

Study the effect of cupping on the level of fat in the body for practitioners of sports activity Age 40-50years

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Abstract: That medical advances in the treatment of many diseases has been fast in Shred processors and achieve results, but there was a synonym for these developments despite presented namely alternative therapies or so-called alternative medicine and through the practices and experiences of this treatment showed the results of a large and not damage them because they not be there chemical residues treatments of alternative medicine and this is what favored people at the present time to have recourse to such treatments and these treatments cupping a cure Old has been used by many peoples and civilizations in the world, including our nation has been inspired by this treatment through the commandments in this respect, including the commandments of the Great Prophet (Pray God and his family and him) about cupping (from cupping to seventeen of the month, and nineteen, and twenty-one had a cure for every disease we can see from these conversations that cupping the right cure for every disease more useful and good. Recognizes the western medicine and especially French benefits of cupping in dermatology, especially lupus tuberculosis and lupus erythematous. the wet form of traditional medicine Finnish where he was treated (15) patients this therapeutic method, they talk that cupping patients were very useful from dental pain and persistent Nubian,(1:3) For the treatment of head and neck, shoulders, back pain, as reported in the treatment of high blood pressure and a number of chronic dermatome's, preferably made after the massage of the area after a hot bath or sauna. in dermatology, considering cupping the wet form of traditional medicine Finnish where he was treated (15) patients this therapeutic method, they talk that cupping patients were very useful from dental pain and persistent Nubianconfirms that the number of leukocytes in the blood rise after cupping and explains it to happen activated marrow product bone leukocyte after cupping like to have woken up and get rid of his labor after blood rid of impurities and blends and is considered the study that the most important reasons for this large difference in the incidence of liver cancer is the distinction between the sexes women, considering that out of menstrual blood purifies the body and relieves members like natural cupping divine. In all conditions and show it back to its natural state after cupping .studies Arab

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1- Introduction and the importance of research:

That medical advances in the treatment of many diseases has been fast in Shred processors and achieve results, but there was a synonym for these developments despite presented namely alternative therapies or so-called alternative medicine and through the practices and experiences of this treatment showed the results of a large and not damage them because they not be there chemical residues treatments of alternative medicine and this is what favored people at the present time to have recourse to such treatments and these treatments cupping a cure Old has been used by many peoples and civilizations in the world, including our nation has been inspired by this treatment through the commandments in this respect, including the commandments of the Great Prophet (Pray God and his family and him) about cupping (from cupping to seventeen of the month, and nineteen, and twenty-one had a cure for every disease) (Saheeh Sunan Abi Daodd) 3861 and the correct 622) and another

interview (tell me Jibril said cupping Avail what medications people do) True inclusive (218) In the cupping healing) Summary Muslim 1480 and 2128 Whole true) we can see from these conversations that cupping the right cure for every disease and Adtha more useful and good. Recognizes the western medicine and especially French benefits of cupping in dermatology, especially lupus tuberculosis and lupus erythematous and Alokalat acute and Alakzima.-of Finland wrote all of (Hanninen O.) and (Vaskilampi considering cupping the wet form of traditional medicine Finnish where he was treated (15) patients this therapeutic method, they talk that cupping patients were very useful from dental pain and persistent Nubian,(1:3) For the treatment of head and neck, shoulders, back pain, as reported in the treatment of high blood pressure and a number of chronic dermatoses, preferably made after the massage of the area after a hot bath or sauna.

- As Dr. Kantil confirms that the number of leukocytes in the blood rise after cupping and

explains it to happen activated marrow product bone leukocyte after cupping like to have woken up and get rid of his labor after blood rid of impurities and blends Algraybh.uan recap US to study writes Husseini: that of viral hepatitis in severe cases is increasing the susceptibility to liver cancer, the study adds that the rate of this cancer occurs when men about (74%), while the rate decreases when women to about 6%, and is considered the study that the most important reasons for this large difference in the incidence of liver cancer is the distinction between the sexes women, considering that out of menstrual blood purifies the body and relieves members like natural cupping divine. In all conditions and show it back to its natural state after cupping . studies Arab conducted cupping Syrian medical team of fifteen doctors from the Faculty of Medicine at the University of Damascus for the more than three hundred people relied on sampling of venous blood before and after cupping, after subjecting the samples to study laboratory complete was reached amazing results, the observed moderation in blood pressure, pulse and a decrease in the amount of sugar in the blood, and the high number of red blood cells normally and the high number of white blood cells and increase blood platelets, as noted moderation ions of iron in blood and lower cholesterol in people.(Dr. Ayman al-Husseini) on the number of researchers summary deep study of good setbacks positive that you get as a result of cupping, he had a medical team studying laboratory blood cupping, It's interesting that most of the red blood cells senescent and abnormal ratio was pellets relatively limited eggs, as if cupping reservation so normal blood cells while rid the body of abnormal cells and this is an indication that the blood in such days, his eruption in the expulsion of blood corrupt so nice disposal so do not be harmful to the human body and through its importance for many we are diseases that we find useful cupping on the level of fat in body and especially harmful to them fat and Sporting who practice sports activity so evident the importance of research to find out the effect of cupping on the level of fat in the body of practitioners activity Riyadh and aged (40-50 years) until we see how they affect them and what interest them.

Find a problem:

Found that many of those who have passed the age of forty to seek out preventive methods of diseases and especially medicine others and treatments are harmful At the same time beneficial to them, and these treatments is alternative medicine so of these alternative therapies is cupping where the diseases that proliferate on people aged 40 years and older is fat and in particular triple and high cholesterol in the blood which because of its effect on

the organs of the body, particularly the circulatory system does not deal with the blood mainly so we found the use of cupping as treatments that reduce the level of fat in the body and in particular the activity practitioners sport.

Research Objectives:

The impact of the use of cupping on body fat practitioners sporting activity aged 40-50 years

Research hypotheses:

There is a positive effect of cupping in improving the level of fat in the body for physical activity practitioners aged 40-50 years.

-Areas of research:

The human sphere: are those who practiced sports activity 40-50sna age of Muthanna University. Spatial area: laboratory analyzes Laith sick and alternative therapy center in Samawah.

Temporal area: for the period from 06.09.2014 until 06.23.2014.

- Measures Search field

- Research Methodology:

The researcher used the experimental method to sample one medical search for suitability.

-The research community:

The research community (10) people who practiced sports activity and the age of 40-50 years at the University of Muthanna Faculty of Physical Education.

-:Setups and ills used in the research:

1. Examination of Clinical Chemistry device self-fat, 2 cups draw blood (10), 3. Blood pull (cupping), 4.injection number 40, 5. Cotton, 6. sterile antiseptic, 7. Medical scalpel, 8. Medical Adhesive, 9. Calculator

- Pretest:

The pre-test was conducted in the history of 06/04/2014 fifth pm where venous blood was withdrawn from the sample by a doctor who specializes in pathological analyzes and quantity (5 Sissy) for each person of the sample and the doctor confirmed the sample analysis not to eat any foods prior to analysis.

Home experience:

Was a major experiment in 05/06/2014 in the private alternative treatment center is important notes is a person should not eat any type as the vacuum of dairy products by 24 hours of work as well as cupping and beyond. Through specialized treatment where decubitus person that dies back to the top and then sterilizes a special material will then be put cups placements in the back and the number ten Casa then starts dragging the skin to the top of cups and after 10 minutes removes cups and then puts material olive oil on places cups thereafter three to four prerequisites through a medical scalpel in the middle of the effects left by the cups and there are back again put cups and

pull the skin by cupping device and then the blood starts and unit flow from the skin to the cups and every five minutes processor tightens the skin through meningitis protection device in the air and draining the cups and thus increase the blood flowing and the length of this process blood withdrawn or cupping of 015-20) minutes and then remove from the cups back and then sterilizes place cupping cup and placed it

Pre-test:

Pre-test was conducted on the date of 06.04.2014 five o'clock evening where venous blood was withdrawn from the sample by a doctor who specializes in the analysis of disease and the amount of (5 Cisse) per person from the sample and the doctor confirmed not to eat any food sample prior to analysis.

Main experiment:

Home experiment was conducted in 06.05.2014 in the private treatment center and the alternative is important observations should not be eating any person had ben cupping sensitization of dairy products by 24 hours of work as well as cupping and beyond. It is through specialist treatment where they are decubitus person that dies back to the top and then sterilizes textured saved him and then is placed

cups placements in the back and the number ten cup begins to drag the skin to the highest cups After 10 minutes remove the cups and then put the material olive oil on places cups and then starts from three to four prerequisites through a medical scalpel in the middle of the effects left by the cups and there back again put cups Pulling the skin by a cupping and then starts the blood unit to flow from the skin to the cups and every five minutes tightens the processor to the skin through a healthy protection device and emptying the air in the cups and thus increase the proportion of blood flow and the length of this process in the withdrawal of blood or cupping of 015-20) minutes then raise these cups from the back and then sterilizes place cupping and placed cups them.

- Posttest:

I've been holding 6/7/2014 posttest at five in the afternoon in the pathological laboratory analyzes and the same way as the pretest to withdraw venous blood sample of statistical methods:

- use the bag statistical (SPSS)

Results and Discussion: Display, analyze and discuss the results

Display and analysis of circles and standard deviations of fat before cupping.

Table(1) shows the circles and standard deviations for the variables of fat before cupping tests tribal

variables	2	Fat malignant	Fat offices	Triglycerides	Cholesterol variables	The proportion of the end of the fat
1	26.4	83	26.4	132	136	5.1
2	25	118	31.6	125	175	5.5
3	38	66	25.2	191	130	5.1
4	26	82	25	131	135	5.1
5	24	117	30.6	124	174	5.4
6	25	118	31.6	125	175	5.5
7	37.2	66.5	25.2	191	130	5.1
8	26	83	26.4	132	136	5.1
9	82.2	70.6	24.9	190	129	5.2
10	81.3	69.5	25	190	130	5.1
Mean	39.110	87.360	27.190	153.100	145.000	5.220
The standard deviation	23.030	21.894	2.878	32.319	20.640	0.175

Through the presentation of Table(1), which shows where the values of the proportion of the Huns to the sample before the cupping, where he was the arithmetic mean of cholesterol (145.00) and the standard deviation was (20.640) either triglycerides was the arithmetic mean (153.100) and standard deviation (32.319) either fat offices was the arithmetic mean (27.190) and standard deviation

(2.878) and fat malignant first part was the arithmetic mean (87.360) and deviation (21.894) As the second part was the middle (39.110) and deviation (23.030) and the proportion of the end of the fat was in the middle (5.220) and standard deviation (0.175)

-2- view and analyze circles and standard deviations of the fat before cupping

Table (2) Shows circles and standard deviations for the variables fat after cupping tests posteriori

Variables	The proportion of the end of the fat	2	Fat malignant	fat offices	Triglycerides	Cholesterol variables
1	6.2	24	92	27.8	121	133
2	4.9	17	119	34.8	85.7	171
3	6.8	39	99	26.4	195	128
4	6.1	23	91	26	120	133
5	5	16	118	32	85	170
6	4.8	17	119	34.7	85.6	171
7	6.8	39	99	25.9	195	128
8	6.2	24	92	28.8	121	132
9	6.6	38	98	26.2	194	126
10	6.7	38	96	27	194	122
Mean	6.010	27.500	102.300	28.960	139.630	141.400
The standard deviation	0.808	9.902	11.662	3.556	49.369	20.473

Through the presentation of Table 2, which shows where the values of fat percentage of the sample after a cupping, where he was the arithmetic mean of cholesterol (141.400) and the standard deviation was (20.473) either triglycerides was the arithmetic mean (139.630) and standard deviation (49.369) either fat offices was the arithmetic mean

(28.960) and standard deviation (3.556) and fat malignant first part was the arithmetic mean (102.300) and deviation (11.662) As the second part was the middle (27,500) and deviation (9.902) and the proportion of the end of the fat was in the middle (6.010) and standard deviation (0.808)

Table.3 shows the value (v) of fat for two tests pre and post cupping

Significance	Value Tabulated (t)	Value calculated (t)	Posttest		Pretest		Variables
			The standard deviation	Mean	The standard deviation	Mean	
Moral	2.26	6.409	20.473	141.400	20.640	145.000	Cholesterol
Not significant			2.248	49.369	139.630	32.319	153.100
Moral		6.429	3.556	28.960	2.878	27.190	Benign fat
Moral		3.530	11.662	102.300	21.894	87.360	Malignant fat 1
Not significant		2.121	9.902	27.500	23.030	39.110	2
Moral		2.572	0.808	6.010	0.175	5.220	End ratio Fat

Through the table (3), which explains the differences between pre and post tests cupping where it appeared that there are differences in the level of cholesterol after cupping and this confirms that the cupping have an impact on the speed of blood flow and no deposits of fat that are on the wall of the arteries and therefore, the cholesterol, the less whenever the presence of fat improves on the wall of the arteries level on the grounds that cholesterol affects blood functioning in the event of increased so was the post where she was evaluated (T) calculated the (6.409) is the largest of tabular the (2.262) note that the level of cholesterol within normal levels of

age (40-50 years) were normal and good, according to which the mentioned level (150-290 mg / 100 ml (Confirms KazimJabber (The cholesterol is important and vital to do a lot of physiological processes necessary as processes of metabolism and functions of hormones and deficiency leads to the emergence of a lot of health and disease problems. It is the other hand, increase the amount of cholesterol than normal also lead to the risk of health and illness serious problems in general. The word cholesterol umbrella term includes many of protein and fat but is commonly used synonymous total cholesterol and especially when Sporting who exceed Amr40-50

years and smoked) (9:325) It is worth mentioning that there is a close relationship between high blood cholesterol and atherosclerosis disease where cholesterol is deposited with some other fat on the wall of the coronary arteries feeding the heart muscle, leading PHP severe cases of them to explain the heart muscles. As for triglycerides where she was evaluated (T) calculated (2.248), the smallest of tabular the (2.262) and through a cupping disease body's need for energy and activity, and increase the speed of blood flow through the process of construction and demolition exposed triglycerides through D so the body with energy shows the cause of the lack of fat level between pre and post .ph triglyceride level was within the eye of this age (40-50 years) where normal rates are (10-170mg / 100 ml).

And triglycerides increase in the body can lead to the accumulation and deposition in the liver cells, causing fatty liver disease (fatty liver) benign fat was the proportion of assessed (v calculated) (6.429), the largest of the evaluated (v) Tabulated the (2.26) and here are moral significance of the pre-test and post house cupping and in favor of the post test of good fats or fat, high-density this is a fat derivatives of fatty proteins or lipoproteins type Alpha, which contains 25% to 45% of the cholesterol in addition to phospholipids. This means that the rate of increase of good fats in the blood of any high-density lead to lack the level of cholesterol in the blood which prevents hardening of the arteries, and this so-called good cholesterol, or HDL, and this is what happened with the sample where benign fat level after cupping before cupping and thus useful in lose Fat offices were ratio evaluated (v) the calculated (6.429), which is greater than the assessed (c) Tabulated the (2.26) and here are significant moral house pretest and posttest cupping and in favor of post-test for fat offices or fat high-density This is the fat of derivatives lipoproteins or lipoproteins type Alpha Ai It contains 25% to 45% of the cholesterol in addition to phospholipids. This means that the rate of increase of good fats in the blood of any high-density lead to lack the level of cholesterol in the blood which prevents hardening of the arteries, and this so-called good cholesterol, or HDL, and this is what happened with the sample where benign fat level after cupping before cupping and thus useful in lose the level of cholesterol in blood and in particular, a demand for physical activity practitioners 40-50 years note that there are some of them were smokers, however, levels were within the normal rates, but the best ones.

The) Protein (high-density work on breaking down cholesterol has been scientific studies have shown that an increase of this level) Protein (high density protect against heart disease and exercise

increase it in the blood, or through the use of alternative therapy in particular cupping therapy (2:288).

Malignant fat or low-density where the language evaluated (T) calculated in (3.530), which is greater than the value of (T) Tabulated the (2.26) and this significance be moral test posttest This is the type of fatty proteins from beta and is responsible for carrying cholesterol in the blood type it contains 50 to 75% of it, therefore the level leads to increased incidence of disease, atherosclerosis, there is an inverse relationship between fat good fat malignant level of low-density and the reason for the increase, which appeared in the sample because some of the respondents were smokers, so there was an increase in the level of fat low-density but she was among the natural and good rates and in particular after a cupping.

The low-density protein is an indicator for the development of carotid atherosclerosis and there is plenty of evidence to suggest that the low density) cholesterol (lipoprotein leads to atherosclerosis disease is the opposite of high-density protein (11:2003).

The proportion of the end of the fat as the value of (T) calculated (2.572), which is greater than the value of (T) Tabulated the (2.26) and this significance be moral for the post test, where the proportion of fat from within the normal rates of the sample and that the rate of increase was the result of the work of cupping led to an increase in the speed of blood flow and reduce the level of low-density lipids in the body, so rose the final percentage of fat. Of the most important phenomena that are blood to keep the organism is to reduce the acidity in the blood during pulmonary respiration. The teams pH value (pH) between venous blood is greater than 0.16% and a vital arterial to keep life. Body and stays at this level by regulator pH including respiratory and urinary system in addition to the hemoglobin in red blood stored balls. The daily requirement of protein the average person 40 grams, and is eating about 240 grams of protein a day in Europe, which represents six times the required amount, which leads to increased acidity in the hardware organization of the body and the large red blood cells. As the acid protein and increases the acidity of the inner center, and with the increased protein weakens the regulator of pH, which increases the protein in red blood cells (10:2007). It has been found that the use of cups has a positive effect to adjust the acidity of the blood, and ease of entry into force and increase oxygen by reducing the viscosity of the blood resulting from the increased protein, which leads to lower metabolic waste and improved health status. (12:23).

That lower blood pressure and increase the proportion of HDL cholesterol (hdl) and reduce the proportion of) (three-Algelserad) (and the percentage of fat and physical activity alone is not enough to maintain the blood pressure, but it needs to be healthy dietary care and the use of alternative medicine such as cupping to maintain blood pressure naturally. (8:14).

Through the search results infer that the use of cupping during the year and the required use of cupping days will help to get rid of the blood of the pyramid and is working to open areas of the arteries and transmission of blood Siran better and thus works to get rid of) Cholesterol (due to the increase of good fat density in the body As a result of cupping, but found that the effect of smoking on the body fat percentage This means that the percentage increase fat offices in the blood of any high-density lead to lack the level of cholesterol in the blood which prevents hardening of the arteries and this so-called good cholesterol, or HDL, and this what happened with the sample where Increase fat level offices after cupping . before cupping and thus useful in the loss level cholesterol and blood and in particular for practitioners of sports activity 40-50 years knowing that there are some of them were smokers, however, their levels were within the normal rates but the best of them.

The high-density Protein work on cracking cholesterol has been proven by scientific studies to increase the level of this high-density Protein prevent heart disease and exercise more than him in the blood, or through the use of alternative therapy and in particular cupping therapy.

Fat malicious or low density where the language evaluated (t) calculated by (3.530), which is greater than the value of (v) the (2.26) and thus have significant moral test posttest This is the kind of lipoproteins from type beta, a Contact Person for carrying cholesterol in the blood it contains 50 to 75% of it, therefore its level leads to increased incidence of disease, hardening of the arteries, and there is an inverse relationship between the level of beneficial fat and fat malignant low density and the reason for the increase, which appeared in the sample because it is some of the sample were smokers, so there was an increase in the level of fat low-density but is from within the normal rates and good and especially after a cupping.

Conclusions and recommendations

Conclusions

- The cupping has an effect in reducing the cholesterol level in the blood level of a normal level.

- Increase the good fat that deal inversely with the level of Alco Alstrul.

- Cupping is working to reduce the level of low-density lipids that affect the hardening of the disease Alhrain.

- The physical activity practitioners who smoke appeared to have an increase in the level of triglyceride.

- Recommendations

- The use of cupping permanently to reduce the high rate of fat in the blood.

- After the analysis used in places where you need to get rid of malicious Aldhot.

- The practice of physical activity helps to reduce the high levels of fat.

- Use cupping on sports levels attic to see its impact on them.

- used to get rid of some sports injuries.

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Appendix



12/19/2014