordered Abu Taybe to perform hijama on Umm Salma. (Ravi) said: Abu Taybe is probably a milk sibling of Umm Salma, or Abu Taybe was not yet an adolescent".

Hadith-i Sherif No: 2028 - It was narrated from Câbir (r.a.): "Umm Salma (one of the spouses of our Prophet Muhammed (SAW) (pbuh)) requested permission from the Messenger of Allah (SAW) (pbuh) to receive hijama treatment. Thereupon, the Prophet (SAW) (pbuh) ordered Abu Taybe to take blood from Umm Salma".

Hadith-i Sherif No: 2030 - Abdullah Ibn Abbas (r.a.) narrated: "The Messenger of Allah (SAW) (pbuh) had his blood taken. He paid the price to the person who took the blood and he dripped the medicine into his nose".

Hadith-i Sherif No: 2054 - Ibnu Abbas says: The Messenger of Allah (SAW) (pbuh) said on the night of the Miraj, every time he stopped by the community composed of angels: "Continue to receive hijama treatment! Order your Ummah to receive hijama!" (Tirmizi, Tibb 12, 2054).

Hadith-i Sherif No: 3108 - Abu Sa'id (r.a.) explains: The Messenger of Allah (SAW) (pbuh) ordered that: "There are three things that do not break the fast: receiving hijama (having blood taken), vomiting, and having a wet dream".

Hadith-i Sherif No: 3110 - Ibnu Abbas (r.a.) explains: "The Messenger of Allah (SAW) (pbuh) received hijama though he was in the state of ihram. Likewise, he received hijama treatment while fasting". Bukhari, Savm 32, Tibb 11; Muslim, Hajj 87, (1202); Abu Dawud, Savm 29, (2372, 2373); Tirmidhi, Savm 61, (775, 776, 777).

Hadith-i Sherif No: 3123 - The Messenger of Allah (SAW) (pbuh), even though he was in ihram, received hijama treatment. Likewise, he received hijama treatment while fasting".

Hadith-i Sherif No: 3124 - We ended the hijama of the fasting one because we feared that they might grow exhausted.

Hadith-i Sherif No: 3801 - The Messenger of Allah (SAW) (pbuh) used to perform a full ablution of the body due to four things: "Impurity, Friday, hijama, and washing the dead".

Hadith-i Sherif No: 3973 - Ibnu Abbas (r.a.) narrates: The Messenger of Allah (SAW) (pbuh) said: "Remedy can be found in three things:

Honey sherbet, getting one's blood drawn, and cauterizing with fire.

However, I prohibit my people from cauterizing".

In one narration, it is said: "The cure is in honey and hijama". Bukhari, Tibb 3.

Hadith-i Sherif No: 3974 - Ibnu Abbas (r.a.) narrates: The Messenger of Allah (SAW) (pbuh) ordered that: "The most auspicious things that you have been treated with are sa'ut (nasal drops), hijama (getting your blood drawn), ledûd (oral drops), and

meshiyy (laxatives)". Tirmizi, Tibb 9, (2048, 2049).

Hadith-i Sherif No: 3977 - Ibnu Abbas (r.a.) narrates: The Messenger of Allah (SAW) (pbuh) received hijama treatment and paid his fee to the hijama practitioner, and also he used nasal drops.

Hadith-i Sherif No: 3983 - Abu Qabbe al-An-Anmari (r.a.) says: The Messenger of Allah (SAW) (pbuh) received hijama treatment from his head and between his shoulders, and he said, "Whoever draws this blood will not be harmed by any disease, even if there is no other medication!" Abu Dawood, Tibb 4, (3859); Ibnu Mace, Tibb 21, (3484).

Hadith-i Sherif No: 3985 - Tirmizi said: "The Messenger of Allah (SAW) (pbuh) used to receive hijama treatment on the seventeenth, nineteenth, and twenty-first days of the month". Tirmizi, Tibb 12, (2052). Abu Dawood, Tibb 11, (3871); Nesai, Sayd 36, (7, 210).

Hadith-i Sherif No: 3984 - Enes (r.a.) says: "The Messenger of Allah (SAW) (pbuh) received hijama from the veins on both sides of his neck and veins between the shoulders". Abu Dawood, Medicine 4, (3860); Tirmidhi, Tibb 12, (2052); Ibnu Mace, Tibb 21, (3483).

Hadith-i Sherif No: 3986 - Rumor has it that, from Sahiheynt, it was said: "The Messenger of Allah (SAW) (pbuh) received hijama treatment, and he would not wrong anyone for its price". Bukhari, Icare 18; Muslim, Hi 77, (1577).

Hadith-i Sherif No: 3987 - Ibnu Abbas (r.a.) narrates: The Messenger of Allah (pbuh) spoke: "Haccam is such a good servant;

he removes (excess of the) blood, relieves the waist, and brightens the eye”.

Hadith-i Sherif No: 3990 - The Messenger of Allah (SAW) (pbuh) said: “Cure can be found in three things: honey sherbet, getting blood drawn, and cauterization with fire. However, I forbid my ummah from cauterization”. In one narration, he said: “The cure is in honey and hijama”.

Hadith-i Sherif No: 3991 - The Messenger of Allah (SAW) (pbuh) said: “The best of the things you are being treated with are sa’ut (nose drops), hijama (getting blood drawn), ledûd (oral drops), and meshiy (laxatives)”.

Hadith-i Sherif No: 3994 - The Messenger of Allah (SAW) (pbuh) paid his wage to the doctor who practiced hijama and also used nose drops.

Hadith-i Sherif No: 4000 - The Messenger of Allah (SAW) (pbuh) received hijama treatment for his head and between his shoulders and he said: “Whoever draws this blood will not be harmed by any disease, even if he is not treated with another medication!”

Hadith-i Sherif No: 4001 - The Messenger of Allah (SAW) (pbuh) received hijama treatment from the veins on both sides of his neck and veins in the middle of his shoulders.

Hadith-i Sherif No: 4003 - The Messenger of Allah (SAW) (pbuh) received hijama treatment and wronged no one for the price.

Hadith-i Sherif No: 4004 - The Messenger of Allah (SAW) (pbuh) said: “Haccam is such a good servant; he removes the (excess

of) blood, relieves the waist, and brightens the eye”. Ibnu Abbas says: “The Messenger of Allah (SAW) (pbuh), on the night of Miraj, every time he stopped by the community congregated of angels, ordered: “Keep on receiving hijama! Order your Ummah to receive hijama, too!”

Hadith-i Sherif No: 5144 - Ibnu Abbas (r.a.) narrates that: The Messenger of Allah (SAW) (pbuh) received hijama treatment and paid the practitioner his wage. If it had been forbidden (the hijama fee), he would not pay for it. He also spoke to the master, and he relieved his tax.

Hadith-i Sherif No: 5626 - Abu Hurayra (r.a.) explains: Abu Hind had practiced hijama on the fonticulus of the Messenger of Allah (SAW) (pbuh). Our Prophet Muhammed (SAW) (pbuh) said: “Oh, Beni Beyâza, marry Abu Hind, marry him!” and added: “If there is prosperity in one of the things that you are applying for treatment, it is hijama”.

Hadith-i Sherif No: 6630 - Imam Ali (r.a.) recounts: “The Messenger of Allah (SAW) (pbuh) has received hijama and has ordered me, and I have paid the wage of the practitioner”.

Hadith-i Sherif No: 6996 - Prophet Enes (r.a.) explains: The Messenger of Allah (SAW) (pbuh) stated: “Every congregation that I have passed by said ‘Oh, Muhammed! ((SAW)) (pbuh) Order your ummah to receive hijama treatment!’”.

Hadith-i Sherif No: 6997 - Imam Ali (r.a.) explains: “(One day) Gabriel gave the order to the Messenger of Allah (SAW) (pbuh) to receive hijama treatment from ahdaayn (the vein on both sides of

Dr./N Suleyman Gok

the neck) and kâhil (between the shoulders)”.

Hadith-i Sherif No: 6998 - Prophet Câbir (r.a.) explains: “Once the Messenger of Allah (SAW) (pbuh) fell off his horse onto a date log and he injured his foot”. Râvi Vekî says: “So the Messenger of God (pbuh) received hijama treatment to his foot due to an injury”.

Hadith-i Sherif No: 6999 - Prophet Enes (r.a.) explains: The Messenger of Allah (SAW) (pbuh) ordered: “Anyone who wants to receive hijama treatment can receive it on the 17th, 19th, or 21st of the month. Don’t let the blood overwhelm and kill one of you”.

Hadith-i Sherif No: 7000 - İbnu Omar (r.a.) said (to his emancipated servant): “O Nâfi, the blood overcame me, bring a hajjam for me, bring a young one, not old or a child”. Ibn Omar continues: As the Prophet Muhammed (SAW) (pbuh) said: “Receiving hijama treatment on an empty stomach is ideal (it provides cure and healing), it increases the intelligence. It strengthens memory. It increases the ability of memorizing for those who are hafiz”.



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Author S. Gok was giving lecture in 2012 Dortmund Germany at the time no one didnt know or heard about hijama

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07

When is Hijama Applied?



When is hijama applied

- Hijama by the season
- Hijama according to the months of the
- Hijri Calander (Islamic or Lunar calendar
- Hijama in terms of days of the week.



Hicri 17, 19 ve 21'günleri hacamatın en faydalı olduğu günlerdir.

When is Hijama Applied?

Best time to get hijama when person is healthy!

The most suitable time for applying hijama is one of the most discussed subjects of hijama.

The time to perform hijama must be considered according to three different time factors.

***Hijama time by the seasons,**

***Hijama time in terms of the days of the Hijri month (the Lunar calendar)**

***Time for hijama in terms of days of the week.**

The first point is very clear, with no confusion. However, the second and third categories cause confusion for many people.

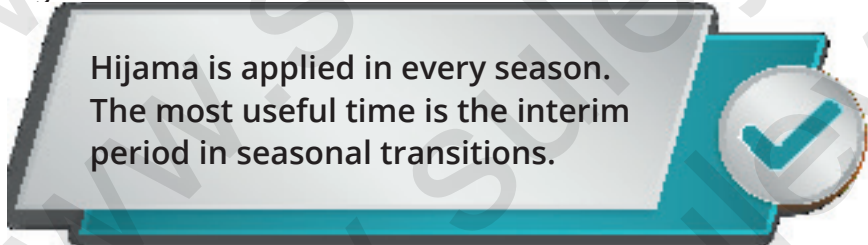
The reason for this confusion and different interpretations is due to the fact that there are hadith on the issue of when hijama must be applied, and these hadith do not provide a clear statement for us to say which is true and which is not.

Below, we try to address these issues and all the conceivable details about the timing of the practice of hijama in both medical and religious terms.

If we are missing anything or we have made any mistakes, please forgive us.

Hijama by the season

If hijama is required, it may be done in any of the 12 months regardless of season.



Hijama is applied in every season.
The most useful time is the interim period in seasonal transitions.

For those with no health problems (it is almost impossible to find someone who has no health problems under current conditions), who would receive hijama treatment to strengthen their immune systems, it would be much more beneficial for them to receive the hijama treatment at the beginning of each season every year.

Among the hijama sessions to be applied in each season, the ones to be applied in spring and autumn are a bit more beneficial compared to the ones to be applied in winter and summer.

This doesn't mean that hijama cannot be applied or will not be beneficial in summer or winter. It only means that, in spring and autumn, hijama is more useful.

It is useful for everyone to receive hijama treatment or hirudotherapy in spring and autumn.

Hijama according to the months of the Hijri Calander (Islamic or Lunar calendar)

The Messenger of Allah Muhammed SAV (pbuh) chose the 17th, 19th, and 21st Hijri days to receive hijama.

If possible, the application of hijama should be done on the 17th, 19th, or 21st Hijri days, and if that is not possible, it would be more useful to schedule the hijama days between the 13th and 25th Hijri days.

If necessary, the timing of the Hijri calendar can be overlooked when scheduling hijama. It would be more useful to apply hijama for the patient on the same day that he/she has migraine, headache, low back pain, pain in the knee, or other types of pain.

This reason for the advised Hijri days for hijama practice is the fullness of the moon at the 17th, 19th, or 21st Hijri days. The brain grows almost 3 mm in diameter during the full moon period. This is 1 cm for the diametrical account ($0.3 \text{ mm} \times 3.14$). Although the brain is widened in diameter, the skull bone size does not change and so there is pressure on the brain.

Fighting, noise, irritability, traffic accidents, and crime cases mostly occur in this period.

Abu Huraira (r.a.) said:
According to our Prophet (pbuh):

"Whoever receives hijama treatment on the 17th, 19th, or 21st day of the month shall recover from all diseases".
Abu Dawud 3861



The reason for this is the moon's irresistible tide, i.e. gravity and driving force. During this period the brain expands, and movements occur in the brain, with blood vessels and toxins. Hijama applied during this period gives more beneficial results.

The Messenger of Allah Muhammed (SAW) (pbuh) also received hijama treatment outside of this period in the case of necessity.

It is known that in emergency cases, he received hijama treatment immediately.

Make sure you receive hijama treatment for general health protection purposes on the days in accordance with sunnah!



The first of these was when a companion of the Prophet Muhammad (SAW) (pbuh) organized a picnic dinner as a celebration after the Khaybar Conquest.



The daughter of the Jewish commander of the Khaybar castle made a plan to poison the Prophet Muhammad (pbuh).

She put poison strong enough to kill ten camels into the feast dinner of the Prophet Muhammad's companion. Unfortunately, our Prophet Muhammed (SAW) (pbuh) chewed a small poisonous bite of it. Immediately afterwards, the Angel Gabriel appeared and told the Prophet Muhammad (SAW) (pbuh) to receive hijama treatment immediately.

In this way, in the written works of Islam, it is shown that our Prophet (SAW) (pbuh) survived through the help of Allah and the treatment of hijama.

Secondly, it is rumored that while the

The healing of the poison is HIJAMA

then honey and vinegar.
then ginger.
and then milk and figs.



was picking fresh dates from a date palm for one of his wives (our mothers), he injured his ankle and received hijama treatment to prevent hematoma formation in his blessed ankle.

Our Prophet (pbuh) did not seek to determine which Hijri day was appropriate for the application of this hijama treatment; he received the hijama treatment immediately as a precaution against coagulation.

The last example that I can give is rumored to have occurred at a water head/spring head called Lahyu Cebel between Medina and

HIJAMA BEFORE UMRAH IS MORE BENEFICIAL

It is more beneficial for the health, to receive hijama treatment 1 or 2 days before the umrah, rather than during umrah.



When is Hijama Applied?

In today's conditions, the travel time between Medina and Mecca by private vehicle is about 2-3 hours. It may have taken 1 week by camel.

Our Prophet (pbuh) could have received hijama treatment before he arrived in Mecca or while he was in Medina. However, he received hijama treatment 2 to 3 days before entering the boundaries of Mecca, maybe only because he had a headache at the moment, or maybe the hijama vitalized him before entering Mecca, or there could be another reason.

I am of the opinion that if brothers who will visit Mecca have hijama treatment before their pilgrimage (umrah), they will have a more comfortable umrah visit.

For hijama dates, Ebul Kasim al-Zahravi recommended the following:

- In cases of need and disease treatment or emergencies, it is always applied;
- If there is no emergency, it is better to apply hijama between the 10th and 25th days, when it would be more useful.
- Time for hijama in terms of days of the week

The debates about which days of the week hijama should

I'm sure that those who receive hijama treatment 2-3 days before umrah or hajj will benefit greatly, both physically and spiritually, while visiting those sacred places.



and should not be applied are unfortunately one of the most discussed and least understood topics.

I gave hijama and hirudotherapy seminars in seventeen countries and more than forty cities. I've seen different techniques and applications in almost every city. I took note of all of these techniques and I can comment on all of them, but it is not for us to comment on the days of the week, especially not those who say that they are acting according to the Hadith.

Similarly, it is not our responsibility to give an opinion about the Hadith. I have my own global (international) theoretical and practical experience and knowledge about hijama treatment. Referring to this, I can only provide the general views of Islamic scholars on these issues in the past.

Hijama discussions in terms of the days of the week:

1. Is hijama applied on Wednesday or Friday?

Receive hijama treatment on Monday and Tuesday! This is because Allah (SWT) saved Eyyub (pbuh) from trouble that day. Avoid receiving hijama treatment on Wednesday. This is because Allah (SWT) condemned Eyyub (pbuh) on Wednesday. "Certainly, leprosy and vitiligo disease does not occur any time except Wednesday or Wednesday night", he said.

Hadith-i Sharif Ibni Mace 3487, 3488.

Now, it is not for us to say whether the Hadith is correct or not.

What I want to present is the following:

Nobody has any objection to the fact that our Prophet (pbuh) preferred to receive hijama treatment as much as possible on the 17th, 19th, and 21st days of the Islamic months. Almost everyone agrees that this hadith is authentic.

When hijama calendars are examined, the 17th, 19th, and 21st days that our Prophet (pbuh) recommended or preferred coincide many times with Wednesdays or Fridays.

Here's the question. If the 17th Hijri day coincides with Wednesday, should we apply hijama, or should we apply it the next day, whether Thursday or Saturday?

First, let's not forget this: a contradiction between two hadiths is not possible. If the two hadiths contradict, there is a problem with the narrative or the narrator.

If there is no objection to receiving hijama treatment on the 17th, 19th, and 21st Hijri days, our Prophet (pbuh) would certainly have stated the difference if it was a problem to receive hijama treatment on Wednesdays and Fridays.

If there is no urgency, to avoid any doubt and to be precautionary, you should not apply or receive hijama treatment on Wednesdays and Fridays; however, if Wednesday or Friday coincides with 17th, 19th, or 21st Hijri day, I believe that there is no problem in receiving hijama treatment.

Respected hijama practitioners, who earn your daily bread by applying hijama treatment, when your patients or those you are counseling want to receive hijama treatment on Wednesday or Friday, I recommend that you explain this contradiction to them and clarify this in detail.

Dr./N Suleyman Gok

Do not let them accuse you of applying hijama against the Sunnah.

By the way I'm not a molla. And I'm not an islamic scholar to tell what day to practice hijam and what day not to.

Im just writing my opinion very humbly. I2m very affraid of saying samething wrong about Hadith-i Sherifs. So its your responsibilty to search and find the truth.

In the meantime, I recommend to those who want to receive hijama treatment to receive it from a reliable specialist who has been trained in both the medical and religious aspects of hijama.

For those who will receive hijama training, please conduct research on the experience, medical knowledge, personality, and integrity of the instructor.

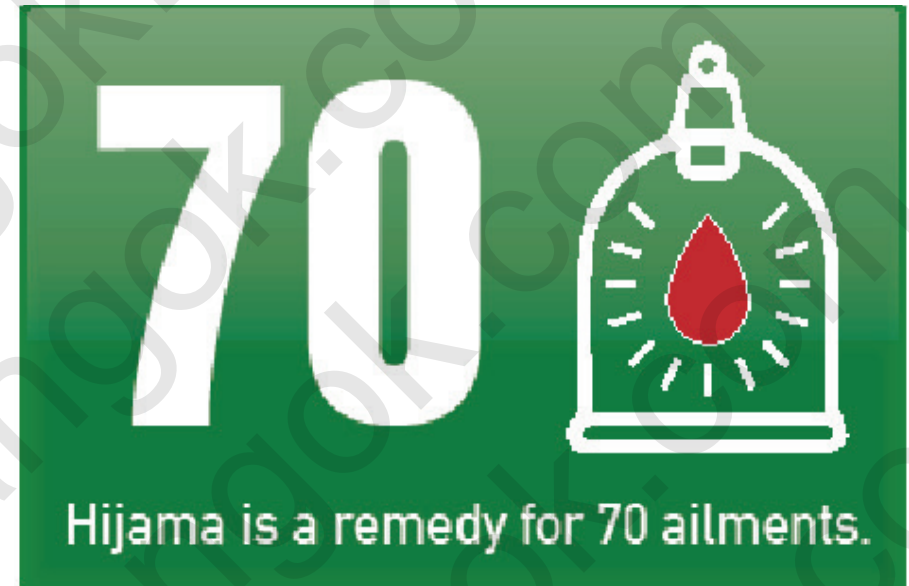
08

What are the benefits of Hijama?



Benefits of Hijama

- Table of benefit of Hijama vs Venous blood
- Hijama Balances body to normal state
- Hijama cleans respiratory systems
- Hijama treats all type Rheumatic Diseases
- Hijama it opens the occlusion of capillaries.
- Hijama It is effective against anxiety, depression, and fears.
- Hijama It increases intelligence
- Hijama reduces the anti aging problems



What are the benefits of hijama?

Hijama cures at least 70 diseases ailments. (Old school medical doctors such as hipocrat, avicenna)

I will not go very detail on this subject as far as benefit of Hijama.

Ten years ago it would be necesarry to explain benefits of hijama but now these days any who is interested can read benefit of hijama from internet or also scientific resarces published by medical doctors or resarch instututes.

Table of benefit of Hijama

Hijama (Subcutaneous)	Vein (Venous blood)
Always unsavory	Rarely unsavory
Brown / Dark red	Red
Instense, coagulated	Fluid
Especially decrease cholesterol	No effect on cholesterol
Relaxing, refreshing feelings	Exhaustion
Decreases headache and migraine	No effect on headache and migraine
Decreases backache	No effect on backache
Good for insomnia	No effect on lack of sleep
Decreases plaque forming in vessels	No effect on plaque forming

Now i will try to write very main and important benefits of hijama.

The main benefits of hijama are:

Balances body to normal state:

Cupping removes the toxins and stagnant fluids from your body through the blood sucked out. It thus helps your body to return to a normal balanced state by strengthening the alkaline environment and by removing the acidity. It lightens your back and makes you feel energetic.

Cleans respiratory systems

This treatment is also valuable for the lungs, and can clear congestion from a common cold or help to control a person's asthma. In fact, respiratory conditions are one of the most common maladies that cupping is used to relieve.

Treats Rheumatic Diseases

Cupping helps to treat rheumatic diseases such as arthritis and joint pains. Hijama is benefical almost all kind off romothoid arthrid disases.

It opens the occlusion of capillaries.

Hijama increases healthy flow of blood with more oxygen, nutrients, hormones vitamins and essential enzymes to the affected area than before.



Before Hijama



After Hijama

It is very beneficial for cardiovascular disease and arteriosclerosis.



Leadership during teenage

Hijama applied regularly since childhood helps young people to develop self-confidence and leadership skills during adolescence.

Hijama increases natural cortisone. This has been proven by clinical trials. This also reduces painful conditions after hijama, even causing the disappearance of pain.

Hijama relieves stiffness and edema of the muscles. It is much more useful when used alternately with hirudotherapy. It strengthens the immune system, giving resistance to the body. It is the most effective treatment with no side effects in relieving pain.

It is effective against anxiety, depression, and fears.

It is very helpful in the treatment of spleen and liver diseases. It helps stabilize the blood pressure. Those who suffer from blood pressure problems that can't be treated by modern medicine, if they fast and cleanse their bowels, can be treated easily without any side effects.

It is very beneficial for cardiovascular disease and arteriosclerosis. It is effective against poisoning. It is good for boils, pimples, cysts, and tumors.

It increases intelligence

Our intelligence level is related to how blood circulates freely in the brain. How neurons keep sending data and receiving data one to another. Billions of very complex systems work greatly. In order for systems to work fluently and better, it increases intelligence, memory, and understanding. It increases attention.

According to the science of acupuncture, it regulates the flow in the energy (vitality) paths, allowing communication between the brain and the organs over the skin.

Dr./N Suleyman Gok

Hijama is very beneficial for skin an natural anti aging.

Hijama reduces the anti aging problems

Hijama contrubutes two way of anti aging.

First way as you do hijama on patient after a while toxins removes from the skin and blood travels in veins becomes much clean.

This helps a lot having softer and tighter skin.

Second is anti aging effect.

Our anti aging cells which called T4 cells mostly generated and prodced by thimus gland. So if we keep applying hijama on Thimus gland area patient will receive natural anti aging process. Regular hijama contributes to the beauty of the skin. The skin of those who receive regular hijama treatment looks healthier and younger.

Especially in childhood, hijama to the head is a great help in maximizing the capacity of the brain.

It contributes to skin beauty. The skin of those who receive regular hijama treatment looks healthier and younger.



09

General Hijama Points



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General Hijama Points

- General Hijama Points
- Hijama on the back of the head
- Hijama behind the ear (GB11)
- The sides of the temple (between ST7 and SJ19)
- Hijama to the forehead (third-eye hijama)
- Forehead hijama (DU23)
- Hijama of the back
- Hijama of the sacrum
- Hijama at the end of the shoulders
- Knee, calf, and foot area hijama
- Hijama of the gastric cavity Xiphoid
- Hijama under the chin
- Lataif-e-sitta Hijama
- Hijama by autonomic nervous system

General Hijama Points

Old Islamic books and foreign literature have been reviewed and information on the “hijama points” has been briefly mentioned, and the statistical information of the diseases of patients is also added.

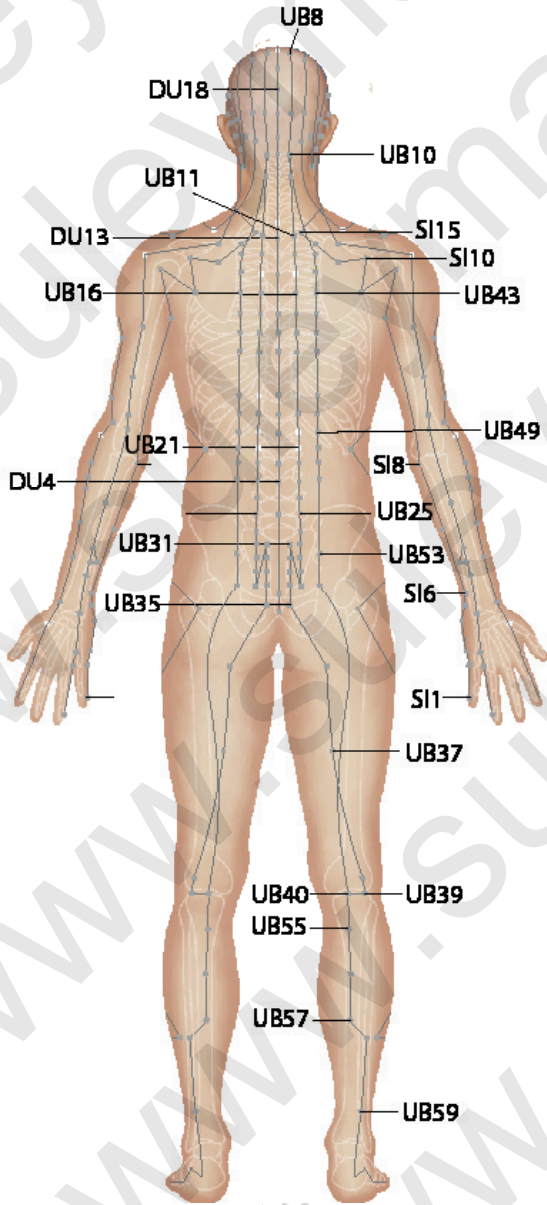
Hijama is a great help in treating disease. It is very useful for some diseases and relatively useful for some others, but it should be supported by natural treatment methods.

Hijama points are the most useful points for the treatment of a disease.

In the hijama session of patients who have more than one disease, other natural treatment methods to be applied together with hijama and the hijama points to be used will be selected by the traditional medical specialist.

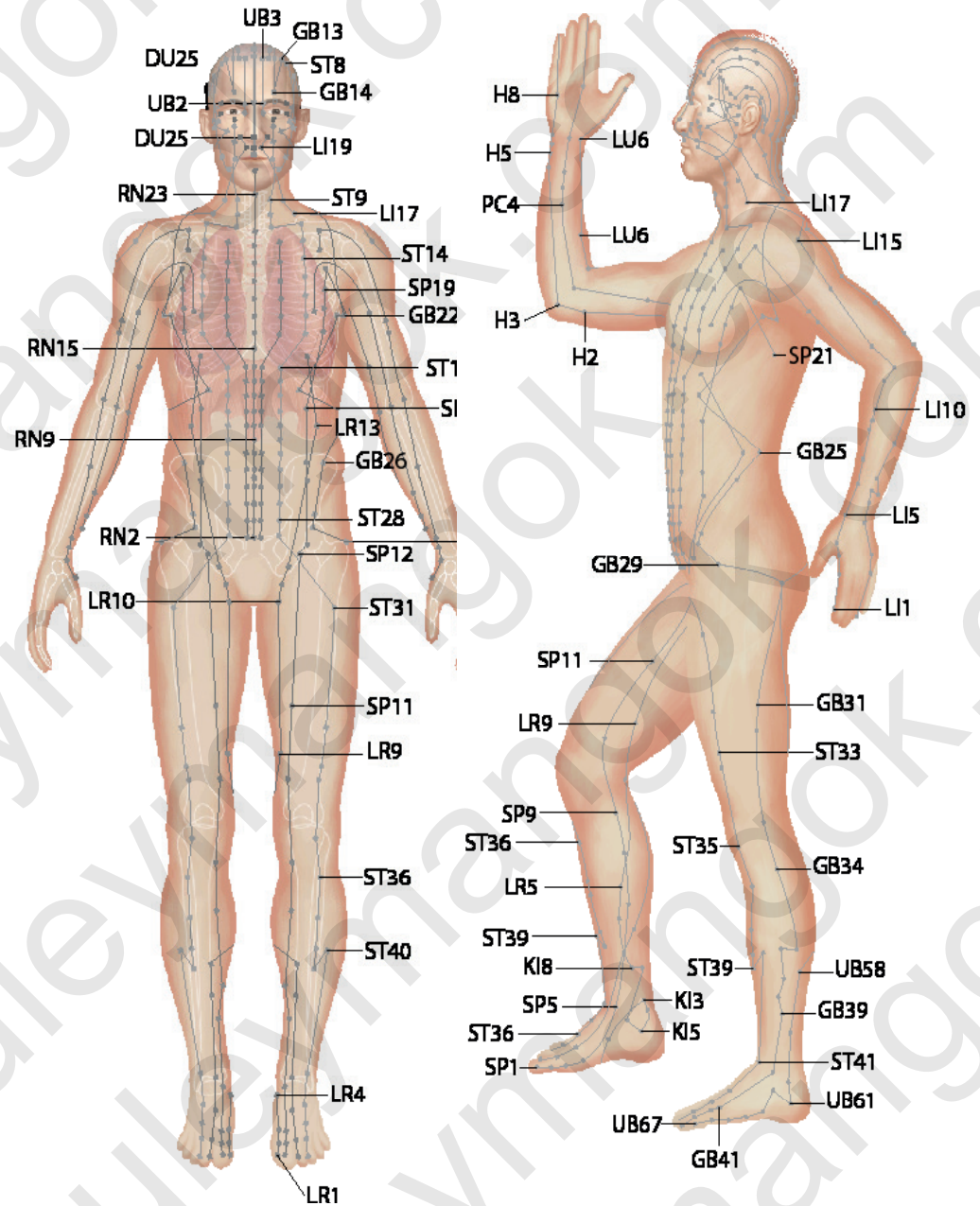
Now let's talk briefly about the hijama points and the benefits of each point.

Hijama Points Per Acupuncture Referans points:

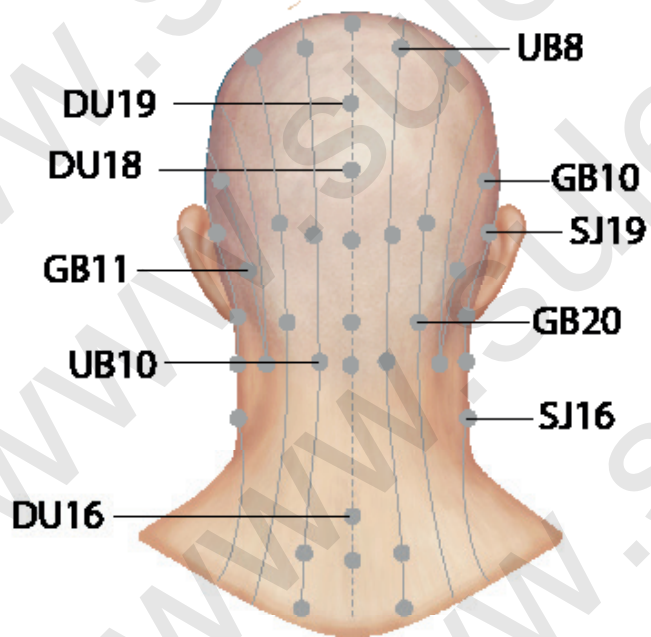
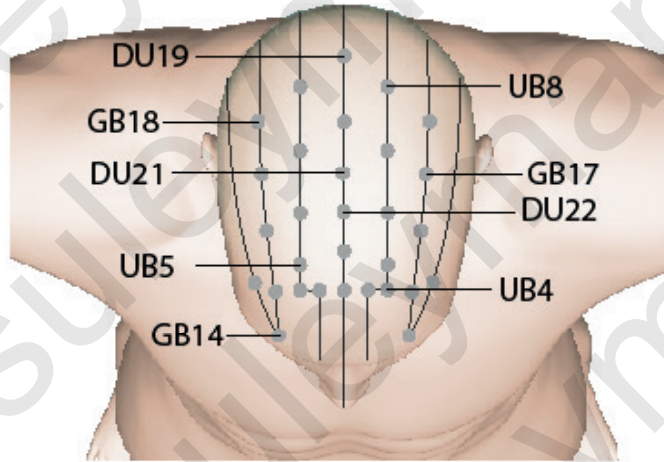


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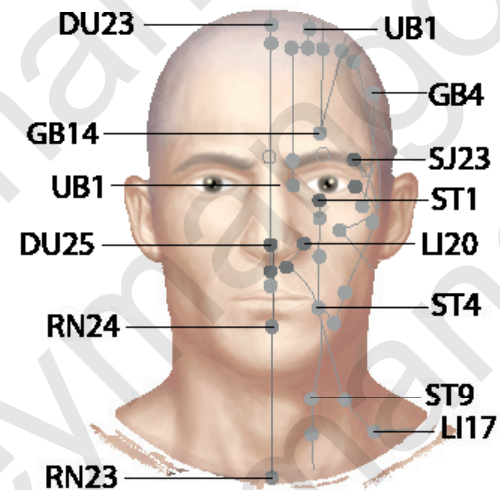
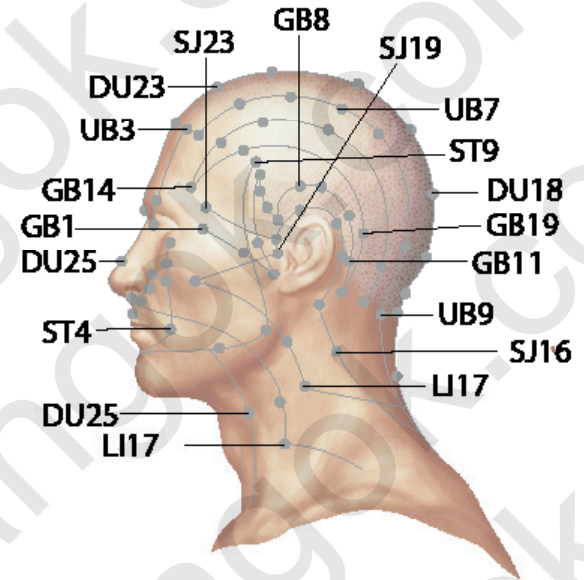
Hijama Points Per Acupuncture Referans points:



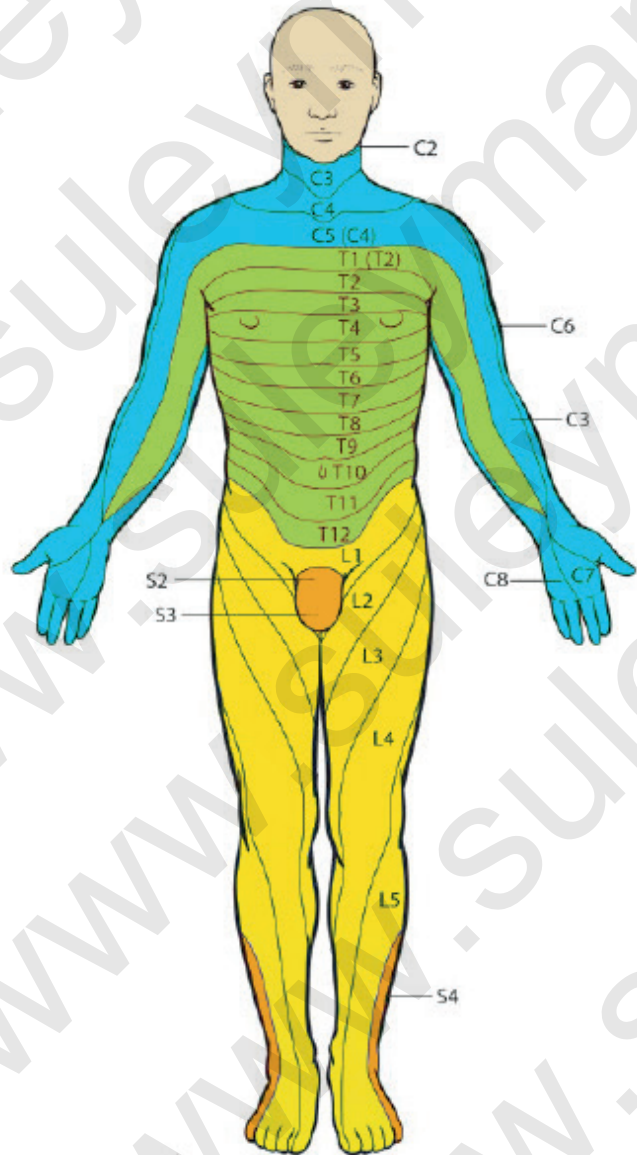
Hijama Points Per Acupuncture Referans points:



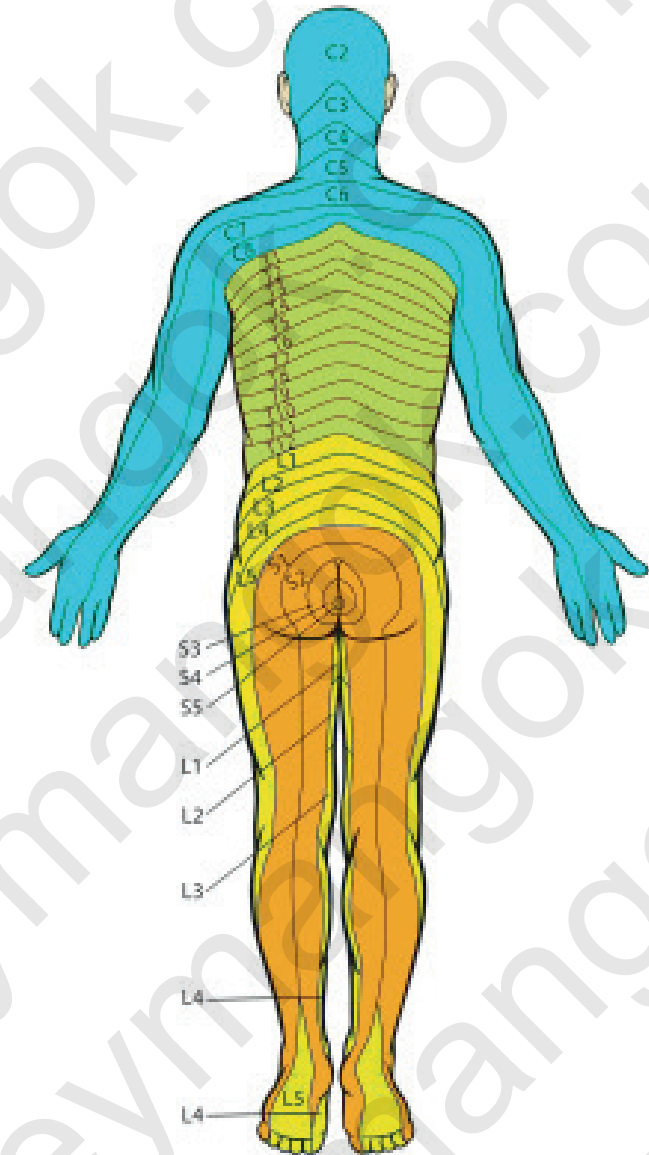
Hijama Points Per Acupuncture Referans points:



Hijama Points Per Vertbral points:



Hijama Points Per Vertbral points:

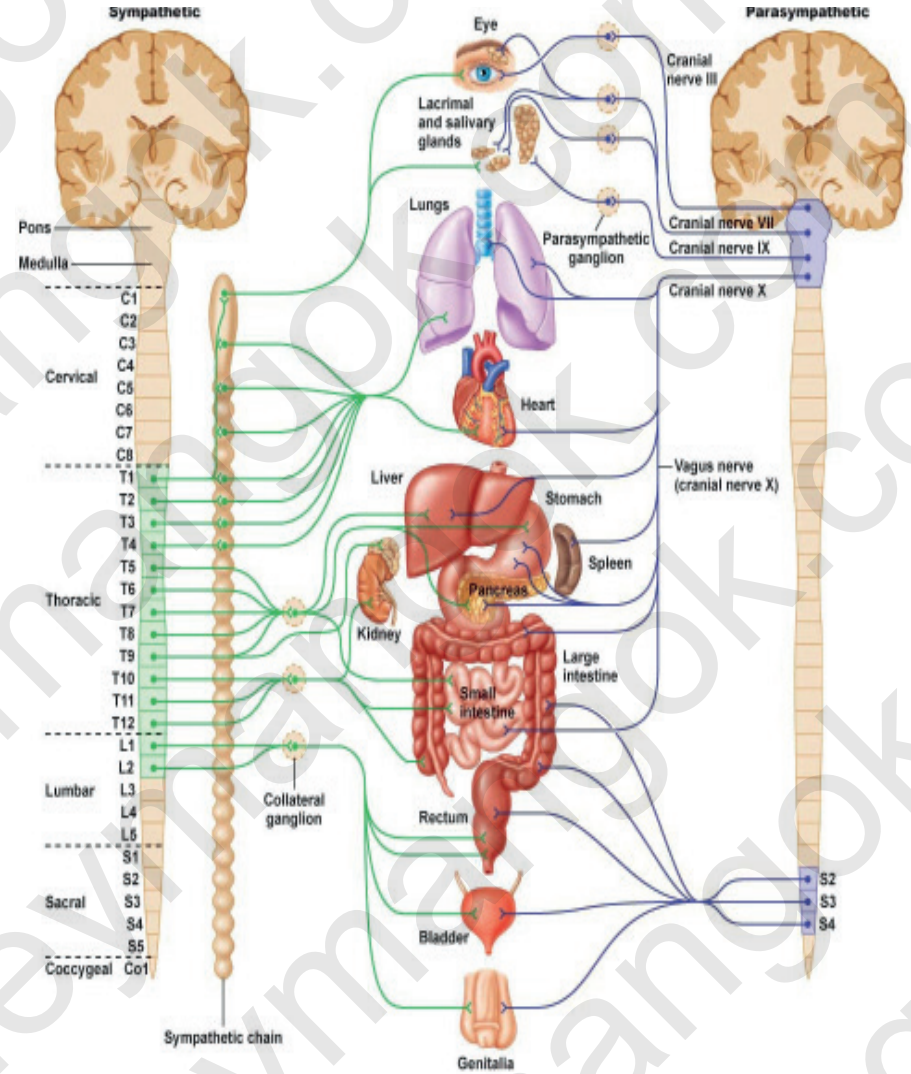


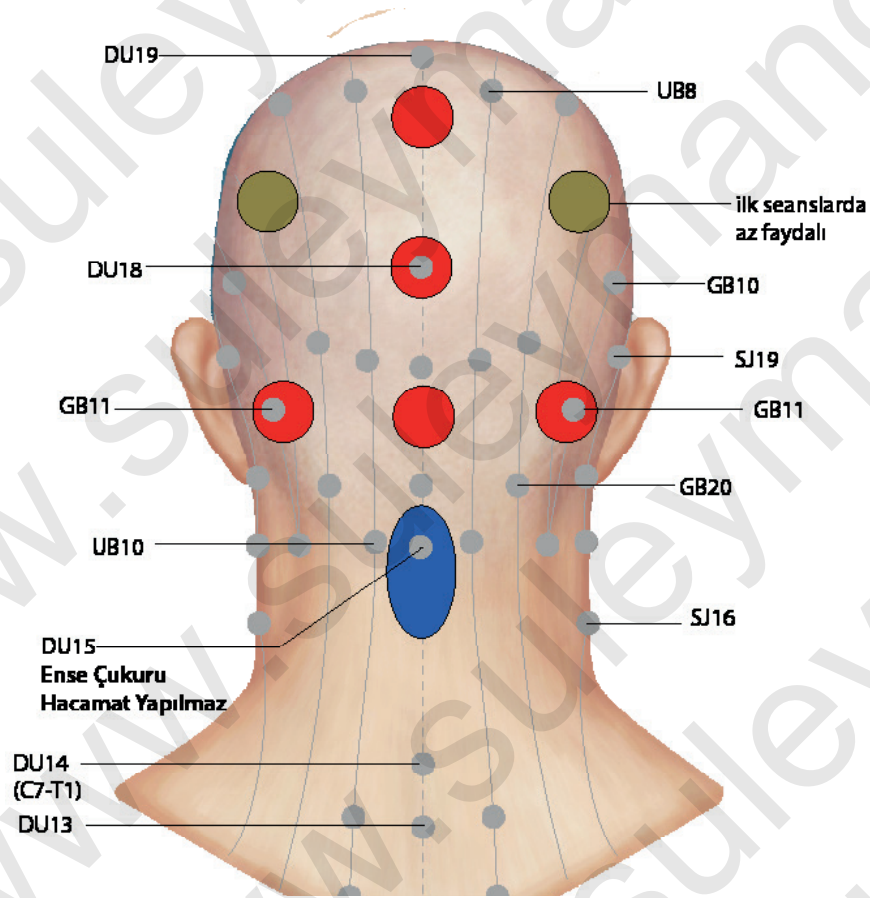
Hijama Points According to the Vertebrae

REFERANS NOKTALARI	SINIR SİSTEMİ BAĞLANTILARI	SEMPTOMLARI
● C1	Kafatası içi kan damarları	Baş ağrısı • Migren • Baş dönmesi
● C2	• Gözler • Lakrimal bezi	• Sinüs problemleri • Allerjiler
● C3	• Kulak altı tükürük bezi	• Baş soğuk algınlığı • Yorgunluk
● C4	• Kafa derisi • Kafatası tabanı	• Görmeye bozuklukları • Burun akması
● C5	• Boyun kasları • Diyafram	• Boğaz ağrısı • Boyun tutulması
● C6	• Boyun kasları • Omuzlar	• Öksürük • Kuş palazı • Kol ağrısı
● C7	• Dirsek • Kollar • Bilekler	• El ve parmak uyuşması • Kannalınma
● T1	• Eller • Parmaklar • Yutak	• Astım • Kalp rahatsızlıkları
● T2	• Kalp • Akciğerler • Göğüs	• Yüksek tansiyon
● T3	• Gırtlak • Nefes borusu	El, bilek ve parmak uyuşması veya ağrısı
● T4		• Orta sırt ağrısı • Kan birikmesi
● T5		• Zorlanma • Soluk alma • Astım
● T6	Safra kesesi • Karaciğer	• Yüksek tansiyon • Bronşit
● T7	• Diyafram • Mide	• Kalp rahatsızlıkları • Zatürre
● T8	• Pankreas • Dalak	• Safra kesesi rahatsızlıkları
● T9	• Böbrekler • İnce bağırsak	• Sanlık • Karaciğer rahatsızlıkları
● T10	• Apandis • Böbrek üstü	• Mide rahatsızlıkları • Ülser
● T11	İnce bağırsak • Kolon • Rahim	• Gastrit • Böbrek rahatsızlıkları
● T12	Rahim • Kolon • Kalça	El, bilek ve parmak uyuşması veya ağrısı
● L1		Orta sırt ağrısı • Kan birikmesi
● L2	Kalın bağırsak	• Zorlanma • Soluk alma • Astım
● L3	• Kalçalar • Kasıklar	• Yüksek tansiyon • Bronşit
● L4	• Üreme organları	• Kalp rahatsızlıkları • Zatürre
● L5	• Kolon • Baldırlar • Dizler	• Safra kesesi rahatsızlıkları
● S1	• Bacaklar • Ayaklar	• Sanlık • Karaciğer rahatsızlıkları
● S2		• Mide rahatsızlıkları • Ülser
● S3	Kalçalar • Üreme organları	• Gastrit • Böbrek rahatsızlıkları
● S4	• Mesane • Prostat bezi	
● S5	• Bacaklar • Ayak bilekleri	
● Co1	• Ayaklar • Ayak parmakları	

Hijama according to symptoms and autonom nervous sytem

Hijama Points According to the Autonomic Nervous System





Hijama on the back of the head

The benefits of hijama applied to the head are numerous.

Regardless of the inconvenience or the status of the disease, the application of hijama to the head a minimum of twice a year is a preventive measure for head diseases.

Hijama benefits from DU18 and DU19 points:

Mostly used in the treatment of forgetfulness.

It is very useful for the balance between the right and left brain.

It reduces the risk of stroke.

It is a great helper in the treatment of insomnia.

It is used for people with diabetes, blood pressure, heart disease, and any risk of stroke or those who have had a stroke.

Hijama is ideal for people who have attention deficit disorders, who cannot concentrate on what they do, or who are miles away while reading a book.

(DU18) It is an indispensable adjunctive preventive treatment for hyperactivity and distractibility, especially in the new generation of children.

Head hijama with hair: If the hair is thin and less than 3 mm ("flattop" in colloquial language), you can try wetting the cup a little bit to prevent losing air.

For hair longer than 3 mm, hijama implemented after smearing gel or honey causes complications. The risk of infection is only one of them. It is more difficult to adjust the depth of the hijama incision because the area where hijama is applied is not visible because of the hair.

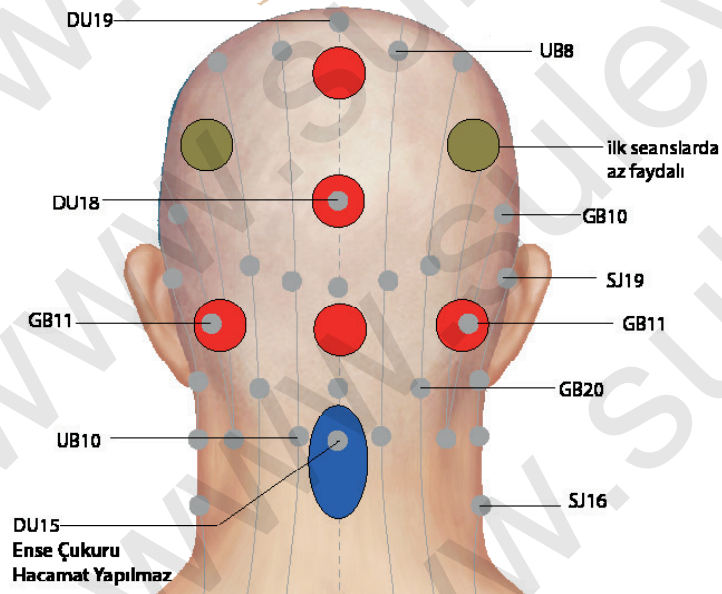
If possible, shaving the areas where hijama will be applied to the head or shaving it completely establishes the ground for a healthier and more useful session of head hijama.

Head hijama for children: Do not perform hijama to the heads of children under the age of 10 if it is not imperative. If you are going to have head hijama applied to children under the age of 10, have it done by an experienced specialist. Excessive vacuuming or severe vacuuming may damage the skull and brain, which are still undergoing developmental and growth processes. If done appropriately, head hijama for children contributes greatly to their intelligence and physical development.

Do not apply hijama on the nape of the neck: Hijama is not applied to the nape of the neck, shown above! This information is taken from Persian and Ottoman written works. The source is unknown. In general, it is written that hijama applied to this area will cause forgetfulness.

Hijama behind the ear (GB11)

Two acupuncture points pass through the back of the ear. Behind the ear is the point where the visual lobe is directly attached to the brain.



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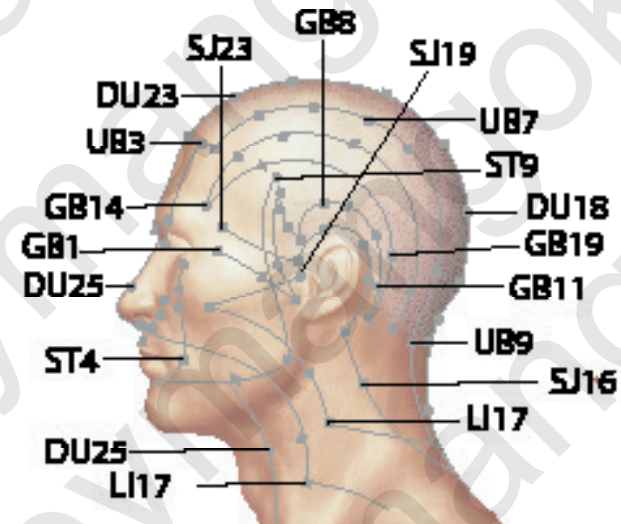
Hijama applied to this point stimulates the visual nerves; it is very useful for red eyes, lacrimation, hypermetropia, and myopia.

For those with retinal obstruction, this is necessary. This most important point behind the ear is indispensable for migraine patients.

The sides of the temple (between ST7 and SJ19)

Hijama applied from the GB8 point stimulates the nerves of the eye and strengthens the retinal layer and nerves. Hijama on the side of the temple (ST7) is very effective against bags under the eyes and for reducing wrinkles.

The GB8 point is usually clogged. After the 2nd or 3rd hijama session, this point is unclogged.



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HIJAMA INDICATIONS ACCORDING TO DISEASES

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Date:

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Süleyman GÖK

Traditional Medicine Instructor

President

Certificate Number:

Group Number:

This hijama training has been
accredited by
Brussels Capital University.

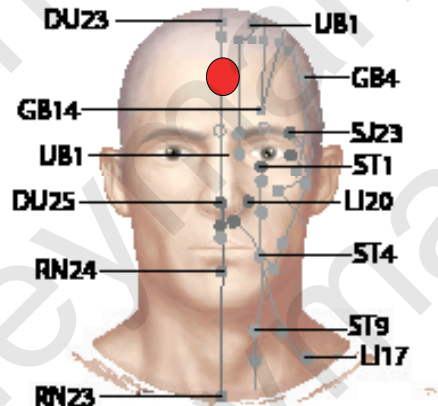
Von Brussels Capital Universität Belgien
akkreditierte Hijama Kurs.

Hijama to the forehead (third-eye hijama)

It is good for distractibility and attention deficit. If applied simultaneously with DU18, the benefit increases.

It helps with mathematical intelligence and quick thinking.

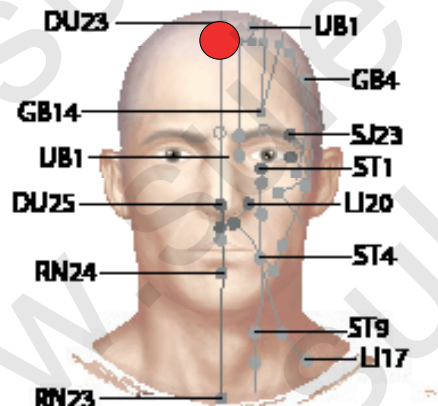
It also increases the capacity for understanding and comprehension. It is necessary to pay attention to the risk of leaving marks.



Forehead hijama (DU23)

This point is effective in stimulating the nerves of the pituitary glands. It is good for attention and concentration deficits. It is very helpful for hormonal problems .

It is very useful in the treatment of sinusitis.



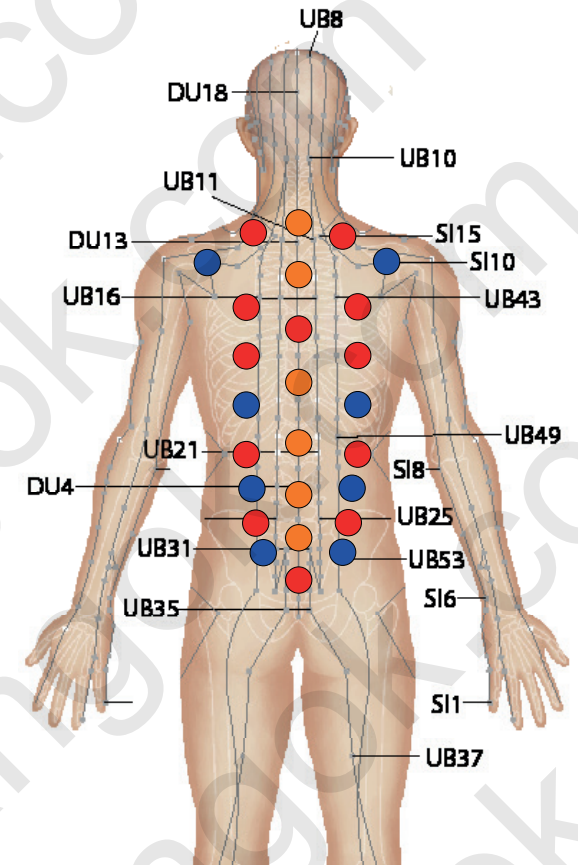
Hijama of the back

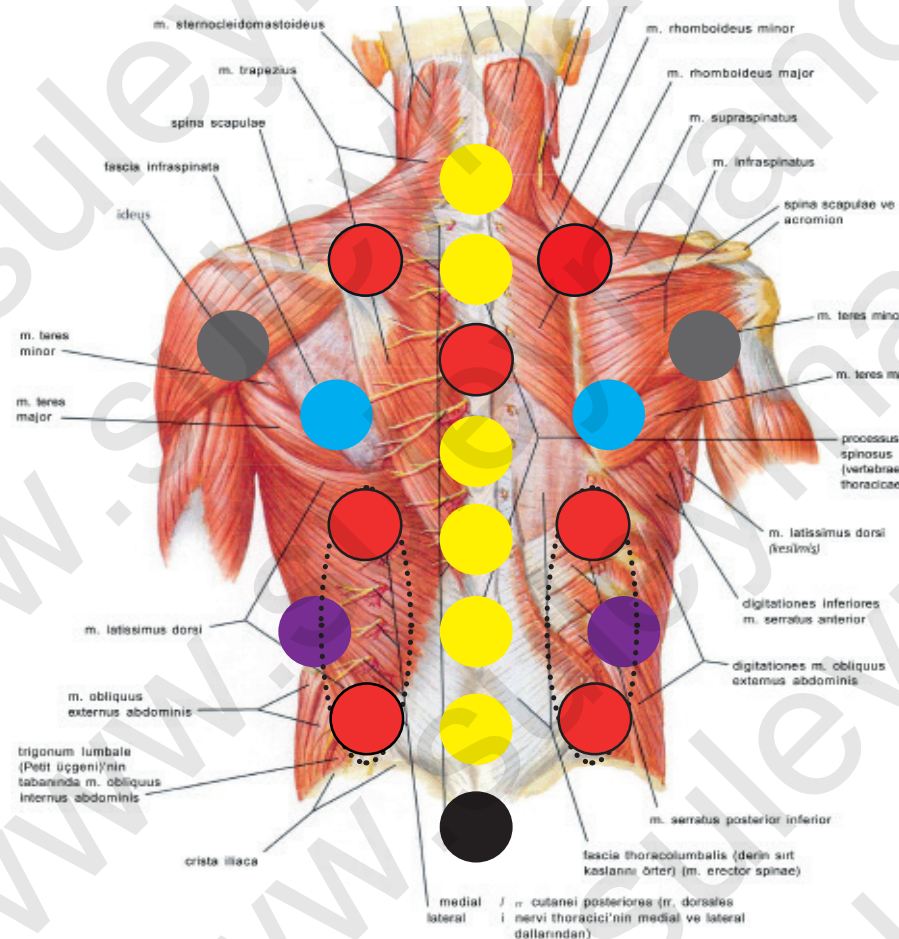
It is possible to receive hijama treatment of the cervical spine at any desired point until the 7th vertebra.

When the 7th vertebra is the last protruding bone on the neck, hijama stimulates the cerebellum nerves and is useful for headache and high blood pressure.

Among the most important hijama points of the back are the points of the tailbone, the Kahil point (middle point between the 6th and 7th vertebrae), the back of the heart, and the back of the liver.

Hijama applied to the Kahil point from the back of the heart and two scapula bones from the left of the spinal cord is good for patients with heart disease, vascular occlusion, and heart failure.





- Best and most beneficial hijama points on the back
- Hijama on spine should be more careful.
- Edge of the back skin is more fatier and not beneficial for hijama
- Secondary hijama points
- Best for Fibromiyalgie
- All kind of back pain, sexual problems and prostate

Hijama of the sacrum

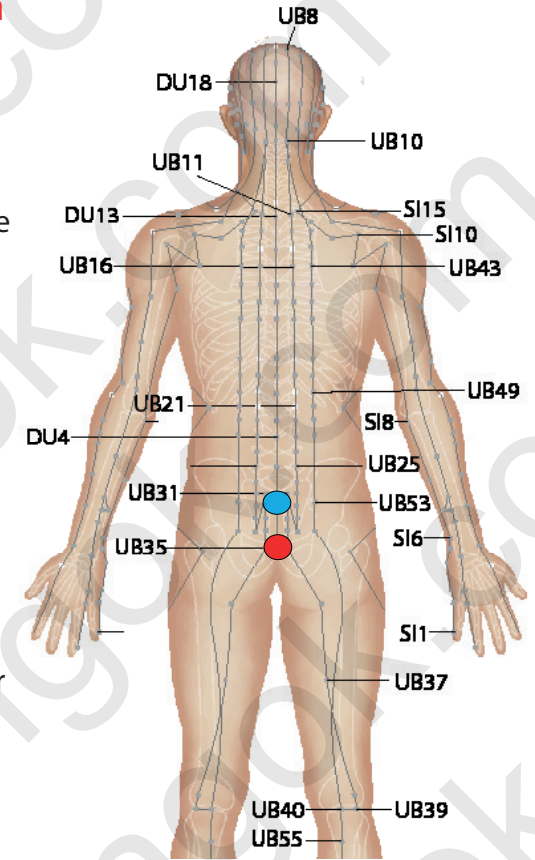
The benefits of sacrum hijama are numberless.

For enuresis, the sacrum is one of the first points to be administered hijama.

Sacrum hijama is most useful for:

- * Infertility, male/female reproductive problems,
- * Intestinal and constipation problems,
- * All kinds of back pain,
- * Urinary tract and bladder problems,
- * Prostate problems,
- * Kidney problems, and
- * Gastritis problems.

The point indicated in red in the figure is the main point for the sacrum. In the first sessions, there is not much blood coming from this point. Instead of this point, hijama can be applied to the area upwards in a distance of three of the patient's fingers (starting from the blue point and following the red point in the following sessions).

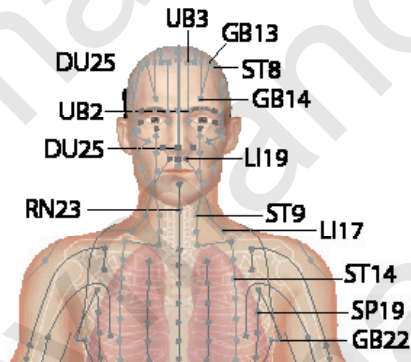


Hijama at the end of the shoulders

All kinds of lung diseases,
Heart diseases, and
Diseases such as allergic asthma.

Hijama is very useful for these kinds of diseases.

LU2 is also very helpful for goiter.



Knee, calf, and foot area hijama

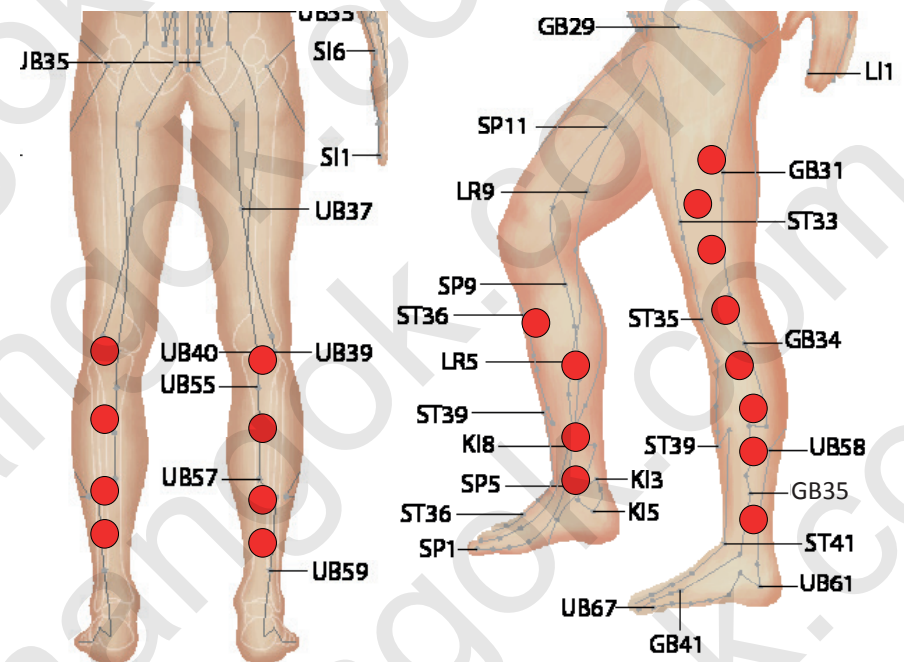
The smallest congestion in the knees leads to heart fatigue.

Hijama points of the knees are very important points in the treatment of muscular pain, rheumatic pain, diabetes, tension, headache, varicose veins, and sciatic pain.

The heart pumps blood to the vessel network, which is approximately 60,000 km in length. The blood pumped through the heart and the arteries goes to the tips of the toes, and then the venous blood is collected by the veins and transmitted back to the heart, from there to the lungs.

There are numerous benefits of hijama of the feet.

Patients with varicose veins, restless foot syndrome, and fibromyalgia should receive regular hijama treatment.



The most important hijama points on the feet and their benefits:

UB40: Very useful for low back pain and the urinary tract.

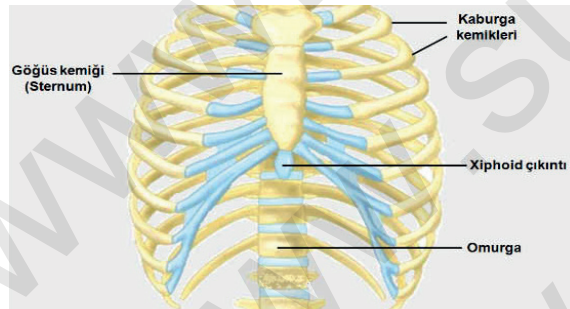
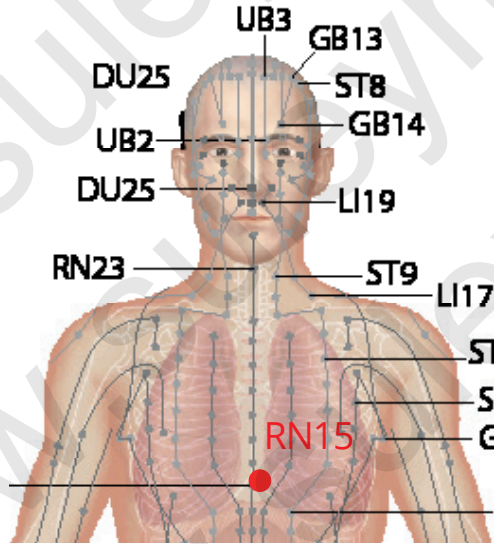
GB35: It is very useful in the treatment of anemia, spleen and liver problems, headaches, migraines, and psychological problems.

Hijama applied at each point from the kneecap (patella) to UB61 is very useful for heart and kidney diseases.

SP9 to SP10 (patella internal region): It is very useful for menstruation, uterine diseases, skin diseases, and joint pain.

The region between the knee cap and the SP4 region is very useful in the treatment of all kinds of liver and circulatory diseases, varicose veins, gonarthrosis, spleen problems, and anemia.

Hijama for panic attack is best
Xpfoid RN-15



Hijama of the gastric cavity Xiphoid (RN15)

The point is exactly 3 fingers below the RN15 point.

Hijama is applied at the xiphoid protrusion, which is the cartilage on the tissue under the sternum.

This point is the point of fear, excitement, and anxiety.

It is especially useful for panic attacks, fear, excitement, and heart diseases. It is very useful for stuttering problems.

Applying hijama at this point benefits fast-paced, excited people who have very loud voices.

Other benefits of the RN15 point:

You can also use it in the treatment of heart diseases, lung diseases, and diabetes problems .

Hijama under the chin

Hijama at this point is useful for the face, teeth, and larynx, and for gout and thyroid diseases .

Hijama is most useful in which areas?

The body is a whole. If necessary, there is also outpatient treatment for migraine, and it can also be applied to the head for treatment of varicose veins.

When writing about the benefits of these points, which points would be most helpful for which diseases has been addressed.

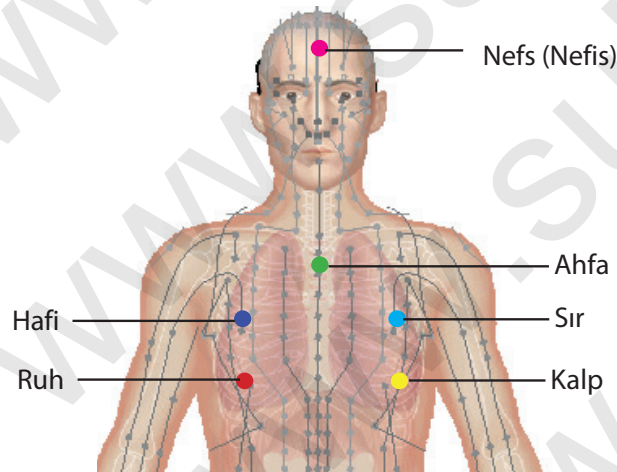
Lataif-e-sitta Hijama:

Chakras, Lataif, and acupuncture points correspond to the same concepts. The acupuncture points or chakras are the energy points that regulate the relationship between the biological body and the aura body.

Lataif is the name given to the spiritual, luminous gems of the human body.

According to another description, the lataif comprises the subconscious abilities that allow us to know the spiritual truths

Hijama applied to Lataif-e-sitta points is very useful.



beyond the sensory organs and the information provided by the mind.

Hijama by autonomic nervous system

The autonomic nervous system is the part of the peripheral nervous system that controls involuntary movements and organ functions.

One end of the sympathetic and parasympathetic nerves forming the autonomic nervous system is linked with the spinal cord in the spine and the other end is connected to the internal organs through the nerves.

Hijama applied according to the points of the autonomic nervous system strengthens the connection between the vertebrae and the organs.

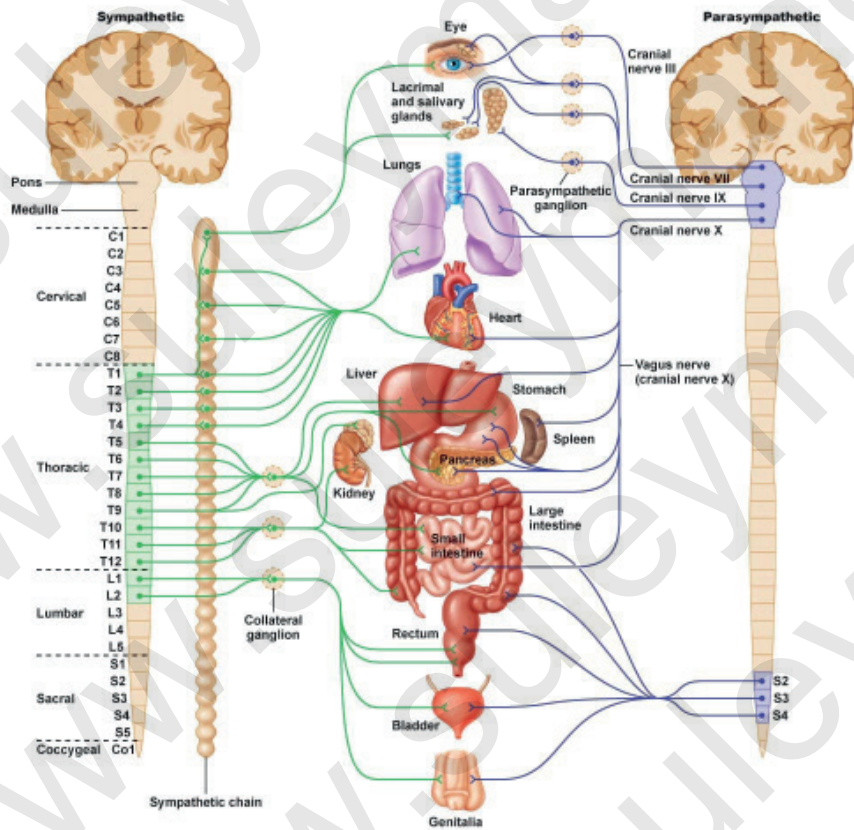
Hijama over the spinal cord strengthens the autonomic nervous system and immune system



The most important point to be considered here is that the vacuum intensity should be at a minimum level.

Prolonged or too severe vacuuming may damage the backbone.

Leech application alternately with hijama on the spine also has many benefits.



10

Screening Hijama



Important note: Vacuum intensity should be at a minimum level during hijama applied to the spinal cord!



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Screening Hijama

- Screenin Hijama Points on back
- Head Screening Hijama Points
- Screening Hijama on Legs

Screening Hijama

In the treatment of almost all diseases, three sessions of "screening hijama" are first applied and the treatment is started.

The screening hijama is begun from the back region.

Head and then knee screening hijama are then applied.

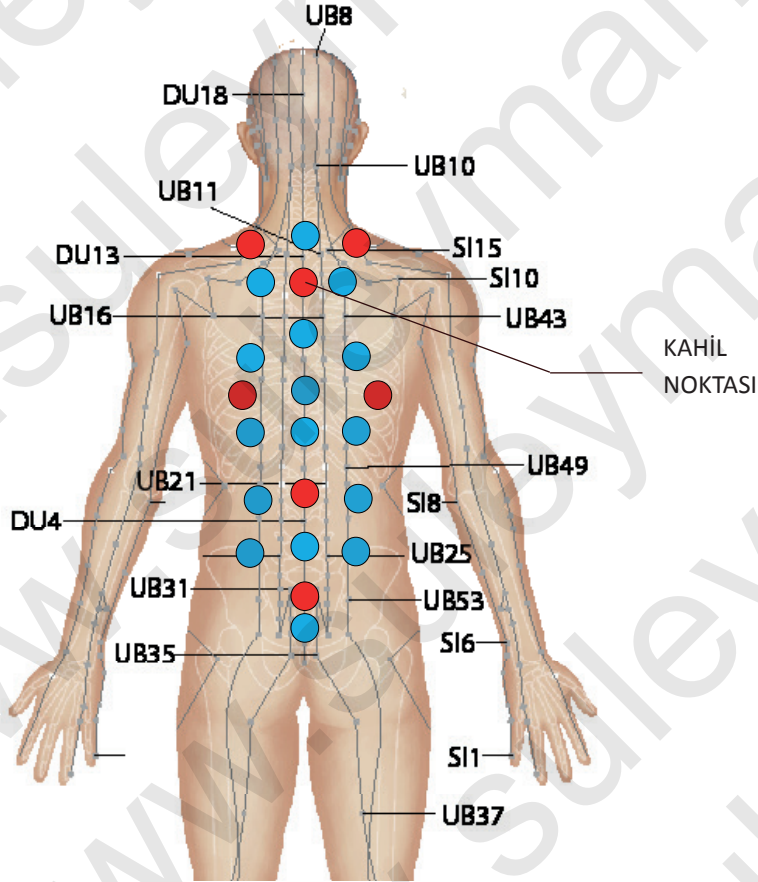
(There is not an obligation to do the ordering in this way. In special cases, for example if the patient does not want the head to be shaved, there is no problem in continuing from the knees.)

This principle does not always apply. In case of necessity, hijama is directly applied to the aching area.

However, it is more useful if you move on to other points after performing the screening hijama.



Screenin Hijama Points on back (Most Beneficial Points on the Back)

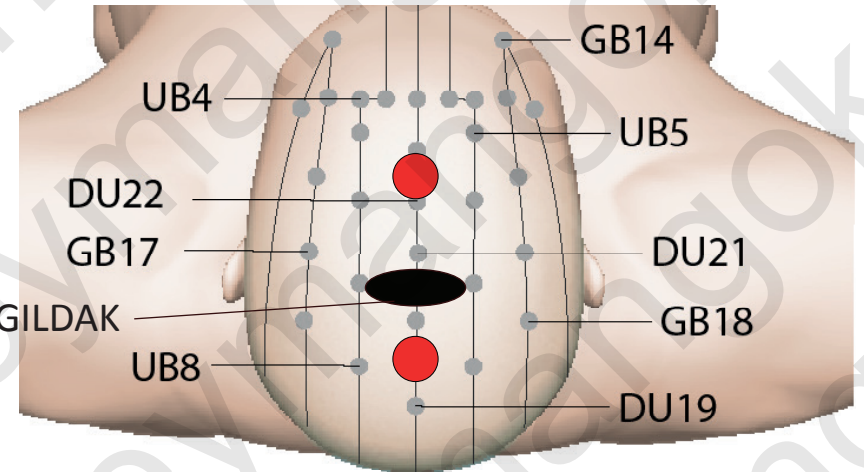
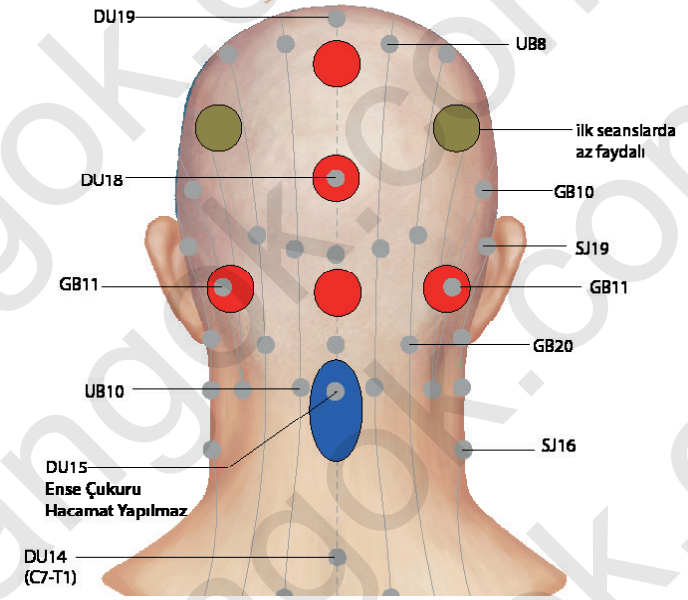


Red dots are the main and most beneficial points on the back.

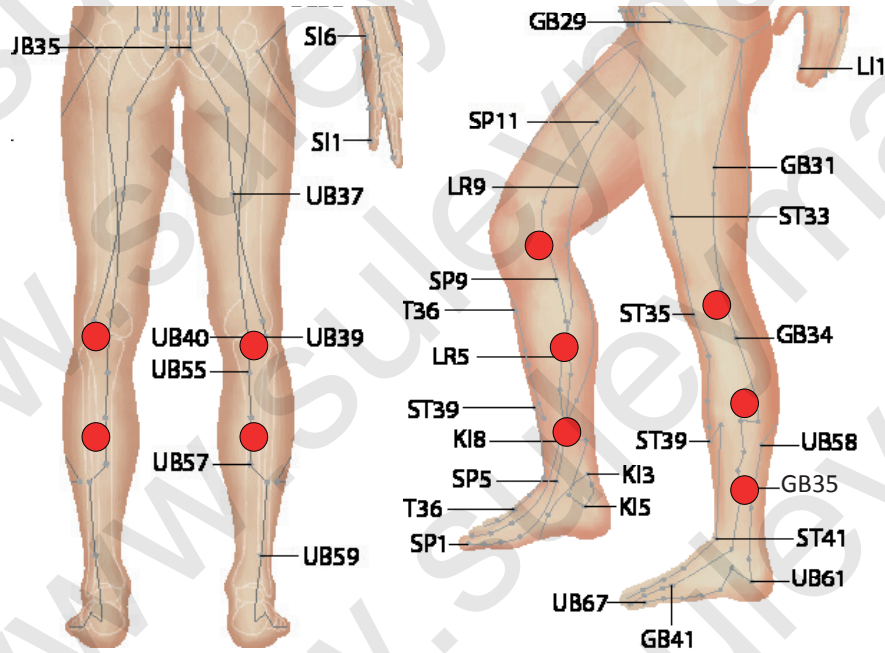
Blue dots are secondary points depends on the problem can be chosen with the red spots. Less than six not much benefit and more than fifteen is can be harmful and no needed.

There should be no fewer than 6 cups and no more than 16 as in every hijama session.

Head Screening Hijama Points (Most beneficial points on the head)



Screening Hijama on Legs (Most beneficial points on legs)



The red dots are the priority points for knee screening hijama. Blue spots can be added according to the patient's condition and disease.

11

Indications for Hijama

- Hijama Points According to Indications



Indications of hijama and points according to indications

- Hijama points according to indications
- Hijama for enuresis
- Hijama points for menstrual irregularity and painful menstruation
- Hijama points for asthma
- Depression and psychological disorders
- Acne and pimples
- Ankylosing spondylitis
- Herniated disc - Lumbar pains
- Skin diseases
- Vascular stenosis, vein stiffness
- Epilepsy
- Fibromyalgia
- Restless foot syndrome
- Multiple sclerosis (MS)
- Chronic Fatigue (Tiredness)
- Migraine
- Tinnitus
- Leadership in adolescence and right-left brain relationship
- Infertility or oligospermia
- High Blood Pressure
- Forgetfulness or Dysmnnesia
- Hijama for the prostate
- Inflammatory joint rheumatism
- Hijama for gynecological diseases and menstrual pain
- Hijama for anti-aging
- Menopause and hijama
- Hijama for test excitement and attention deficit
- Diabetes
- Hijama for athletes
- Hijama in Children
- Hijama for varicose veins
- Hormonal problems

The most beneficial
hijama is that applied
while the individual
is HEALTHY.



Indications for hijama and Hijama points according to indications

The most useful hijama is applied while the body is healthy!
Hijama is usually sufficient for the treatment of all kinds of disease
while the body is healthy.

When performing hijama for the treatment of a disease, an
internal disease specialist should be able to comment on blood
values in order to understand the relationships among hijama-
leeches-acupuncture, and hijama and temperament, and also to
diagnose the disease by conventional methods.

General principles in the treatment of disease with hijama

In the case of non-emergency conditions, screening hijama

should be applied, and in emergency situations, hijama according to the points related to the disease(s) should be applied.

For more information, you can use the HIJAMA POINTS POSTER.

The screening hijama cleans the main congestion points, which are the same for almost every disease. In this way, the body is completely overhauled and cleaned of toxins.

After the screening hijama, the treatment is continued by applying hijama at the appropriate points according to the disease.

In emergencies and for chronic diseases, treatment can be started directly at the diseased area, without screening hijama.

There are no standard hijama points in the treatment of any disease. There are only the most useful main points for that disease.

In patients whose tissues are worn out, where the lymphatic system is destroyed and concentrated with subcutaneous toxins, leech therapy is more appropriate instead of hijama.

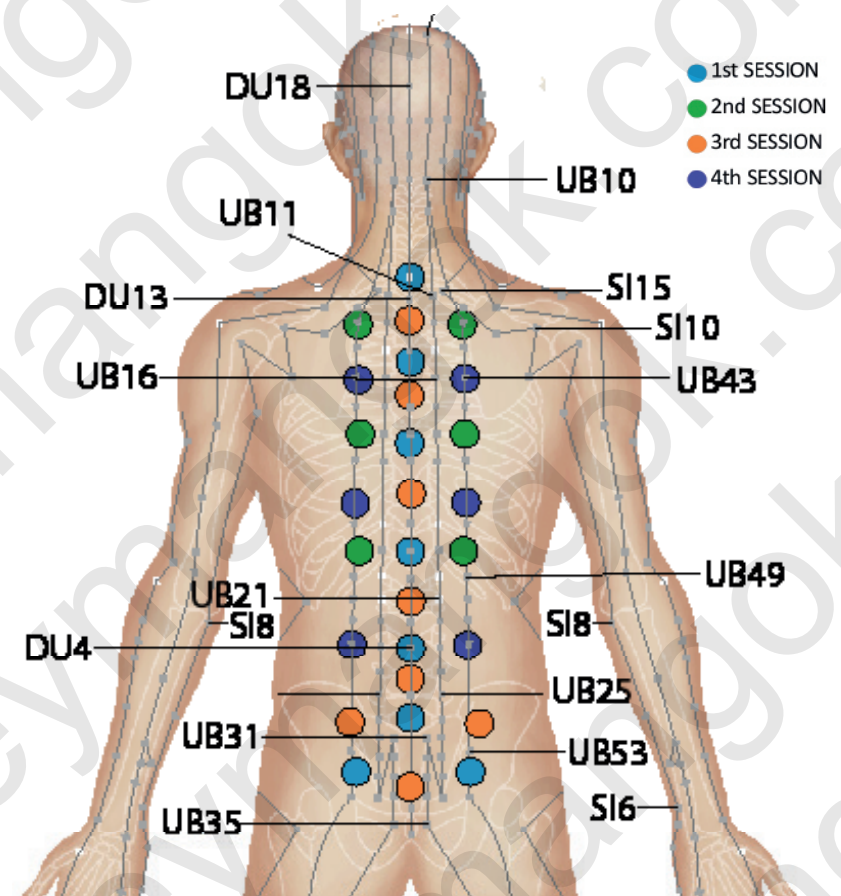
Now let us examine the indications and application points, and how useful it is for which diseases.

Hijama for enuresis

Enuresis depends on many factors.

The most useful points in the treatment of enuresis are the tailbone, the meridian of the urinary tract, and the bladder.

Most beneficial hijama points for enuresis



Hijama points for menstrual irregularity and painful menstruation

The most important mechanisms that ensure that the menstrual period is regulated properly are ovulation and the secretion of the hormone progesterone.

If ovulation does not occur for any reason, the inner layer of the uterus will continue to thicken under the influence of the hormone estrogen, and unexpected, often delayed, and often excessively heavy bleeding occurs.

Irregular or excessive bleeding and painful menstruation are signs of a disease in the body. It also points to the obstruction of the inner layers of the uterus.

The application of vaginal leeches is more useful in all kinds of gynecological diseases than hijama. In the field of vaginal leech application, there is not enough academic research, but it is widely used in clinical settings in continental Europe, Russia, and England.

Vaginal application of leeches in Turkey is an application that is newly accepted.

It is more beneficial to treat all kinds of gynecological diseases with leeches than hijama. ¹

You can use dry cupping applications or hand massage under the navel as a practical solution for menstrual pain in the case of an emergency. ²

1 İbn-i Sina El Kanun Fit Tib

2 Anton Jayasuriyai Clinical Acupuncture 2000

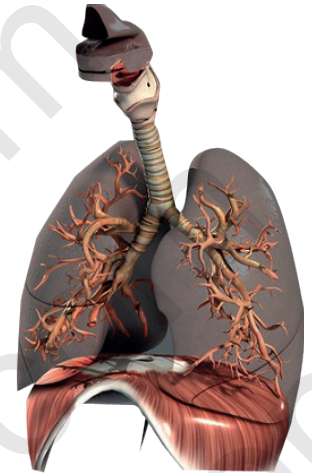
Hijama points for asthma

In the treatment of lung-related diseases such as bronchitis, shortness of breath, and asthma, hijama is the most excellent aid.

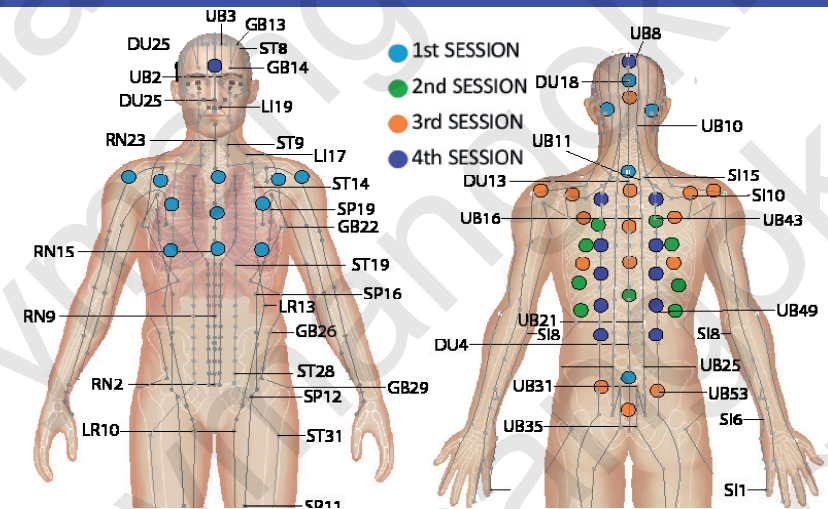
Respiratory tract disorders are particularly caused by lung weakness. When the lungs begin to neglect their task, the blood is not cleaned sufficiently.

As one receives hijama treatment, the blood circulating in the veins is cleared and the load of the lungs becomes lighter.

For lung problems, SP7 and external parts of the foot and calf are added after the 7th session.



Most beneficial hijama points for asthma



Do not apply hijama or leeches on or around nipples
For asthma it is best to use UB meridian.

Depression and psychological disorders

In acupuncture Qi or Chi, the energy cycle or the life energy, called Takat al-hayat in Islamic medicine, is clogged for many reasons.

As a result of this clogging, short temper occurs.

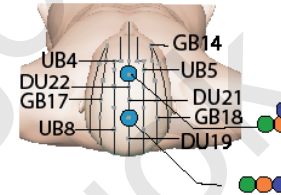
According to the meridian theory of acupuncture, "imbalance in a meridian brings imbalance to the organs through which the meridian passes". In the body, where energy is unevenly distributed, some organs work with less energy and some work with more than is required .

According to the knowledge on acupuncture, irritability is caused by the excessive energy load of the gall bladder meridian, while in the case of low energy of the gall bladder meridian, indecision occurs.

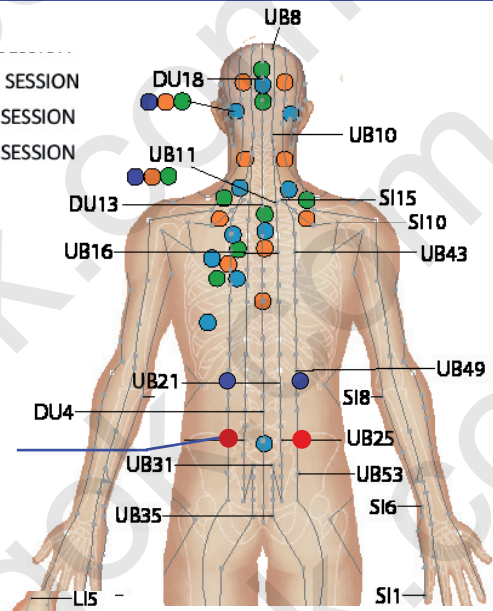
The nature of the blood and the heavy metals in the blood, the temperament of the patient, astrology, the subconscious coding of the patient's past experiences, and environmental and familial factors are the most effective factors in the generation of irritability. Such factors are like slowly moving traffic on a freeway. Regular hijama applied to appropriate points shows an almost miraculous effect in the control of irritability and anger.

Abundant consumption of water, regular exercise, breathing therapy, and regular ablution also have very positive effects in reducing irritability.

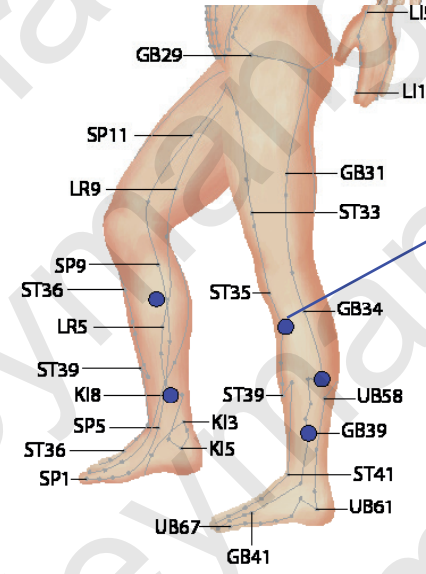
Most beneficial hijama points for depression



- 2nd SESSION
- 3rd SESSION
- 4th SESSION



The point of the pelvis (Venus of Dimple) is useful for both depression and sexual dysfunction.



ST36 is restart point and almost recommended to use all of problems¹

¹ Chakra ve Energy Systems John R. Cross 2014

Acne and pimples

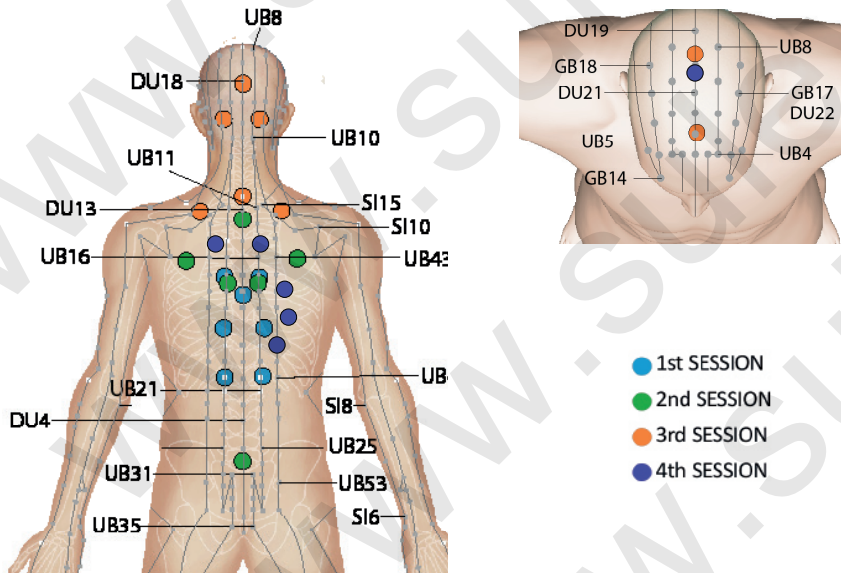
Hijama is a great aid in the treatment of acne on the face or back. Synthetic drugs taken for acne can block the points where inflammation is removed, and that clogging prepares the ground for the formation of other diseases.

The main cause of acne formation is liver weakness.

Do not make hijama on face even you make scars with small needles. For face lift and face beauty leeches are the best.



Most useful hijama points for acne and pimples:

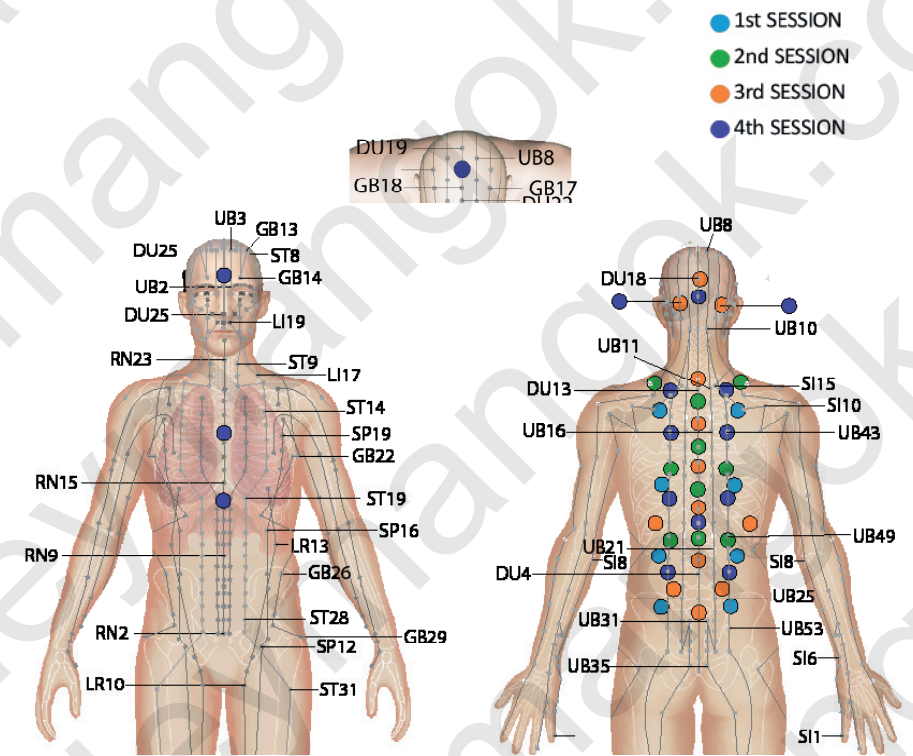


Ankylosing spondylitis

Ankylosing spondylitis is a chronic rheumatic disease caused by inflammation of the joint between the backbone and femur.

As a result of inflammation in this disease, two bones are merged into a single bone. It causes movement limitation, especially in the waist area. The spine, hip, foot, and knee joints may develop inflammation.

Most useful hijama points for ankylosing spondylitis:



Herniated disc - Lumbar pains

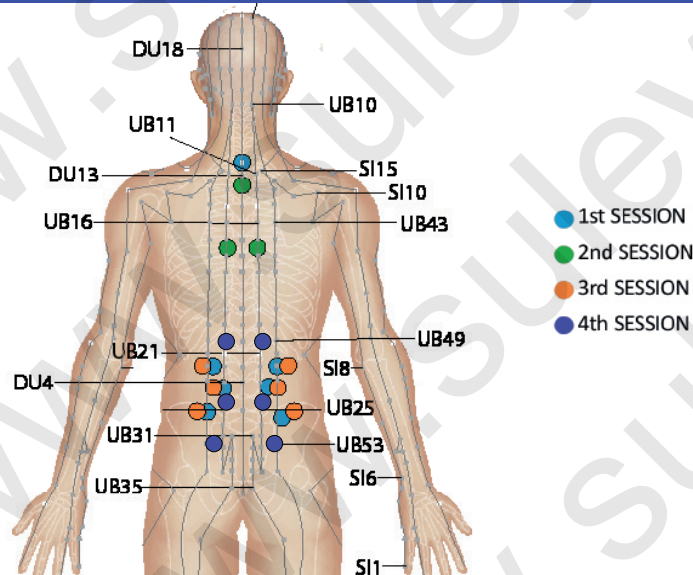
Hijama and leeches are among the most important treatment methods that should be considered in the treatment of a herniated disc.

Hijama is very effective in reducing pain by reducing pressure on the nerves. Leeches both reduce pain with their enzymes and

Do not apply hijama on hernia but if you have to than make sure pressure is very little.



Most beneficial hijama points for enuresis



If there is simple back pain not the hernia you can make hijama where pain is.

Skin diseases

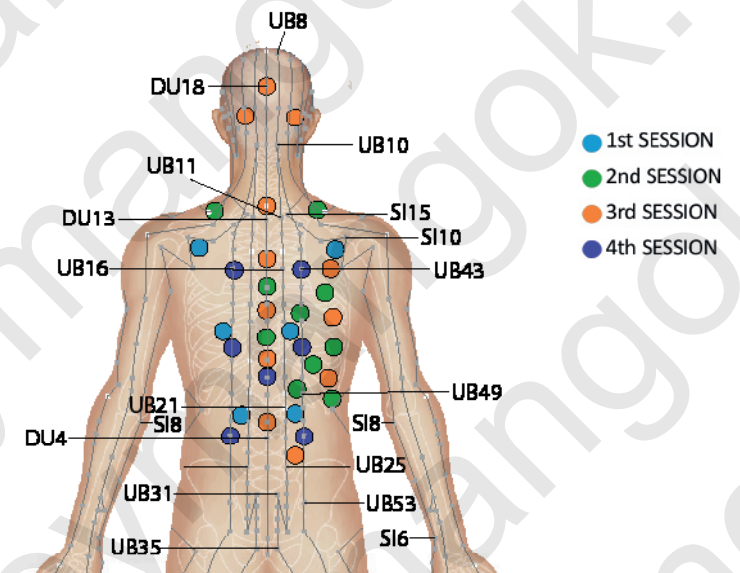
Hijama is very useful in the treatment of all kinds of skin diseases without any exception, such as eczema, psoriasis, vitiligo, hives, Behçet disease, and flaky skin.

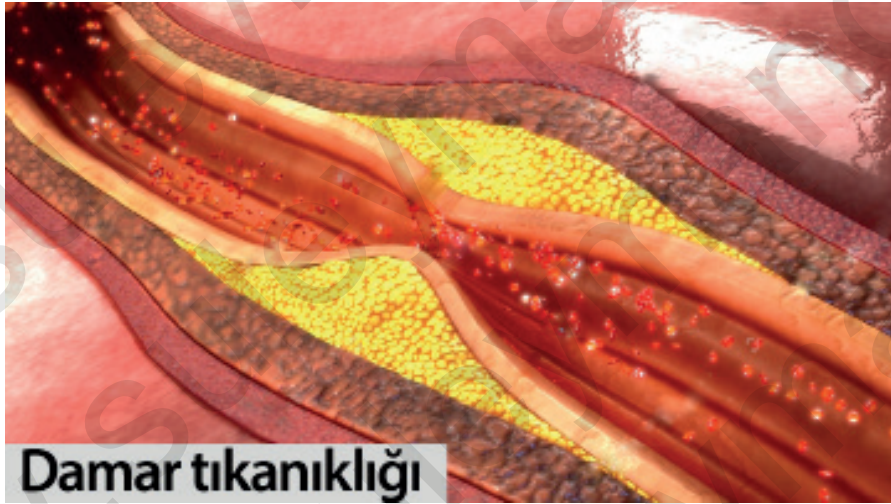
Dermatological diseases are usually related to the liver and kidneys.

Another cause of skin diseases is associated with some hormonal problems; the fact that some hormone levels are low and some high, together with over-secretion of some hormones, also prepares the ground for skin diseases.

For skin diseases, hijama is not sufficient alone; hirudotherapy and phytotherapy together with treatments like water fasts and liver cleanses have a great impact.

Most beneficial hijama points for enuresis





Vascular stenosis, vein stiffness

The flexible and smooth structure of the veins hardens and clogs in time with improper nutrition, high blood pressure, genetic causes, excessive eating, and the negative effects of the environment.

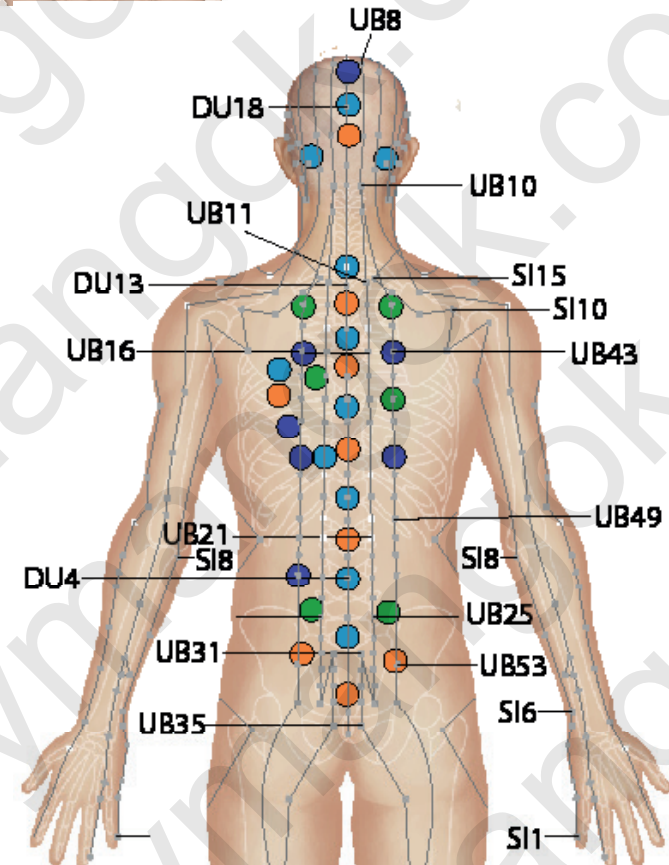
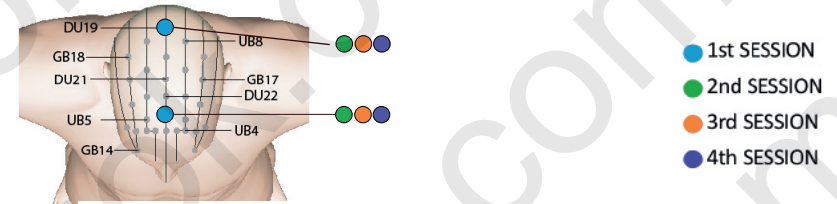
It is not possible to have vascular occlusion in people who receive regular hijama and leech treatment.

The effect of hijama and hirudotherapy on vascular occlusion:

For the treatment of vascular occlusion, a minimum of 10 sessions of hijama and 1 to 7 sessions of leech treatment are required. After these applications, it is possible to completely recover from the problem of vascular occlusion according to the age of the patient and the degree of the chronicity of the disease.

The points that don't bleed much during hijama are noted on the medical history form and leech therapy is used at these points in the following session.

Most useful hijama points for vascular occlusion and stiffness:



Hijama for vascular occlusion and stiffness is better to always apply cups near heart and liver.

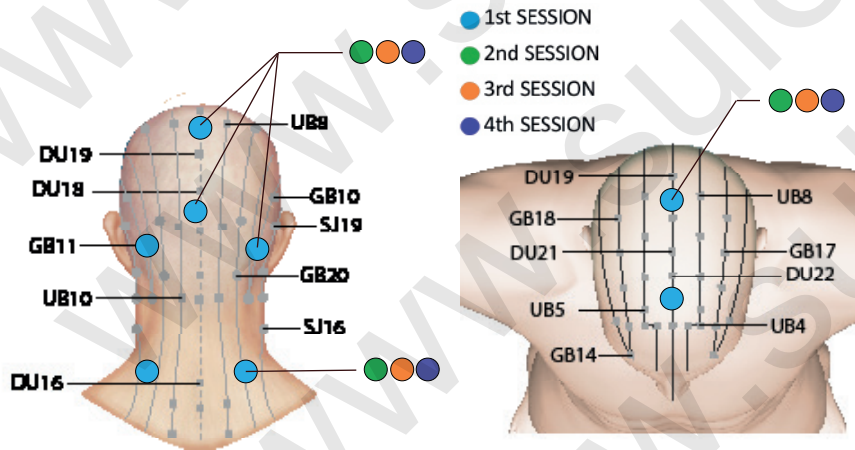
Epilepsy

Hijama with hirudotherapy is very helpful in the treatment of epilepsy.

Epilepsy occurs as a result of transient abnormal electrical dissipation in brain cells. Blood flow to the brain is reduced. When the blood flow to the brain is reduced, the nutrients and oxygen in the brain tissues are also reduced. This leads to cell damage and epileptic seizures.

Start with a maximum of 3 cups for patients with epilepsy. Gradually increase the number of cups in the next sessions.

Most useful hijama points for epilepsy:

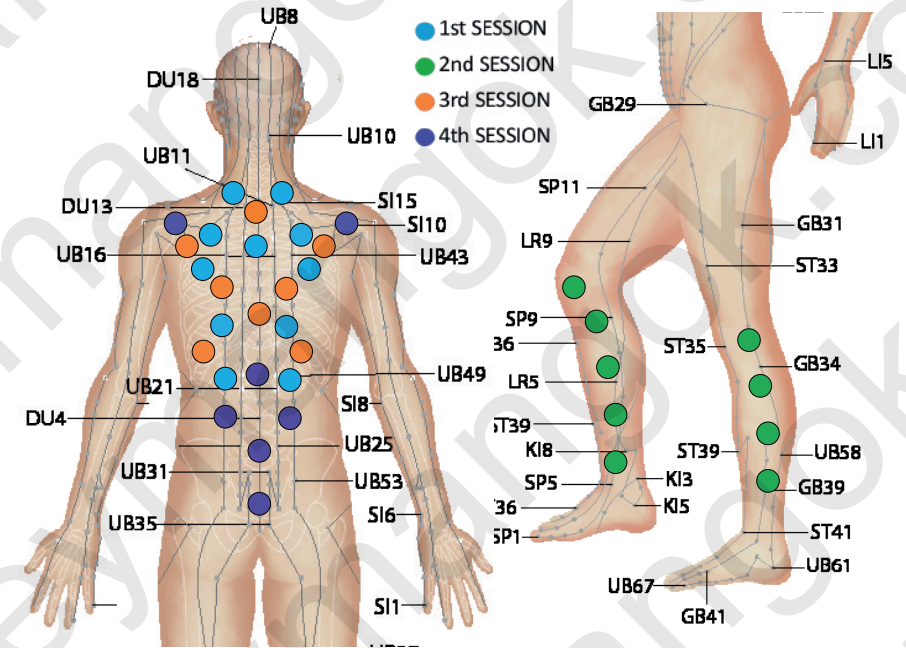


Fibromyalgia

Fibromyalgia is a chronic, complex pain syndrome with symptoms such as generalized musculoskeletal pain, fatigue, and sleep disturbance. Fibromyalgia may be a disease alone or may accompany other diseases.

Almost all patients with fibromyalgia also have circulatory and depression problems. This finding is based on my personal experience rather than academic research.

Most useful hijama points for fibromyalgia:



Points shown here for Fibromiyalji için gösterilen noktalar geneldir. Direk "ağrıyan" noktalarına hacamat yapmak daha çok fayda verir. Kan gelmeyen noktalar anamnez formuna not alınıp bir sonraki seansta sülük yapılır.

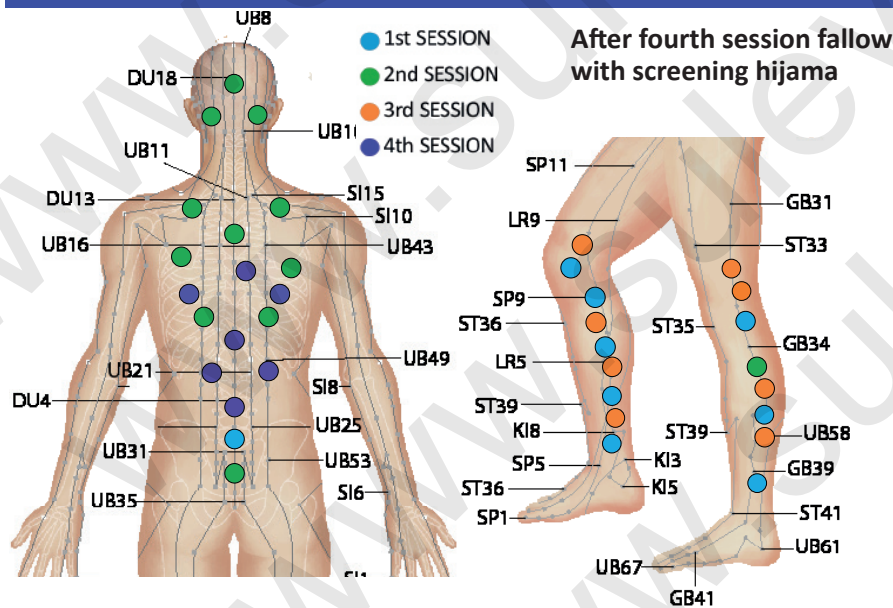
Restless foot syndrome

It is the feeling of discomfort, restlessness, movement, numbness, or tingling, and sometimes a feeling not fully defined during sleep or resting (sitting or lying).

In the evening hours, the problems are further increased, and they are exacerbated at night. The person feels the need to get up and walk. Therefore, the patient's sleep patterns are disrupted. During the day, the desire for sleep appears. Quality of life decreases.

The cause of this disorder is blockages in the capillaries. Hijama is so good for this disease that it can be said that it is almost the definite solution. With regular sessions, the symptoms of the disease are reduced, especially as the patient continues to receive hijama treatment of the legs.

Most beneficial hijama points for restless foot syndrome:



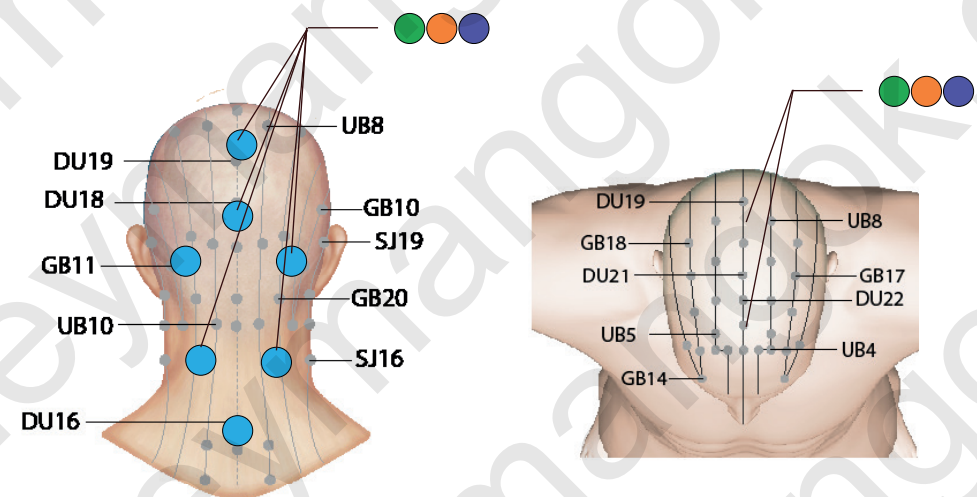
Multiple sclerosis (MS)

Hijama alone is very useful in the treatment of MS. With the help of an expert who understands traditional and holistic medicine, miraculous results can be obtained in the treatment of MS.

MS affects mostly the communication between the spinal cord and nerve cells.

I have had many patients whose MS progress stopped and who got much better than before with hijama application with hirudotherapy, immune-enhancing herbal supplements, black seed oil, ozone application, regular massage, meditation, and breathing therapy. MS is an autoimmune disease that affects the spinal cord.

Most beneficial hijama points for MS (multiple sclerosis):





Chronic Fatigue (Tiredness)

It causes weakness, low energy, inability to get out of bed in the morning, drowsiness during the day, and liver diseases and it is caused by a lack of iron storage in the body.

An increase in liquid instability (sauda, blood, bile, phlegm) and increased phlegm cause fatigue and apathy .

According to the science of acupuncture, chronic fatigue occurs due to obstruction of the liver and spleen meridians .

If there is an obstruction in the spleen or liver, involution in the toes of the left or right foot, onyxis, mold growth, and breaking of the nails can be observed.

In a normal human with regular blood circulation, hijama is immediately effective, and the patient receives relief and a feeling of lightness.

The most important and useful points in chronic fatigue:

The first and most useful is C7.

The second is behind the heart and the liver.

The third is behind the kidneys.

The fourth important point is the coccyx. Hijama is applied right above DU2.

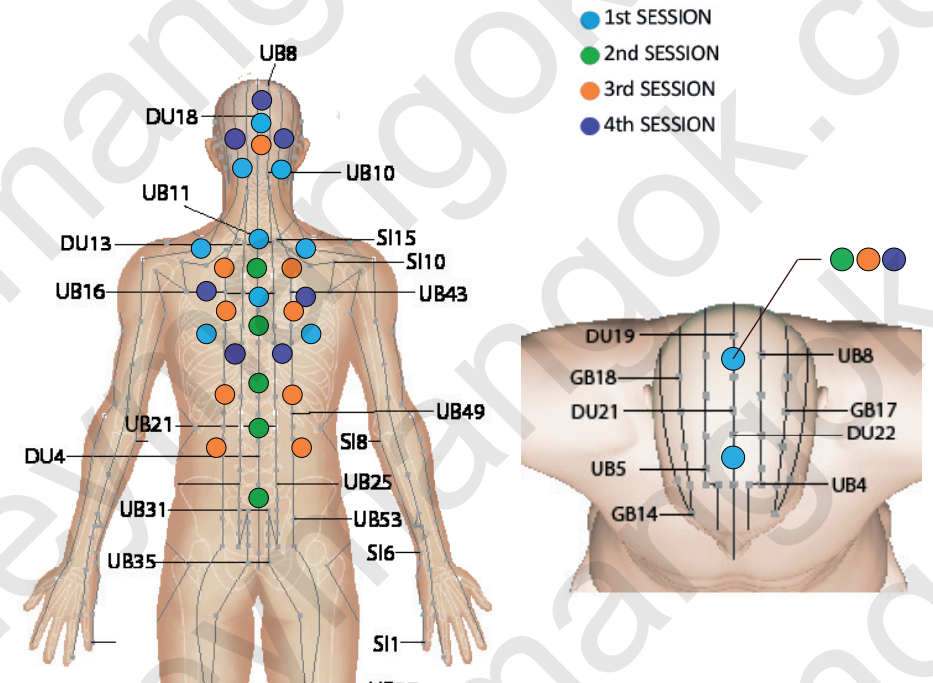
Kronik yorgunlukta en önemli ve en faydalı noktalar:

İlki ve en faydalısı C7'dir.

İkincisi kalp ve karaciğer arkası, Üçüncüsü böbrek arkası,

Dördüncü önemli nokta ise kuyruk sokumudur. (DU2)'nin hemen üstünden yapılan hacamattır.

Most useful hijama points for chronic fatigue:





Migraine

Migraine is one of the diseases with no cure in modern medicine, but it can be cured very easily with hijama.

It does not matter what triggers the migraine or why it occurs according to traditional medical science.

Solutions and treatments in traditional medicine are "a combination of physics, biology, and anatomy with the holistic thinking ability of how to dry the swamp instead of hunting mosquitoes in the swamp".

There are a number of methods that claim to treat migraine radically today, and each method has unique product marketing.

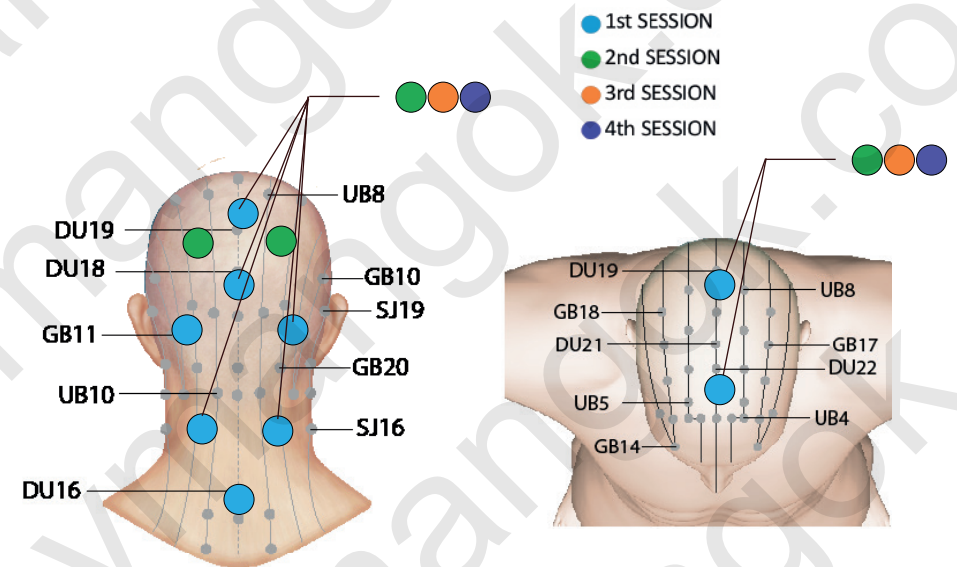
No method alone is sufficient in the treatment of any disease. Which treatment we will use and when we will use it varies according to patients, even for the same disease.

The most useful and important points for migraine are:

The bump on the back of the ear between GB11 and GB19.

The second important area is the points DU18 and DU19, which are the most useful points for the treatment of migraine.

Most useful hijama points for migraine:



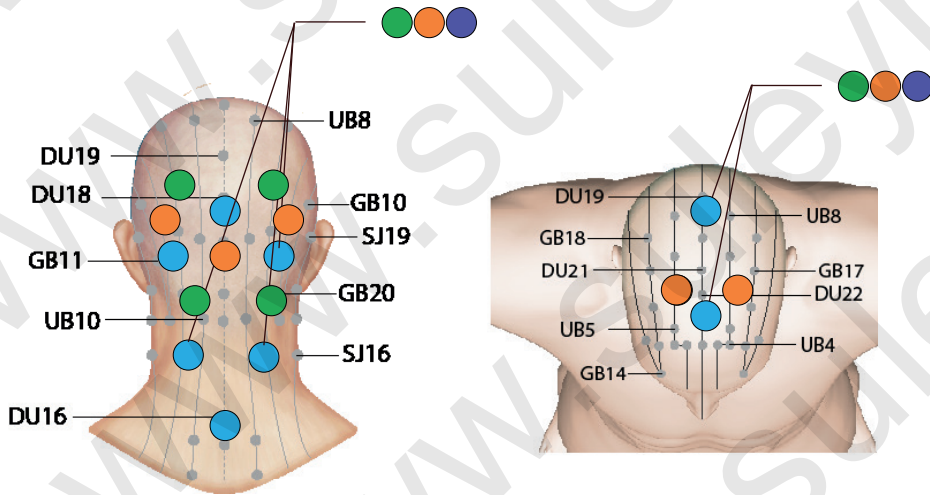
Most migrane problems will go away after 3rd session, how ever for good treatment patient should fallow up untill 10th session and should get hijama at least 6 times a year.

Tinnitus

The sound detection of the patient without an external warning is called tinnitus. If the ear and hearing-related neural networks have not been destroyed, hijama with leech therapy is very useful.

There are many patients who say that their tinnitus and wheezing are fully healed. Those who are not fully healed, at least, have stated that the intensity of sound and tinnitus has decreased.

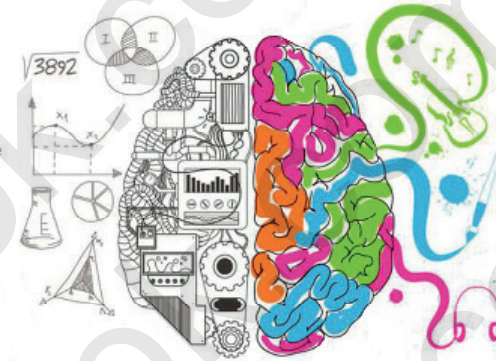
Most useful hijama points for tinnitus:



Kulak çınlaması tedavisi için önce tarama hacamatları sonra özel noktalara geçilmesi daha faydalı sonuçlar verir. Bakınız tarama hacamatları.

Sol Beyin

Mantıksal
Ardışık düşünme
Rasyonellik
Analitik
Objektiflik



Sağ Beyin

Rastgele
Sezgisellik
Bütüncülük
Sentezleme
Subjektiflik

Hijama and left right brain relations

Leadership in adolescence and right-left brain relationship

Some people use the right lobe of their brains and some people use the left more effectively. There is a bridging structure created by nerve fibers called the corpus callosum, which connects both hemispheres of the brain. By means of these neural networks, both hemispheres are in contact with each other and there is a continuous exchange of information.

The better the corpus callosum is developed, the more the human brain as a whole exhibits its cerebral abilities and the global maximum use of the brain as a whole increases and maximizes.

If the corpus callosum is not well developed, the person maintains his/her life features according to the characteristics of whichever lobe is dominant.

Leaders in society are people who use their brains globally. In other words, leaders are able to use the right and left lobes in a balanced way, and the nerves of the corpus callosum are more fresh and

intact.

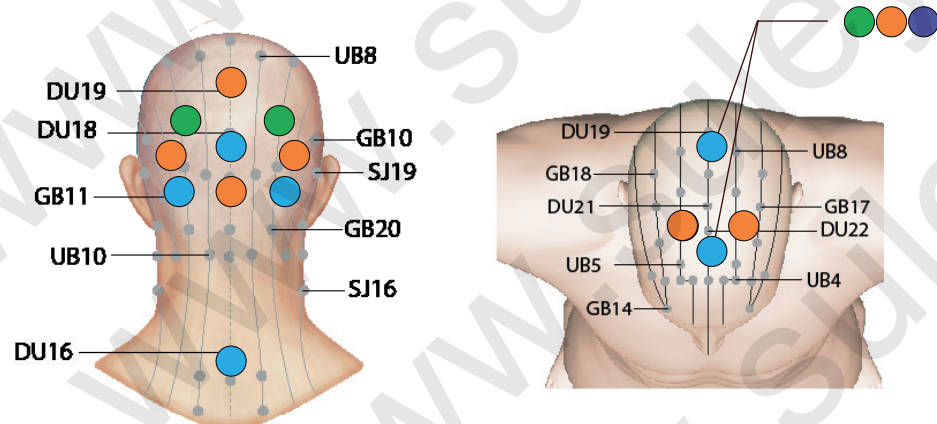
Those who use the left brain are more practical. They talk fast.

Those who use the right brain are more predisposed to design and artistic fields. Those who use their brains unilaterally develop the part of it that they use and after a while the other side weakens.

Hijama treatment for the full posterior point of the head, the top chakra, the forehead, and above the forehead slowly opens the obstructed nerves between the lobes. The corpus callosum strengthens the nerves and right-left brain communication.

Imagine for a moment that the intelligence of all people in our country increased 2-fold with the help of hijama. What do you think would happen?

Most useful hijama points for right-left brain balance:



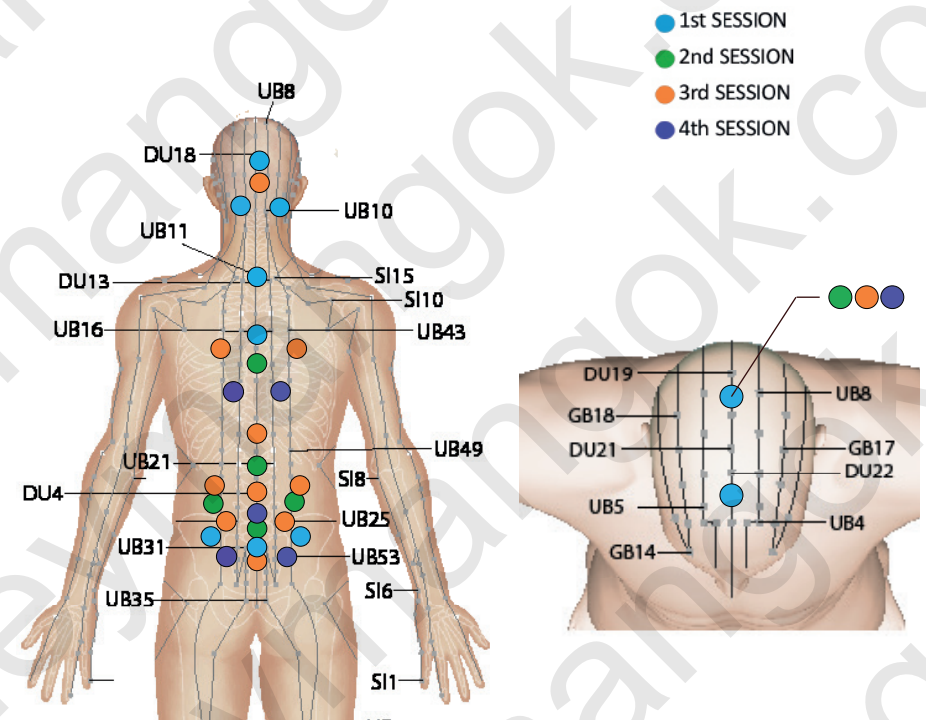
When you do hijama on head carefully observe simetrical points on head you will learn lots of things about patient.

Infertility or oligospermia

If hijama and leech therapy are regularly applied, it is proven that there is an increase in sperm count and quality.

In the past, there were many families that could not have children, but who had children after regular hijama and leech sessions with the help of a traditional medical expert.

Most useful hijama points for infertility treatment:



Most useful hijama points in the treatment of high blood pressure:

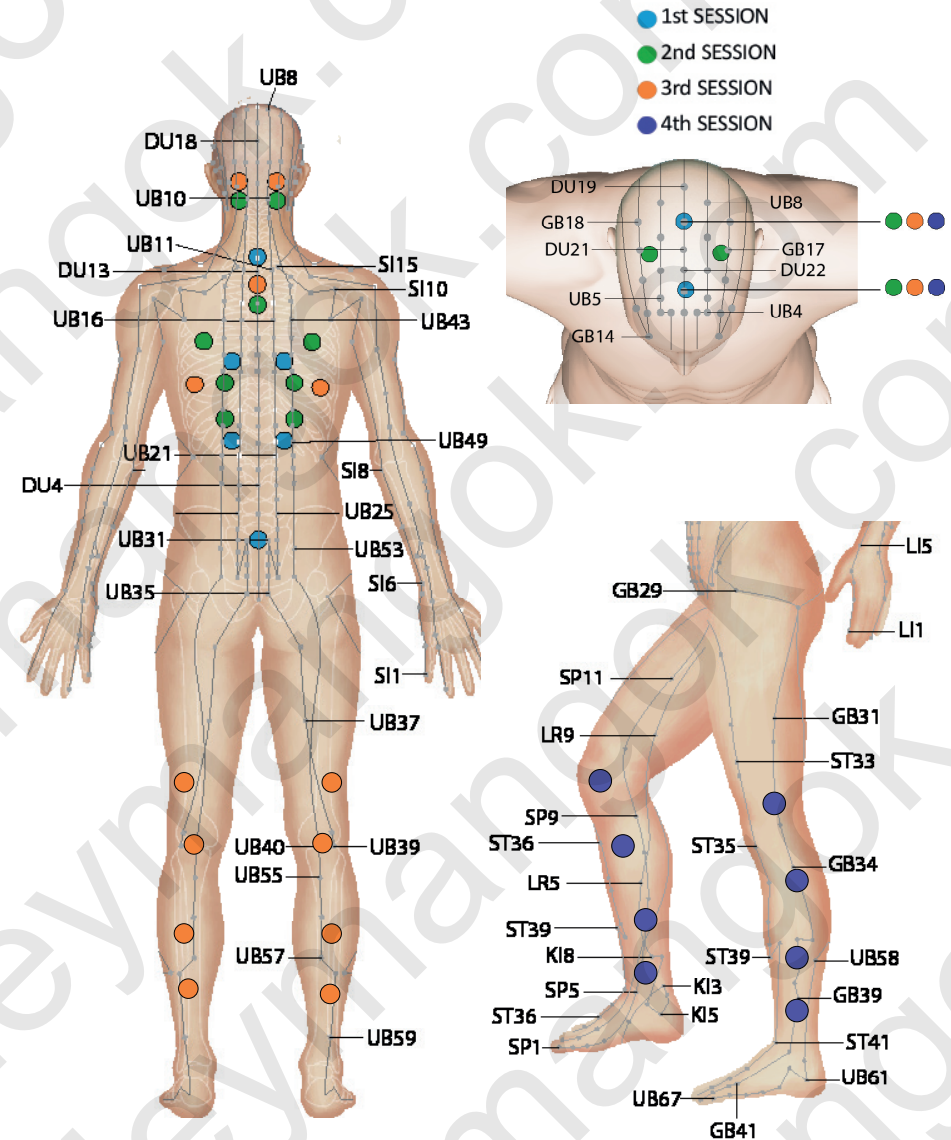


High Blood Pressure

People with blood pressure above 12/8 are considered to have high blood pressure. When toxic substances begin to enter the bloodstream through the intestinal tract and begin to block the blood vessels, blood pressure problems occur.

Hypertension depends on the blood pressure, the blood pumping from the heart, the resistance of the capillaries, and the flexibility of the arterial walls. People with high blood pressure often have problems in their intestines. A simple hijama session is very beneficial for patients with blood pressure problems.

Leech application, breathing therapy, colon cleansing is also suitable in the treatment of low blood pressure.





This hijama training has been
accredited by
Brussels Capital University.

Von Brussels Capital Universität
Belgien akkreditierte
Hijama Kurs.



LEECH THERAPY

CERTIFICATE

BLUTEGELTHERAPIE

ZERTIFIKAT



Has successfully completed all prescribed requirements and is hereby designated as the certificate program entitled "**Leech Therapy**" training organized by the Traditional Medicine Academy & International Hijama Institute.

Hat am Seminar "**Blutegeltherapie**" des "Traditionell Medizin Akademie & International Hijama Institut" teilgenommen. Hat erfolgreich das Seminar absolviert und ist somit berechtigt diese Zertifikat zu erhalten.

DATE:
DATUM:

CERTIFICATE NUMBER:
ZERTIFIKAT NUMMER:

GROUP NUMBER:
GRUPPE NUMMER:

Dr. Surgeon PhD Mustafa SAHIN

TRADITIONAL MEDICINE INSTRUCTOR
TRADITIONELLER MEDIZINLEHRER

Suleyman GOK

PRESIDENT
PRÄSIDENT



Forgetfulness or Dismnesia

There is no superior method in the treatment of dysmnesia and attention deficits. In fact, there is no such thing as dysmnesia; there is only the inability to remember.

The memory is stored in the back of the brain. Imagination, thought, analytical reasoning, and calculation take place in the frontal lobe of the brain.

The problem of inability to remember, which we call dysmnesia, arises from the fact that the blood vessels that feed the cells in which the objects we are trying to remember are stored are full of toxic substances and the blood circulation is weak.

If the nerves are weak and the capillaries are obstructed, you cannot access the information that you want to remember, or you experience dysmnesia.

There is a large decrease in dysmnesia after each hijama session



DU17 is the best for Dismnesia or forgetfulness

applied to the head.

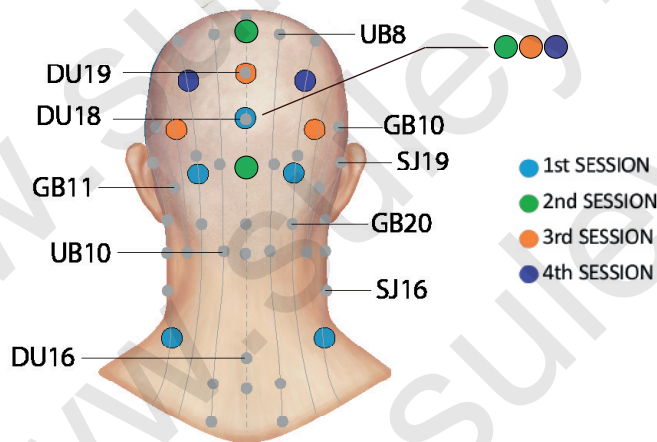
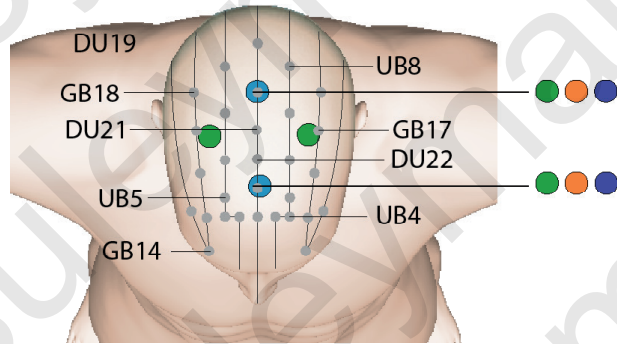
It is necessary to continually shave the hair on the head during head hijama treatment.

At least, it is necessary to shave the area to be treated with hijama. Although it is possible to shave the hair to a grade 2-3 haircut and apply hijama by smearing honey on the brim of the cups, this would not be very healthy.

If the area to be treated with hijama is not shaved, the hair is an obstruction and adjusting the depth of the incisions will be difficult.

It is not aesthetically problematic for women to only be shaved with a razor in the areas to which hijama will be applied.

Most useful hijama points for forgetfulness:



For Dymnesia regularly DU17-21 are the best. How ever every one after age 15 untill last day can use head hijama. Our head our brain is best gift for ours. So we should carefully take care of our brain. Almost for all kind of healt problems lots of benefits from head hijama.

Hijama for the prostate

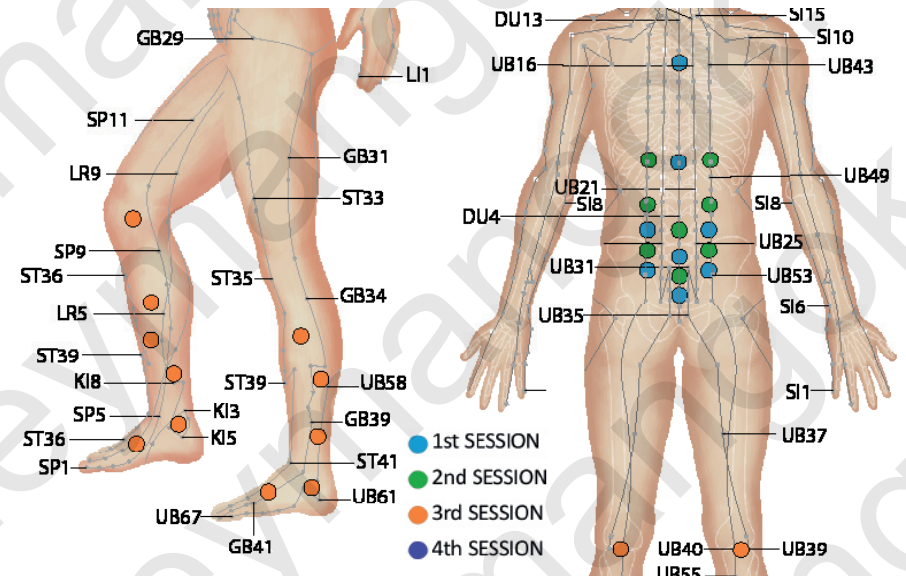
Prostate diseases usually occur at increased ages. In men over the age of fifty, this causes disturbing symptoms in the lower urinary tract.

These symptoms are more often caused by the growth of the prostate, a disease known as benign prostate enlargement. Other conditions may also lead to these complaints.

For the prostate, hijama alone is not enough, but hijama reduces the overall pain.

Hijama application with hirudotherapy leads to very successful results for the prostate.

Most useful hijama points for the prostate:





Inflammatory joint rheumatism

Rheumatoid arthritis (RA) or inflammatory joint rheumatism in modern medicine is traditionally defined as a chronic, inflammatory autoimmune disorder that causes the immune system to attack the joints.

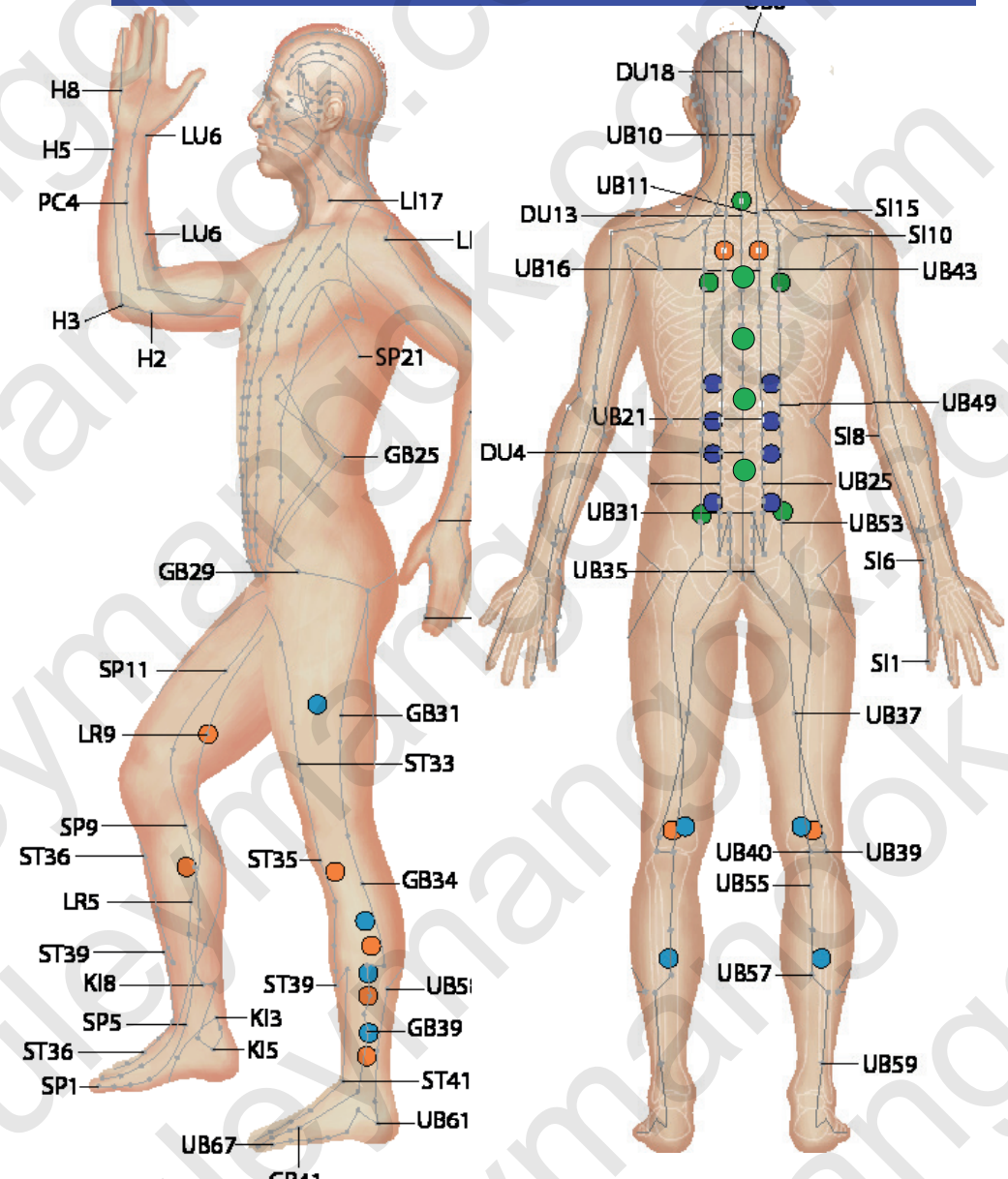
According to traditional medicine, inflammatory joint rheumatism is defined as the communication disorder of the nerve groups that provide communication between the brain and the organs, as in other disorders.

Hijama and leech therapy are more useful than the most expensive medicines recommended by modern medicine and they have no side effects.

The first academic research on rheumatoid arthritis was performed at Al-Azhar University¹

¹ Ahmed SM, Madbouly NH, Maklad SS, Abu-Shady EA. Immunomodulatory effects of blood letting cupping therapy in patients with rheumatoid arthritis. Al-Azhar University J 12 (2005) 39-51.

Most useful hijama points for inflammatory rheumatism:





Diabetes

Hijama does not treat diabetes. However, diabetes patients are in the group of people who need it the most.

The capillary obstruction is especially extreme in type 1 and type 2 diabetes patients.

It is caused by paralysis or stroking of the veins in the brain. In general, the patient becomes unable to use the right or left side of his body when he is paralyzed.

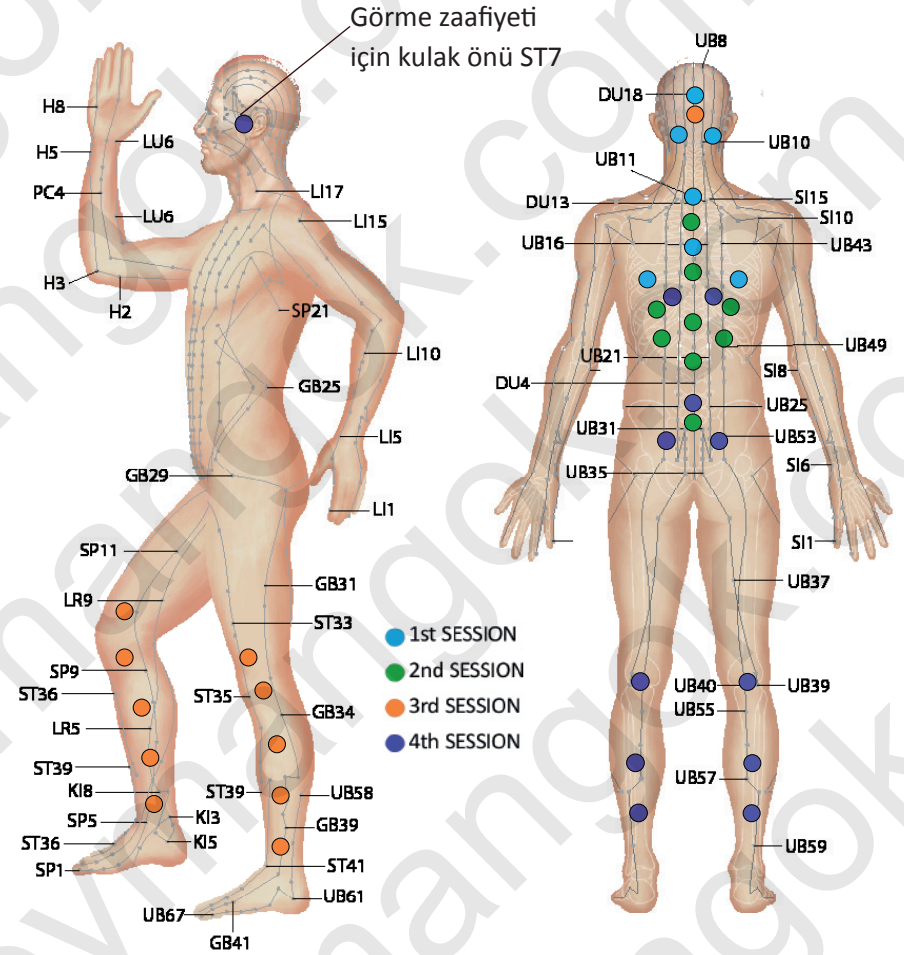
It is very beneficial for diabetics to receive hijama therapy a minimum of every 3 months after they receive the screening hijama and the necessary minimum hijama for the treatment of diabetes.

Diabetes patients have a high risk of stroke.

There is no risk of stroke among those who receive hijama and leech therapy.



Most beneficial hijama points for enuresis



In order to be succesfull application for diabetes start with screening hijama. (See screening hijama back, head and legs). After screening hijama points shown above. Along hijama leech and breathing therapy and suitable fitoteraphys are best.



Famous footballer David Beckham receiving hijama treatment in 2006.
 "Bekam" in the Malay language means hijama.

Hijama for athletes

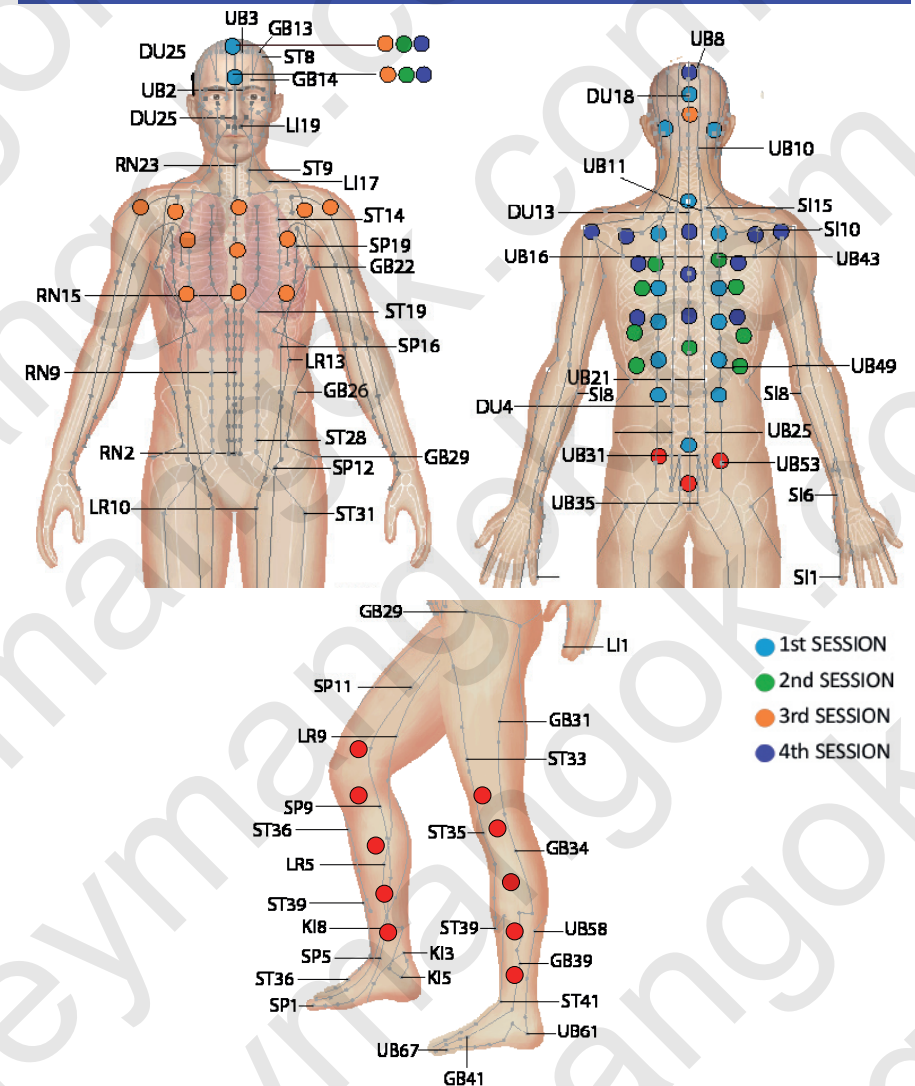
Hijama as a muscle booster

Muscle strength is derived from the blood circulation rate and form. If the cells that feed the muscles contain high quality, clean, abundant oxygen, the muscles are stronger and are easier to control.

Reflexes, or the communication between the brain and muscle groups, provide the maximum performance of nerve groups.

Athletes sometimes need extreme energy. If the energy (oxygen) in the cells in the muscles is not sufficient to meet their needs, it causes myotonia or muscle tearing, also called cramps. Hijama is also extremely useful in preventing such undesirable situations.

General hijama points for athletes:



There are special hijama points for athletes. Each sport has its own specific muscle group that is used.



Hijama in Children

After the age of two, there is no problem in applying hijama for children.

The blood circulating in the veins of the babies of mothers who consume food with additives and hormones is almost certainly contaminated before the baby is born.

If hijama is to be applied to a two-year-old child, the most appropriate point is the coccyx and between the shoulder blades.

Hijama is very helpful in children with distractibility.

The benefits of hijama to the head at least two times a year starting from childhood are countless.

Those who start to receive hijama treatment during childhood

pass through puberty much more easily and they exhibit much more sensible and adaptable behaviors.

Due to their balanced use of the right and left brain, their analytical and reasoning skills are increased, and their leadership skills develop as the right and left sides of the brain provide balanced development.

Children under the age of 10 years are not allowed to receive hijama application to the head except for special disease treatment.

The number of cups applied to children in general is:

- 1 cup for children 2-3 years old,
- 2 cups for children 3-5 years old,
- 3 cups for children 5-7 years old,
- 5 cups for children aged 7-15.

The number of cups can also be formulated to be up to half of the child's age.



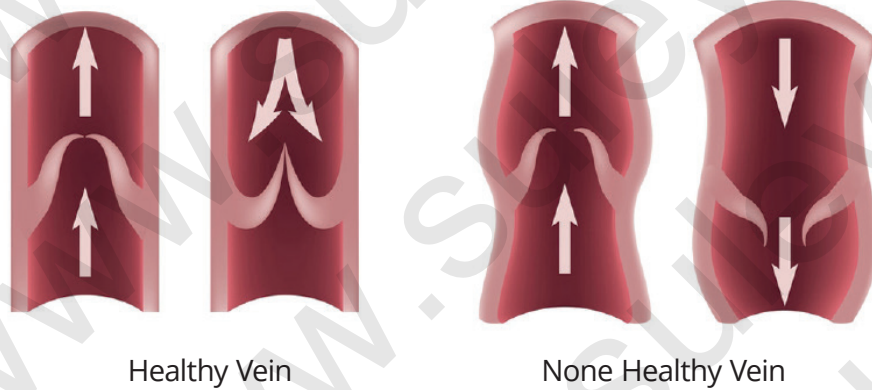
Hijama for varicose veins

There is no more effective method in the treatment of varicose veins than hijama and hirudotherapy. Hijama is very useful for varicose veins.

In addition, the third step of ozone application is very useful in the treatment of varicose veins. Respectively, hijama, leeches, and ozone therapy are more effective together.

Hijama is applied directly to the area of the varicose veins. During hijama, when making the incision on the varicose veins, one should be careful with the veins.

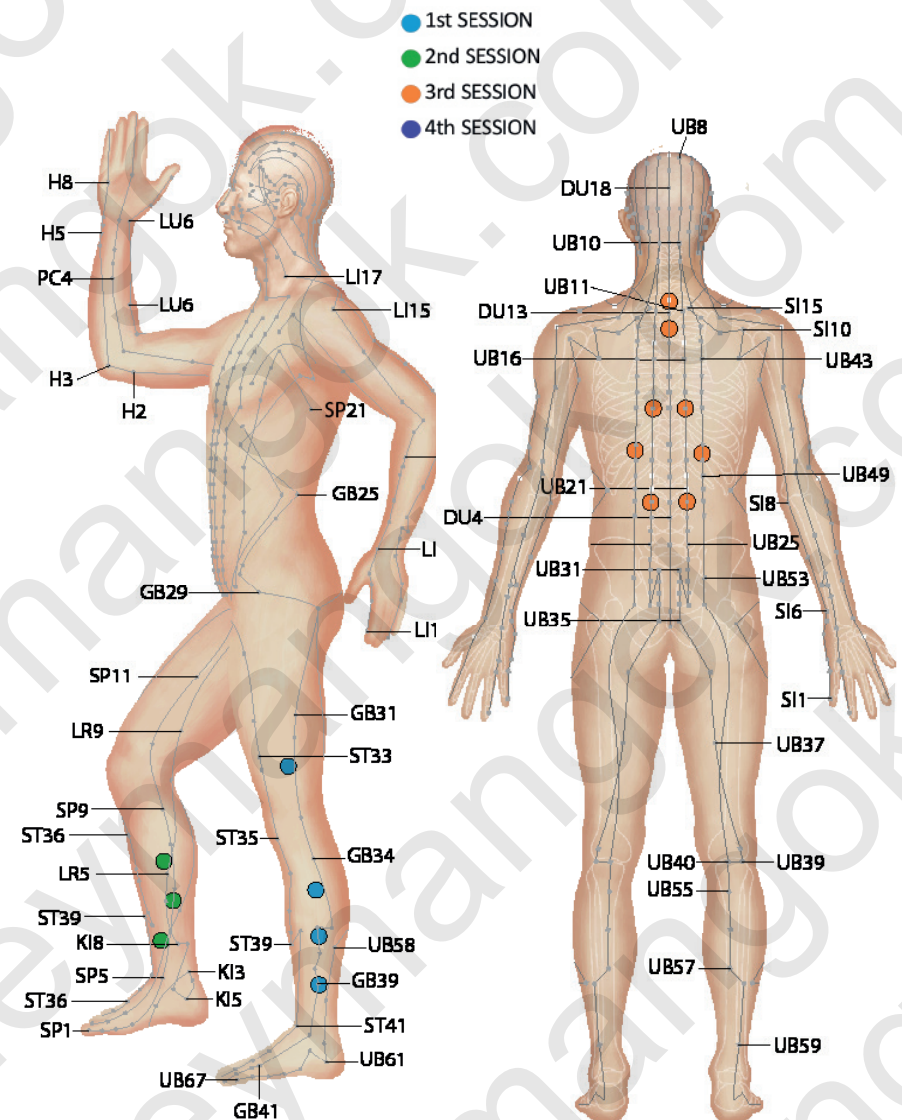
Neither hijama, leeches, nor any other treatment can restore a deformed vein to its original state.



Regular hijama reduces accumulation in the vein.

It prevents varicose vein formation. A single session is not enough; patients with varicose veins should receive hijama treatment at least 6 to 7 times a year and as much hirudotherapy as that.

Most beneficial hijama points for enuresis



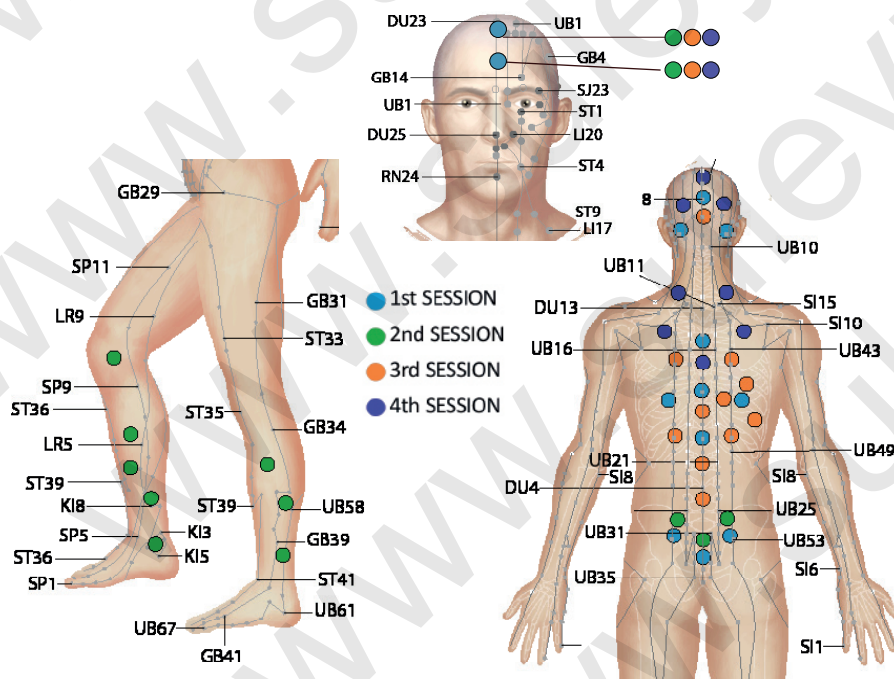
Hormonal problems

Hormones are chemical elements that are synthesized by the endocrine glands of the body. They have a physical function and an influence on physical weight and emotions, with a regulatory function in your body, both emotionally and organically.

They progress in the bloodstream and activate different body organs, coordinating and accelerating changes; they regulate metabolism, heart rhythm, menstrual cycles, and milk production in mothers.

For hormonal problems, hijama is usually applied directly at the endocrine glands and related nerves and muscles groups.

Most beneficial hijama points for enuresis



12

Hijama Contra- indications

- For whom is hijama not applied?



Hijama Contraindications

- Hijama for the elderly
- Hijama for people with pacemakers
- Hijama for people who have undergone organ transplantation
- Hijama for women in the menstrual period
- Hijama for people who have undergone operation
- Hijama for patients with platinum implants
- Hijama for pregnant women
- Hijama for hemophilia patients
- Hijama for nursing mothers
- Hijama for patients who use blood thinners

Hijama contraindications (For whom is hijama not applied?)

Almost all kinds of diseases in certain conditions can benefit from the application of hijama and leeches.

There are very few cases in which hijama and leeches are contraindicated, which means that they should never be applied.

My experiences with the contraindicated diseases, the patients of which should never be treated with hijama, and points to consider about these are provided below.

Hijama for the elderly

Hijama is easily applied for healthy people between 2 and 60 years old.

With people over 60 years of age, if the person's body is not too weak, hijama will not be harmful. With increasing age, it is

necessary to apply fewer cups than the recommended number of cups for adults. A little more attention is required.

Hijama for people over 80 years of age does not benefit them and fatigues the patient's body.

Hijama for people with pacemakers

Hijama should also be performed carefully when applying it to the knees or heads of people with pacemakers.

Hijama for people who have undergone organ transplantation

The immune systems of patients who have undergone organ transplantation are very weak. Even a small scratch may take a very long time to heal. If patients who have undergone organ transplant operations want to receive hijama treatment, they must receive the treatment in medical centers.

The experience of a hijama expert in Germany created hope for the benefits of hijama and leech therapy after organ transplantation.

Musa Ö. is a specialist who applied hijama and leech treatment for at least 4 people who had received organ transplantation operations after he received hijama training from the Hijama Institute in Germany.

He noted that after the hijama treatment, all the patients who had undergone organ transplantation had obvious improvements in their blood values, and that they didn't have to use the immunosuppressive drugs that they were formerly using.

This is a non-academic study. One must be very careful.

If people who have undergone organ transplantation want to

receive hijama treatment, it is more appropriate for them to receive the treatment in hygienic environments where blood analyses can be regularly conducted before and after hijama.

Hijama for people with low blood pressure problems

Those who have low blood pressure do not receive hijama treatment with more than 3-5 cups.

Hijama for women in the menstrual period

Hijama is applied to women who do not have anemia during the menstrual period.

Hijama for people who have undergone operation

Patients who have undergone any kind of surgery must wait a minimum of 60 days for hijama.

Hijama for patients with platinum implants

A patient who has platinum in the kneecap or the joint can be treated with hijama in the platinum area and it can be very helpful.

Pre-vacuuming should be done with caution.

Hijama for pregnant women

Although there is nothing to be afraid of in hijama, some patients get excited during it. This may damage the unborn child.

If the mother is a person who previously received hijama, or in other words someone with experience, it would be very helpful. After hijama, the comfort of the mother is useful for the baby in the womb.

Many benefits provided by the application of hijama for the mother also help the healthy development of the baby, too.

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Obstetricians suggest that it will be safer for the mother and the baby if the mother doesn't receive hijama treatment after the fifth month.

Hijama for hemophilia patients

Hijama is not applied for patients who do not stop bleeding after incisions! Hijama is not applied for those with low platelet values .

Hijama for patients receiving chemotherapy

The immune system of the patient is extremely weak after chemotherapy. Therefore, a minimum of 60 days after chemotherapy is required.

Hijama for nursing mothers

There is no problem in applying hijama for nursing mothers. On the contrary, it would be useful. It would be enough for them to pause breastfeeding for 24 hours after hijama.

Hijama for patients with anemia

Patients who have low blood values and anemia are not allowed to be treated with hijama.

Hijama for patients who use blood thinners

People who use blood-thinning medication are not allowed to receive hijama treatment. Hijama can be applied after the medication is stopped under the supervision of a physician at least 2 days previously.

13

Mechanism of the Effect of Hijama



Mechanism of the effect of the Hijama

■ Mechanism of the effect of the Hijama

Mechanism of the effect of hijama

Physical, chemical, and biological reactions begin in the body as soon as you begin to receive hijama treatment, and these reactions continue after hijama.

Let's examine them briefly.

1. Hijama activates the life energy (qi)

The nerves that provide communication between the brain and the organs are in the skin. According to the science of acupuncture, these communication nerves consist of 12 meridians and 360 points.

Activating the life energy (qi) is much easier with hijama than acupuncture.



Each hijama session applied activates the meridian and related organ's nerves by stimulating the meridian to which it is related. According to the degree of acupuncture needle stimulation, hijama is at least ten times more effective.

Acupuncture and electronic acupuncture done with needles stimulate the weakened nerve at the occluded point and relax the stretched nerve.

In hijama, treatment is more effective because the toxic substances are taken out directly. These points are not constant in mobilizing energy; they vary according to the individual's discomfort.

2. Through endorphin secretion

As soon as hijama begins, the brain starts to secrete endorphins, also called the "hormones of happiness".

It was determined that endorphin secretion increases after hijama applied to the chakra at the back of the head and the forehead.



"Endorphin" is the name given to the hormones produced by brain tissues for the reduction of pain in painful tissues in the human body. The function of the hormone is to numb the nerves in order to reduce the severity of the pain and to cause less discomfort in the body.

3. Blood circulation rate increases

After hijama, the blood circulation rate increases with the relaxation of capillary vessels and veins. With the increase

of blood circulation, the life energy of the person increases. Occlusions in the veins are further reduced. Organs do their jobs better.

4. Nitric oxide (NO) release

Nitric oxide is a very important signal molecule for the body. It is a substance that is produced in the body, but the production is decreased by means of lifestyle and bad nutrition, and its normal level is not enough to fight against diseases. The benefits and necessity of nitric oxide are countless. The main benefits are:

- * Fights high blood pressure and arteriosclerosis
- * Reduces the risk of heart attack and stroke
- * Helps control blood circulation
- * Used by the immune system to prevent the proliferation of cancer cells
- * Effective against pain and swelling caused by joint inflammation
- * An element necessary for strengthening sexual sensation in men and women
- * Triggers many mental diseases, including schizophrenia, but is also a substance that facilitates learning and memorization
- * Can cause obesity, fast weight gain, and failure to burn consumed calories

It has been proven by academic studies that nitric oxide release is naturally increased in those who receive hijama treatment.



5. Placebo effect

Those who hear from their social circle "I've seen the benefits of it, you should try" and come after that suggestion, believing that they will benefit from hijama, really benefit from it.

At the same time, those who receive hijama treatment thinking "because it is Sunnah in our religion, Islam, if our Prophet (pbuh) recommended it, it must be helpful" benefit from hijama much more.

Those who believe that hijama is absolutely beneficial will benefit more than the ones who have doubts about it.

This shouldn't be perceived hijama being "essentially useless" as the ones who receive it assume that they benefit psychologically.

It has been proven by thousands of academic studies to date how useful hijama is.

Those who receive hijama treatment just because it is sunnah declare that they are much more relaxed after the session.



6. Regulatory effects of pituitary and pineal glands and hormones

In particular, hijama applied to the anterior part of the head has a great influence on the regulation of the pituitary gland hormones.

7. Immune system regulatory effect

Regular hijama has numerous benefits in strengthening the

immune system.

People who receive hijama therapy will not easily fall ill if they receive hijama before they become ill.

8. Chakra regulating effect

"Chakra" is a Sanskrit word, meaning wheel or rotation. These energy centers found in humans consist of a swirling energy field.

Chakras are considered to be the point of connection between metaphysical and/or biophysical energy in the human body in Indian philosophy and some related Asian cultures.

The body has 7 main energy centers called vortexes. Each of these seven power stations corresponds to glands that secrete hormones in our bodies.

They stimulate hormone production. In other words, the hormone secretory glands in our physical body correspond to the chakras in our energy body.

Let's examine these 7 basic chakras:

1. Muladhara Chakra (Root Chakra):

It is located between the reproductive organs and the anus, on the coccyx (mul: root; adhara: place, location).

Affected organs: Sexual organs, blood, bone, cells, etc.

Affected gland: Adrenal glands (adrenaline).

Color: Red, four-petal chakra. It is called the survival chakra in English; it is often clogged in people who have always been inclined to a material mindset or have lived in financial trouble.

2. Swadhistana Chakra:

Below the navel (swa: own; adhisthana: space).

Affected organs: Liver, spleen, intestines, kidneys, bladder, blood, etc.

Affected secretory gland: Sexual glands.

Color: It is an orange, six-petal chakra.

3. Manipura Chakra (belly chakra):

It is two fingers above the belly (mani: jewel; pura: city).

Affected organs: Spleen, liver, gallbladder, nervous system, pancreas.

Affected secretory gland: Pancreas.

Color: A yellow, ten-petal chakra.

Çakralara yönelik hacamat ilgili salgı bezlerini harekete geçirmede çok faydalıdır.



4. Anahata Chakra (Heart Chakra):

In the middle of the body, near the heart (an: blessing; ahata: strokes).

Affected organs: Heart, lungs, blood circulation.

Affected gland: Thymus gland.

Color: It is a green, twelve-petal chakra.

5. Vishouddha Chakra (Throat Chakra):

It is in the middle of the throat (vi: beyond; shouddha: purified).

Affected organs: Nape of the neck, throat, etc.

Affected gland: Thyroid and parathyroid glands.

Color: A blue, sixteen-petal chakra.

6. Anja Chakra (Forehead Chakra):

Behind the forehead, in the middle of the two eyebrows, at the bridge of the nose (anja: commander).

Affected organs: Eyes, brain.

Affected secretory gland: Pituitary gland.

Color: Indigo, two-petal chakra.

7. Sahasrara Chakra (Crown Chakra):

It is at the top of the skull (sahasra: thousand; ra: flower petal).

Affected organs: Brain, nervous system.

Affected secretory gland: Pineal gland.

Color: Purple, thousand-crowned chakra.

There are three important chakras in relation to the treatment of disease with hijama. These are the crown chakra, root chakra, and forehead chakra, respectively. The crown chakra is the most important energy transmission center, and obstruction of this point disturbs the person's mental balance.

Chakras take their energies from the regular bloodstream. In other words, chakras of people with regular blood circulation and regular metabolism are less congested.

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As the blood circulation of those who receive hijama treatment is regulated, their energy is increased according to Eastern medicine.

Cupping therapy that has been used in the treatment of a broad range of conditions.

Although cupping has been a treatment for centuries, and had been used by various culture and societies, its mechanism of action is not well understood.

Recently, interest in cupping has re-emerged and subsequently, several studies have begun to investigate the mechanisms underpinning cupping therapy.

For the mainstream doctors trained in western medical sciences, the focus is largely on the biomedical causes of disease, while traditional medicine practitioners take a holistic approach.

Hijama should considered both ways, holsitic and biomedical causes. Its like flying bird with two wings.

Bird with one wing can't fly so looking from one side will be like bird with one wing too.



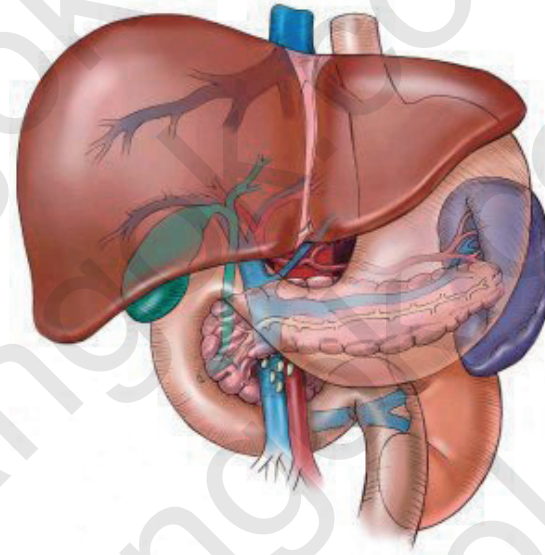
14

Secrets to Healthy Living



Secrets to Healthy Living

- Liver cleaning
- Intestinal cleaning



Secrets to Healthy Living

Liver cleaning

Chronic patients and patients over the age of 40 should undergo bowel therapy for 3 weeks as a preparation before the liver is cleaned.

Young people and normal healthy people should prepare for 2 weeks before starting to do the cleanse. In these 2 weeks, meat, milk, eggs, cheese, salt, and sugar should be avoided, and food should be orderly, not eaten mixed together.

Morning: Fruit or juices (lemon, orange or grapefruit, or potato juice) until noon (or spend 2 days just with fruit juice or carrot juice.) Lunch:

A meal with salad or yogurt. Evening: Vegetable or fruits, melon, and watermelon should be mixed with honey and herbal green tea and senna tea should be drunk.

CAUTION! Black tea, coffee, and chocolate should not be eaten for 2

weeks.

Very important: In the evening before starting the cleaning, the intestine should be cleaned with magnesium sulfate or senna tea.

First day:

Those over 40 years old can drink grapefruit and lemon juice, and those under 40 can drink apple juice (the best is green apple), while the pregnant and very weak can also drink orange juice. Fruit juices should be freshly squeezed, and they must be squeezed each time before the person drinks them, and 3/4 of the glass should be filled with juice and 1/4 should be water. You can drink up to 3 liters, with a minimum of 1.5 liters.

Second day:

The same pattern as on the first day is continued. People who are working can drink orange and grapefruit juice at work or eat apples. Those who eat fruit should definitely drink magnesium sulfate (the best is drinking orange or grapefruit juice).

Third day:

You cannot eat fruit. Just drink juice. Until 5 o'clock, continue to drink fruit juice in the same way. Nothing is consumed from 5 pm until 7 at night.

At 7 o'clock, a warm bag is placed on the right side. Fifty grams of olive oil (unrefined) and 50 g of lemon juice are mixed and drunk with 15-minute intervals. The total consumed should consist of 250 g of olive oil and 250 g of lemon juice, i.e. the mixture of these two should be drunk. Lemon juice should be freshly squeezed each time while drinking. For young and thin people, 200 g is sufficient. The drinking of the olive oil and lemon should be finished at 9 o'clock.

The patient should lie down over a warm bag from 7 to 11 o'clock and should not stand up except for defecation. If he/she gets up, he/she may have nausea and vomiting. If the patient vomits the consumed mixture, the cleansing will not occur. The urge to defecate is felt between 11 and 12 o'clock at night (2-3 times). If it is not felt by 2 o'clock, after waiting until 2, an enema should be applied (enema and intestinal emptying device can be found at the pharmacy). If you cannot find the

necessary items for an enema, on the 3rd day at 12 o'clock, magnesium sulfate should be drunk to relieve the bowels and to defecate. At 7 in the morning, an enema must be applied. If there is no possibility of an enema, drink magnesium sulfate at night. A potty chair should be used to see the things that are excreted.

With this cleansing, stones, worms, and dirt in the liver and gallbladder are removed. The most recent defecation should be green or greenish. If it is not green, the cleansing is not complete and it must be repeated again after 3 weeks. The next day, the defecation should be checked to see whether it is green or not.

CAUTION!

At 7 pm, it is very important to place a warm bag, lie on the right side, and apply an enema. If a hot bag is placed, the dirt in the liver can be enclosed there. In the morning, fat-free and salt-free rice porridge should be eaten. To close the cleansed liver, the patient should definitely eat this (3-5 spoons are sufficient).

For the protection of the liver for 3 days after the cleaning, light meals should be eaten, and especially juice should be drunk. Meat, cheese, eggs, black tea, coffee, sugar, salt, and canned food should not be consumed. After cleaning the liver, if pain, aches, or nausea occur, it means that stones are passing. The patient should continue to drink juice, and one should not worry if diarrhea occurs. Diarrhea treatment should be started after 2 days if it continues.

Every bite we eat is perceived as a nutrient after entering the mouth and the necessary parts are sent to the cells as energy, the unnecessary parts being discharged out of the pulp. This is only possible with a perfectly designed and impeccably working system.

If you help this system work, you'll be healthy; otherwise, you'll lose your health gradually.

Intestinal cleaning

For those with stomach or intestinal diseases and constipation problems, bowel cleansing should be performed. In the evenings, use bran or flaxseed for intestinal pain, and in the morning unpeeled raw potato is squeezed and mixed with water. A beverage is consumed composed

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of 3/4 raw potato juice and 1/4 water; drink 3 glasses of it before noon without mixing it with anything else (do not eat anything else, either). No matter how old and persistent the stomach and intestinal diseases are, which patients may have had for years, this treatment method shows benefits within 3 weeks. The diet of these patients should be as follows:

Morning: Drink potato juice until noon. At noon, one type of food is eaten with salad or yogurt, and 3 cloves of garlic are swallowed with water before or after the meal.

Evening: Bran prepared for intestinal pain can be eaten, or you can drink flaxseed tea, or you can eat up to 3 spoons of germinated wheat. The diet should be implemented in this way for 3 weeks and the liver should be cleansed after 3 weeks. Along with bread, this is eaten as a meal. Three hours after this meal, the urine is checked and continues to be checked for up to 36 hours.

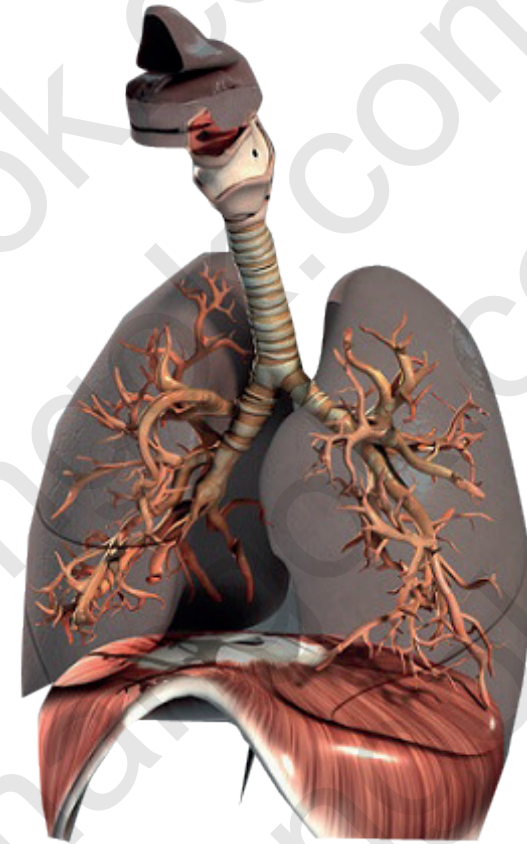
The ones healed by hijama

In the first edition of this book, the number of patients I had helped heal with hijama was 3,000, and written statements were given by as many as fifty people. I included stories of some of these patients there.

Not just me myself, but also our students trained by the Hijama Institute have been leaders in helping patients to recover.

How useful hijama is has been proven by academic research and evidence.

In the last five years, the number of those who recovered with hijama has increased so much that we don't find it necessary to write their stories here.





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Joachim Wohlfell

Conrad Wohlfell-Profan

15. November 2015

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This is to certify that

SÜLEYMAN GÖK

of **TURKEY**

has passed the course of

Doctor of Natural Medicine

In testimony whereof this certificate is awarded

on this 30th day of NOVEMBER, 2016



Course: **N.M.D.**

Certificate No.: **IBAMC/17595**

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