

Effects of Cupping Therapy on the Pulmonary Functions in Asthmatic Children

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Barely using the cupping therapy, we treated 75 asthmatic children at the stage of attack in outpatient department of our hospital from February 2001 to October 2002 to observe the changes of their pulmonary functions before and after treatment. A report follows.

Clinical Data

Among the 75 asthmatic children were 46 boys and 29 girls, aged 6-15 years, 9.39 years on the average. In accordance with the *Prevention and Treatment of Bronchial Asthma* revised at the Second National Academic Conference on Asthma, 33 cases were diagnosed as having mild asthma, 28 cases moderate asthma, and 14 cases severe asthma.

Methods of Treatment

Big, medium and small-sized glass cups were used for flash-fire cupping, movable cupping and fixed cupping in combination. The pulmonary functions of the children patients were determined before and after the treatment, and the changes in their pulmonary functions were observed. No Chinese or Western drugs were used before the cupping treatment. Before and after the cupping therapy, the pulmonary functions, such as FVC, FEV₁, PEF and MEF25%-75%, were respectively detected 3 times

with the best value automatically recorded by a computer

Results of Treatment

The values for the pulmonary functions of FVC, FEV₁, PEF and MEF25%-75% after the cupping treatment were all statistically higher than those before the treatment in the 75 children patients at the stage of asthma attack ($P < 0.01$). The cupping treatment obviously improved all of the indexes for pulmonary functions in the 33 cases of mild asthma ($P < 0.01$). There was also obvious improvement in FEV₁, PEF, MEF75% and MEF50% ($P < 0.01$) and FVC ($P < 0.05$) in the 28 cases of moderate asthma. However, there was no obvious improvement in the indexes of pulmonary functions in the 14 cases of severe asthma ($P > 0.05$).

Conclusion

The test for the pulmonary functions and the observation on the changes of clinical symptoms and signs have proved that the cupping therapy used alone can effectively improve the pulmonary functions in asthmatic children, especially for those with mild asthma.

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