

CURRICULUM FOR CERTIFICATE COURSE

IN

CUPPING THERAPY ASSISTANT

Serial No.	Criteria	Requirement	Remarks (If any)
1	Basic eligibility of participants	12 TH Class,	
2	Duration of the Course	2 Months	
3	Number of trainees per Batch	Min.- 10 students Max.- 30 students	
4	Trainer Qualification	MD in IBT, MAULIJAT	
5	Number of Trainers required (Theory)	Min.- 2	
6	Number of Guest faculty required	Min.- 2 Max.- 10	
7	Number of working Technician (Skill expert) required for practical training	Min.- 02	
8	Infrastructure Technical specification requirement	60 Seats BUMS – Admission of 30 students	
9	Assessment Method	2 Theory papers– 100 marks 1 Practical – 100 Marks	

Introduction:

Ilaj bit Tadbeer is branch of treatment based on suitable modifications in *Asbabe Sitta Zarooriya* for the treatment of diseases, which usually develop in a person due to faulty life style. *Asbabe Sitta Zarooriya* constitute and govern the life style of a person. In the present era, the life style disorders are on the rise due to affluence and sedentary life style, which run against the tenets of *Asbabe Sitta Zarooriya*, which emphasize upon moderation in these six essential factors to lead a healthy life. While immoderation in *Asbabe Sitta Zarooriya* causes diseases, the moderation in the same factors restores the health. In the face of looming threat of lifestyle disorders such as Obesity, Hypertension, Diabetes Mellitus, Coronary Artery Diseases and Cancers etc, the demand of *Ilaj bit Tadbeer* is on the rise. The spurt in all such diseases also requires the proportionate availability of qualified regimnal physicians and technicians to cope up the burden of providing timely

and suitable regimenal treatment. Therefore, there is an immediate necessity to produce qualified workforce equipped with a certificate courses in various regimenal modalities to assist the consulting physicians to meet the increasing demand of Regimenal therapy for a wide variety of diseases.

Scope and utility: The certificate in Cupping Therapy Assistant may open up career opportunities and employability for the aspirants in private/Govt. clinics or hospital catering regimenal procedures. Since, Cupping Therapy is in demand for a constant rise in life style disorders, the certificate holder may assume the position of technicians and work under the supervision of qualified Unani physician to carry out cupping and earn a respectable livelihood.

Objectives: To produce Cupping Therapy Assistant for providing assistance to Unani physicians in carrying out cupping therapy in their clinical/hospital practice

Eligibility:

The minimum educational requirement shall be the passing of 12 years of schooling (10+2-year course) recognized by CBSE/ICSE/SSSCE/HSCE/State Board or a recognized equivalent examination.

Age Limit: Not below 17 years and not more than 45 years at the time of last date of form submission.

Medium of Instruction: The medium of Instruction will be Urdu / English.

Number of Seats: A maximum of 10 to 30 for each session.

Duration of the course:

The total duration of the course is 2 months.

Design & Period of Course:

This is a full time, regular & non-residential course. The classes and practical will be conducted in all working days.

Subjects:

1. Paper – I – Basic Knowledge
Part A - Applied Anatomy & Physiology
Part B – Roles and responsibilities of a Cupping Therapy Assistant
2. Paper – II - Basic and Therapeutic Cupping Therapy

Commented [APPK1]: Science /commerce stream/both should be mentioned.

Classes:

S. No	Subjects	Theory (hours)	Practical (hours)
Paper - I	Part A - Applied Anatomy & Physiology	35	-
	Part B - Roles and responsibilities of a Cupping Therapy Assistant	35	
Paper - II	Basic and Therapeutic Hijama	70	540
Total		140	540

Assessment and Examination:

On completion of course, the student will be evaluated through written and practical examinations. There will be 2 written question papers as per prescribed syllabus on separate working days followed by practical examination.

The Director of the Institute and Coordinator will maintain secrecy of the whole examination process including nomination of examiner, setting of question paper, checking of answer sheets, conduction of practical examination and preparation and declaration of result.

Scheme of Examination:**Theory and practical examinations**

S.No	Subject	Theory	Practical	Total
Paper - I	Part A - Applied Anatomy & Physiology	50	-	100
	Part B - Roles and responsibilities of a Cupping Therapy Assistant	50	-	
Paper - II	Basic and Therapeutic Hijama	100	100	200
Total		200	100	300

Attendance:

80% of the attendance both in theory and practical shall be essential for allowing the student for the examination.

Result:

The student should obtain a Minimum 50% of marks separately in theory and practical for successful completion of his/her certificate course. The Result will be displayed at Notice Board of the Institute.

If any candidate fails to pass the examination, he may apply for re-examination on submission of fresh examination form along with examination fee which will be conducted within three months.

Award of Certificate:

On successful completion of Theory and Practical examinations, qualified students will be awarded a Certificate in Cupping Therapy Assistant by National Institute of Unani Medicine.

Syllabus

Paper I – Basic Knowledge

Part A - Anatomy & Physiology

Introduction of Anatomy & Physiology

- A brief description of all systems of the body
- Common terminologies of anatomy and physiology
- Scope of anatomy and physiology in relation to Cupping Therapy

Muscles and Joints

- Structures and functions of joints: Shoulder Joint, Elbow joint, Wrist joint, Cervical, Thoracic and Lumbosacral joints, Hip Joint, Knee Joint, Ankle Joint
- Structures and Functions of Muscles; Head and neck, Upper limb, Lower limb, Back

Anatomy & Physiology of Circulatory System

- Blood; Introduction, Functions, Blood Volume, Blood Supply of Joints

Nervous system:

- General principles of nervous system
- Surface anatomy of major nerves in relation to joints
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Part B - Roles and responsibilities of a Cupping Therapy Assistant

Introduction to Healthcare Delivery Systems

- Healthcare delivery systems in India
- Various types of systems of medicine

Soft Skills and Communications

- Importance of effective communication with patients, relatives, and colleagues
- Confidentiality and privacy practices related to patient's information
- Importance of teamwork

Infection control policies and procedure

- Importance of infection control and prevention
- Hand-hygiene guidelines and procedures used in healthcare-settings
- Importance of using Personal Protective Equipment (PPE)

Biomedical Waste Management

- Different types of biomedical waste
- Importance and mechanism of proper and safe disposal, transportation and treatment of bio-medical waste.
- Guidelines of biomedical waste disposal

Paper II
Basic and Therapeutic Hijama

Hijama (Cupping Therapy)

Theory

- Historical Background of Hijama
- Evolution of Hijama
- Definition
- Types of cupping
 - ❖ Hijama Bish Shart (Wet Cupping)
 - ❖ Hijama Bila Shart (Dry Cupping)
 - ❖ Hijama bin Naar (Fire Cupping)
- Sites of application in relation to different diseases
- Sites to be excluded for wet and dry cupping
- Indications and contraindications
- Timings
- Standard operative procedures
 - ❖ Position of Patient
 - ❖ Preparation of Patient
 - ❖ Preparation of Instruments
 - ❖ Arrangement of Instruments
 - ❖ Preparation of Hajim (Cupping Performer)
- Mode of action
- Therapeutic effects
- Local effects
- Instruments and their care
- Antiseptic precautions
- Threat of disease transmission
- Complications and their management

Practical:

Demonstration of various types of Hijama Techniques