

## ABSTRACT

### The Effect of Islamic Wet Cupping on The Blood Pressure Level of Mild Hypertensive Patients In Malang

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The most common risk factor of cardiovascular diseases is hypertension, which is defined as a steady increase of blood pressure level that reaches more than 140 mmHg in systole and higher than 90 mmHg in diastole. In the search of proper both pharmacological and non-pharmacological treatments for hypertension, Islamic wet cupping was developed as one of the adjuvant therapies in Indonesia, more specifically, in the city of Malang. Islamic wet cupping is a therapy that applied pressured cups to make a lump of blood and toxic substances that will be extracted by pricking the lumps. This study was done with the objective of knowing the effect of Islamic wet cupping on blood pressure levels, both systolic and diastolic, of mild hypertensive patients in Malang.

This research was a retrospective analytical study that used a secondary data from 35 patients' medical records from a wet-cupping clinic "Rumah Detok Bekam Pak Toyyib" in Malang. The data consisted of systolic and diastolic blood pressure level before and after the first, second and third wet cupping therapy. The interval between the wet cupping therapies were approximately a month. The data were analyzed using Wilcoxon matched-pair signed rank and paired-sample T-test.

According to the data obtained from the patients' medical records, the characteristics of the samples of this study were all adult males with the age mean of 42.1 years old. The systolic/diastolic blood pressure level mean before wet-cupping therapy were 144,66/94,8 mmHg. The systolic/diastolic blood pressure levels kept lowering after the first, second and third therapy with the mean of 140,4/89,89 mmHg, 136,37/86,09 mmHg and 130,94/83,03 mmHg respectively.

The result of the comparative analysis of this study was that the difference of both systolic and diastolic blood pressure levels of the first, second and third wet-cupping were all statistically significant ( $p < 0.05$ ). From this study we could conclude that Islamic wet cupping was able to lower the systolic and diastolic blood pressure levels of mild hypertensive patients in Malang.

**Keywords :Islamic wet cupping, blood pressure, mild hypertension**