

SHORT TERM VOCATIONAL CERTIFICATE COURSE

CUPPING THERAPY (6 months Duration)

Prepared by



FATIMA KHADAR

Founder & CEO

&

SYED IKRAM UDDIN

Core Team Member,
Bizrah Health & Lifestyle Pvt. Ltd.
Hyderabad

Course Coordinator:

Dr. R. JYOTHSNA RANI

Principal & Lecturer SIVE,

O/o Director of Intermediate Education, Hyderabad

STATE INSTITUTE OF VOCATIONAL EDUCATION

Director of Intermediate Education, Hyderabad

HYDERABAD, TELANGANA

CUPPING THERAPY

NAME OF THE COURSE: Cupping Therapy

SECTOR : HEALTH & MEDICAL

COURSE CODE: CT

ENTRY QUALIFICATION/ELIGIBILITY: Intermediate students (Science background)

PRE-REQUISITES: Basic knowledge of human anatomy and idea about cupping therapy

DURATION: 06 Months (240 Hours)

TERMINAL: After completing this course, students will be able to work as a Cupping Therapist or choose to start their own therapy clinic.

Introduction:

This comprehensive program is designed to equip you with the knowledge, skills, and practical experience necessary to become a proficient cupping therapy practitioner. Whether you are a healthcare professional looking to expand your skill set or an individual passionate about holistic wellness, this course offers a transformative journey into the world of cupping therapy. Join us as we delve into the

Objectives:

- To learn about the history, theory, practical techniques, and ethical considerations of this ancient healing practice
- Understand the concepts of Cupping and perform the therapy for relevant health concerns
- To perform effective Cupping Therapy for Blood Detox, Body Pains, and other health concerns
- To prepare for a rewarding career in holistic healthcare
- Learning to make earning from Cupping Therapy
- To know end-to-end of Cupping Therapy Treatment

Skills:

- The students will be able to perform Cupping Therapy

- To administer relevant treatment as per the patient's condition
- To understand and perform therapy according to the purpose of the treatment
- To adapt and deliver therapy as per the patient's condition

SCHEME OF INSTRUCTION/MODULE:

1. Communicative English: 40 hours (per module)

2. Course: 240 hours (6 months)

Duration of Course	Theory		On the Job Training		Total	
	Hours	Weightage	Hours	weightage	Hours	weightage
Module – 1 (6 months)	60	30%	140	70%	200	100%

Cupping Therapy

Cupping therapy is a time-tested healing method that harnesses the body's natural ability to heal and rejuvenate. By creating suction on the skin's surface with specialized cups, this therapy promotes relaxation, improves blood circulation, and alleviates muscle tension. It is known for its detoxifying effects, reduction of inflammation, and overall enhancement of well-being.

Outcomes of Cupping Therapy Course:

1. Certified Cupping Therapist: Equipped to practice cupping therapy professionally.
2. Specialized Treatment: Offer holistic treatments for various conditions.
3. Career Opportunities: Work in wellness centers, spas, or private practice.
4. Continuing Education: Opportunity for further specialization.

SYLLABUS (Theory & Practical)

Unit 1: Introduction to Cupping Therapy

- Foundation of Cupping Therapy
- History and Origins
- Cupping Techniques and Tools
- Benefits and Risks
- Anatomy and Physiology

Unit 2: Types of Cupping Techniques

- Dry Cupping
- Techniques
- Application and Removal
- Wet Cupping (Hijama)
- Therapeutic Purposes
- Bloodletting Process

Unit 3: Cupping Therapy in Traditional Medicine

- Traditional Chinese Medicine (TCM) Principles
- Qi Flow and Blockages
- Diagnosis and Treatment
- Ayurvedic Cupping
- Ayurvedic Principles
- Application in Ayurveda

Unit 4: Cupping Therapy for Specific Conditions

- Pain Management
- Musculoskeletal Pain
- Common Pain Conditions
- Respiratory and Circulatory Disorders
- Respiratory Conditions

- Blood Circulation Improvement

Unit 5: Advanced Cupping Techniques

- Fire Cupping
- Techniques
- Safety Measures
- Moving Cupping and Massage Cupping
- Dynamic Cupping Techniques
- Incorporation into Massage Therapy

Unit 6: Integration and Practical Application

- Case Studies and Practical Sessions
- Analysis of Case Studies
- Treatment Plan Development
- Ethics, Business, and Certification
- Ethical Considerations
- Setting up a Cupping Therapy Business
- Certification Preparation

Note: Each unit can be structured to span a certain period of time, ensuring that all topics are adequately covered within the six-month duration of the course. Additionally, practical sessions, assessments, and hands-on experience will be integrated throughout each unit to reinforce learning and skill development.

List of Equipment

S. No.	Item	Quantity
1	Adjustable treatment table/Chair.	01 Unit
2	Therapy Cups.	3-9 Units
3	Cupping Pumps	01 Unit
4	Antiseptic solutions.	As required
5	Cotton balls and swabs.	As required
6	Surgical Blade.	01 Unit
7	Bandages, antiseptic ointments, gauze	As required
8	Hand sanitizers	As required
9	Massage Oils.	As required
10	Disposable gloves, masks, aprons.	02 Units

Qualifications of Teaching Faculty:

1. Graduation from any recognized university with an aggregate of 75% marks (BUMS or Medical Degree)
2. 5+ Years of Experience in the clinical setup of academics

Reference books: A Practical Guide to Cupping Therapy: A Natural Approach to Heal Through Traditional Chinese Medicine

Division of Marks:

Theory: 100 Max. Marks

1. Communicative English: 20 marks
2. Short Questions: 6 x 5 M = 30 marks
3. Long Questions: 4 x 10M = 40 marks
4. Multiple Choice Questions: 10 x 1M=10 marks

Practical: 100 Max. Marks

1. External: 40 marks
2. Record/ Mini Project & Viva: 10 marks
3. Internship/ OJT: 50 marks

**STATE INSTITUTE OF VOCATIONAL EDUCATION
O/o DIRECTOR OF INTERMEDIATE EDUCATION,
TELANGANA, HYDERABAD
SHORT TERM VOCATIONAL CERTIFICATE COURSE**

REGD. NO:

**TIME:3 HRS
MAX MARKS: 100**

**CUPPING THERAPY
MODEL QUESTION PAPER (THEORY)**

SECTION- A

COMMUNICATIVE ENGLISH

20 MARKS

SECTION- B

Note: a) Answer ALL questions.

b) Each question carries **5 Marks**.

6X5M=30 MARKS

1. Describe the main differences between dry cupping and wet cupping.
2. What are the primary indications for using cupping therapy in modern clinical practice? List at least three conditions and briefly describe how cupping helps each one.
3. What are the contraindications for cupping therapy? Provide at least three specific conditions or situations where cupping should be avoided.
4. Identify and explain the types of cups used in cupping therapy. How does the material of the cups affect the treatment?
5. Explain the principles of suction and how they impact the skin and underlying tissues.
6. Explain the therapeutic mechanisms of cupping therapy.

SECTION- C

Note: a) Answer any **Four** questions.

b) Each question carries **10 Marks**.

4X10M=40 MARKS

1. Describe in detail the complete procedure for performing wet cupping therapy, including patient preparation, equipment sterilization, technique, and aftercare.
2. Discuss the historical evolution of cupping therapy across different cultures and civilizations. How has the perception and application of cupping therapy changed over time?
3. Analyze the ethical considerations and professional standards a cupping therapist must adhere to. Why are these important?
4. Explain the various types of cupping techniques (e.g., dry cupping, wet cupping, fire cupping, flash cupping). Compare and contrast their methodologies, benefits, and specific applications.
5. Evaluate the scientific evidence supporting the effectiveness of cupping therapy for treating chronic pain conditions.
6. Design a treatment plan for chronic back pain using cupping therapy.

SECTION-D

10X1=10 Marks

1. In wet cupping, what additional step is performed compared to dry cupping?

- | | |
|--------------------------|-------------------------|
| a) Use of essential oils | b) Light skin incisions |
| c) Application of heat | d) Magnetic therapy |

2. Which system of medicine is cupping therapy often associated with?

- | | |
|---------------|---------------------------------------|
| a) Ayurveda | b) Traditional Chinese Medicine (TCM) |
| c) Homeopathy | d) Allopathy |

3. Cupping therapy should be avoided in patients with which of the following conditions?

- | | |
|---------------|-----------------|
| a) Asthma | b) Hypertension |
| c) Hemophilia | d) Migraine |

4. Which of the following is a benefit of cupping therapy?

- a) Increasing cholesterol levels b) Reducing inflammation
- c) Causing muscle atrophy d) Inducing hyperactivity

5. What is the main therapeutic mechanism behind cupping therapy?

- a) Chemical reaction b) Physical suction
- c) Magnetic fields d) Electrical stimulation

6. Which of the following is NOT a type of cupping therapy?

- a) Wet cupping b) Dry cupping
- c) Ice cupping d) Fire cupping

7. In cupping therapy, how is suction typically achieved in fire cupping?

- a) With a vacuum pump b) By blowing air
- c) By creating heat with a flame d) Using magnetic force

8. What precaution should be taken when performing wet cupping?

- a) Using very high heat b) Avoiding sterilization
- c) Ensuring clean and sterilized equipment d) Applying excessive suction

9. What is one of the immediate visual effects of cupping therapy on the skin?

- a) Lightening of the skin b) Development of red or purple marks
- c) Swelling of the feet d) Hair loss

10. What is a key difference between dry and wet cupping?

- a) Dry cupping uses needles, wet cupping does not
- b) Wet cupping involves incisions and bloodletting
- c) Dry cupping requires heat, wet cupping does not
- d) Wet cupping is performed on the face, dry cupping on the body

**STATE INSTITUTE OF VOCATIONAL EDUCATION
O/o DIRECTOR OF INTERMEDIATE EDUCATION, TELANGANA.
NAMPALLY, HYDERABAD.
SHORT TERM VOCATIONAL CERTIFICATE COURSE**

**CUPPING THERAPY
MODEL QUESTION PAPER (PRACTICAL)**

Note: a) Answer ALL questions.

b) Each question carries **10 Marks**.

4X10=40MARKS

1. Demonstration of Cupping Techniques: Perform dry cupping on a designated area of the body. Ensure proper placement and application of cups, including suction control and duration.
2. Skin Assessment and Preparation: Evaluate the skin condition of a client and determine the suitability for cupping therapy. Discuss any contraindications and precautions based on the skin assessment.
3. Suction Control and Adjustment: Adjust the suction level of cups during a cupping session based on client feedback and comfort. Demonstrate the ability to release suction and remove cups safely.
4. Hygiene and Sterilization Practices: Demonstrate proper hygiene and sterilization procedures for cupping equipment, including cleaning, disinfection, and storage. Emphasize the importance of maintaining a clean and safe environment for clients.

Record/Mini Project & Viva

10 Marks

Internship/OJT

50 Marks