

# Successful Conception Following Dry Cupping Therapy (Hijama Bila Shurt) in a Case of Tubal Blockage: A Rare Case Report

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**Abstract:** *Tubal blockage remains one of the primary contributors to female infertility, significantly impacting a woman's reproductive health and psychological well-being. Conventional treatments often involve invasive procedures or assisted reproductive technologies, which may not always be successful or accessible. Unani medicine, an ancient holistic healing system, offers alternative strategies through natural therapies aimed at restoring reproductive function. This case report details the successful conception of a patient with longstanding bilateral tubal blockage after three months of Dry Cupping Therapy, demonstrating the potential of traditional medicine in managing infertility.*

**Keywords:** Infertility, Tubal Blockage, Regimenal Therapy, Hijama Bila Shurt, Dry Cupping Therapy, Successful pregnancy

## 1. Introduction

Infertility affects approximately 15% of couples globally, with tubal factor infertility accounting for 30–40% of cases. <sup>(1)</sup> The fallopian tubes are essential for the natural processes of fertilization and embryo transport. Blockage within these tubes often secondary to infections, Pelvic Inflammatory Disease (PID), endometriosis, prior surgeries, or genital tuberculosis prevents sperm from reaching the ovum or hampers the passage of the fertilized ovum to the uterus. <sup>(1)</sup> Conventional medical approaches typically include surgical interventions such as tuboplasty, salpingectomy, or Assisted Reproductive Technologies (ART) like Invitro Fertilization (IVF). <sup>(2)</sup> However, these methods are expensive, sometimes inaccessible, and associated with varying success rates. <sup>(2)</sup> Unani medicine, rooted in the principles of balancing the body's four humors (blood, phlegm, yellow bile, and black bile), offers a non-invasive alternative. It utilizes herbal medicines, regimental therapies (Ilaj bit Tadbeer), and dietary regulations to restore health by removing obstructions (Fath-e-Sudud), reducing inflammation, and promoting rejuvenation of the reproductive organs. <sup>(3)</sup>

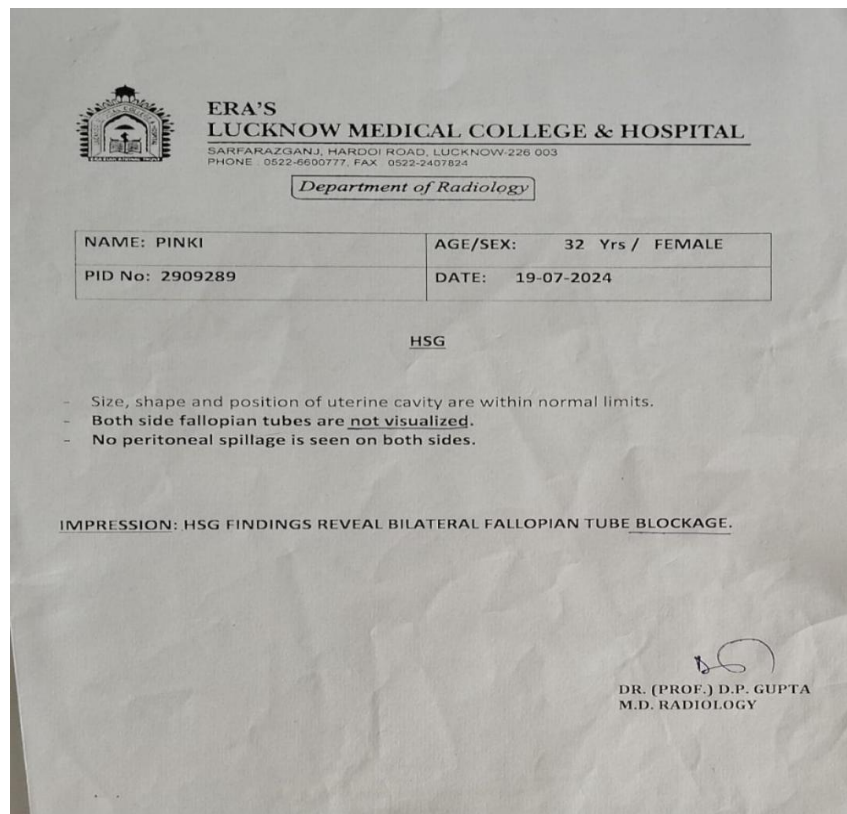
This case report illustrates the Dry Cupping Therapy in achieving natural conception in a patient with longstanding bilateral tubal blockage.

## 2. Case Presentation

The patient aged about 32 years, had been married for 7 years without achieving pregnancy. She was under immense emotional stress and anxiety due to repeated unsuccessful attempts to conceive, which further compounded her worries about her marital relationship and societal pressures. Over the years, she sought various treatments, but without any success.

### Medical and Gynecological History

The patient had a regular menstrual cycle with no significant history of dysmenorrhea. There was no documented history of major systemic illnesses such as diabetes, hypertension, or thyroid dysfunction. Her past gynecological evaluations, including HysteroSalpingoGraphy (HSG) and laparoscopy, confirmed bilateral tubal occlusion. Figure (1)



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NAME: PINKI	AGE/SEX: 32 Yrs / FEMALE
PID No: 2909289	DATE: 19-07-2024

**HSG**

- Size, shape and position of uterine cavity are within normal limits.
- Both side fallopian tubes are not visualized.
- No peritoneal spillage is seen on both sides.

**IMPRESSION: HSG FINDINGS REVEAL BILATERAL FALLOPIAN TUBE BLOCKAGE.**

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**Figure 1: HSG Showing Bilateral Fallopian Tube Blockage**

Despite seeking treatments in other system of Medicine, she had not achieved conception. Emotionally distressed by societal pressures and previous treatment failures, she approached the OPD of Dept of Ilmul Qabalat wa Amraze Niswan (OBG), State Takmil ut Tib College & Hospital, Lucknow, UP in the month of August 2024.

On Examination she has nomal BMI, no signs of systemic illness. No signs of active infection or pelvic tenderness and her Mizaj (Temperament) was found Safravi (Hot and Dry). An ultrasound performed on 20/04/2024 revealed a fibroid uterus. A HysteroSalpingoGraphy (HSG) conducted on 19/07/2024 showed bilateral tubal blockage. Based on these imaging findings, the patient was diagnosed with primary infertility due to tubal blockage. Hijama Bila Shurt (Dry Cupping Therapy) was done for three months. Each month, during one week, three medium-sized cups were applied to the lower abdomen both in the morning and evening to enhance

pelvic blood flow, promote circulation, and reduce pelvic congestion. The patient was evaluated monthly through clinical assessments, with encouragement to maintain a treatment diary.

### 3. Outcome

After three months of Dry Cupping Therapy the patient missed her menstrual cycle and urine pregnancy test was found positive on 04/01/2025. Subsequent  $\beta$ -hCG levels were consistent with early pregnancy. Transvaginal ultrasound on 21/2/2025 confirmed an intrauterine gestational sac with cardiac activity at 11 weeks of gestation with good cardiac activity. Figure (2) Throughout her early pregnancy, she continued supportive Unani therapies focused on uterine strengthening and was monitored closely.

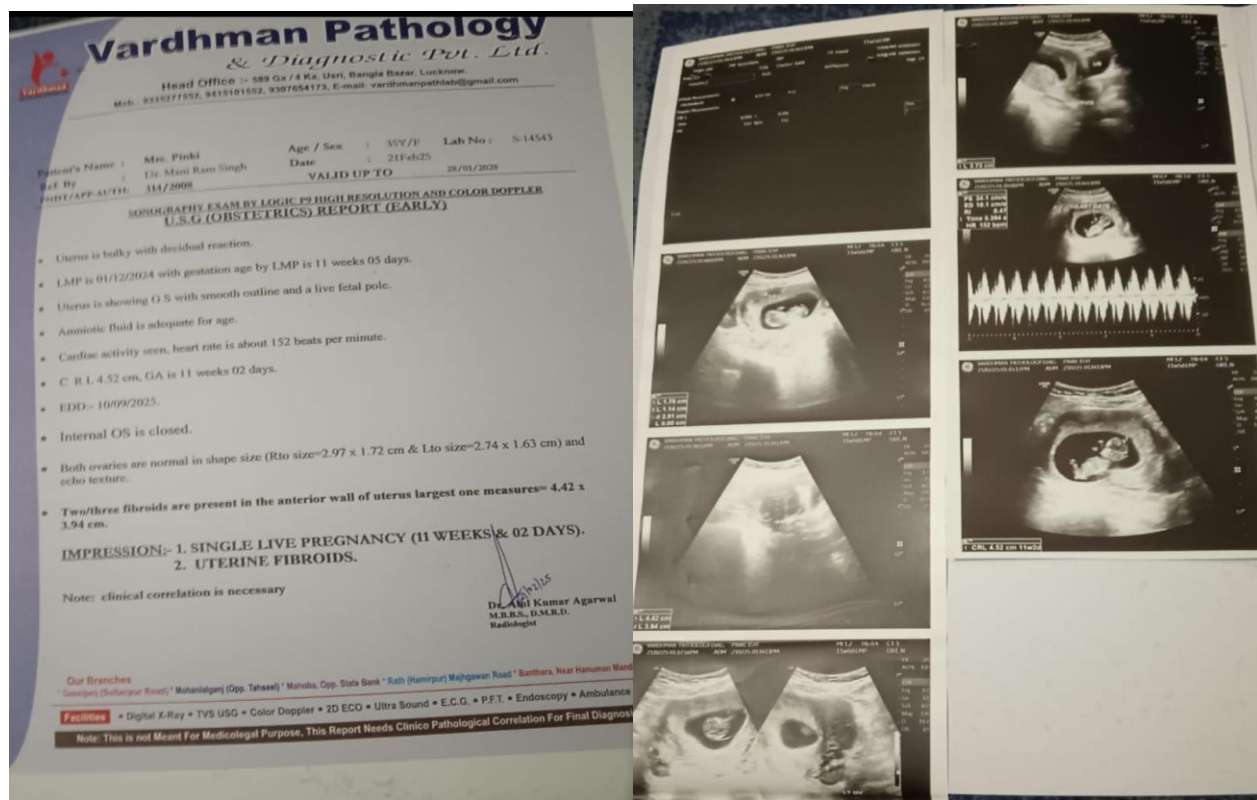


Figure 2: Showing Single Live Intrauterine Pregnancy of 11 weeks 2 days

#### 4. Discussion

Tubal blockage traditionally presents a significant obstacle to natural conception. Surgical or assisted reproduction methods, although effective, carry risks, cost, and emotional burden.

In this case, dry cupping therapy provided a non-invasive, holistic alternative. The success may be attributed to several factors:

##### Improved Blood Circulation:

Cupping increases local blood flow to the pelvic and abdominal areas. Enhanced circulation may support tissue repair and reduce stagnation around the fallopian tubes.

##### Reduction of Inflammation:

Blocked tubes are often due to inflammation from infections (like PID), endometriosis, or scar tissue. Cupping may reduce inflammation in the surrounding tissues, potentially decreasing pressure on the tubes.

##### Lymphatic Drainage:

By stimulating the skin and underlying tissues, cupping may promote lymphatic flow. Better drainage can remove cellular waste, reduce fluid buildup, and alleviate minor adhesions or swelling.

##### Nervous System and Hormonal Support:

Reflex zones stimulated by cupping (e.g., lower back, sacral area, or abdomen) may influence hormonal balance and

uterine function, which can indirectly support reproductive health.

##### Detoxification:

Some traditional beliefs hold that cupping draws out toxins, which may support overall pelvic health and immune function.

**Holistic Healing:** Addressing emotional well-being played a critical role, as psychological stress can significantly affect fertility outcomes.

This outcome encourages further exploration of traditional healing systems in treating tubal infertility, especially for patients who either cannot afford or wish to avoid invasive treatments.

#### 5. Conclusion

This case report highlights the efficacy of Unani medicine in restoring fertility naturally in a patient with bilateral tubal blockage. Patient's successful conception after seven years of infertility underlines the potential of traditional therapies when appropriately personalized and administered.

Further clinical studies and controlled trials are essential to validate the reproducibility and safety of these regimen, especially Dry Cupping Therapy to establish standardized protocols, and integrate beneficial aspects of traditional healing into mainstream infertility management.

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