



6.B YAŞ KUPA TEDAVİSİ (HACAMAT – HİCAMET)

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GİRİŞ

Kupa tedavisi, cilt üzerine belirli bölgelere uygulanan kupalarla, temelinde vakum etkisi üzerine eklenen çeşitli uyarılar ile doku ve organlar üzerinde olumlu etkilerin oluşturulmasını; dermiste intersellüler alan stazını ve lenfatik drenaj bozukluğunu gidermeyi, ayrıca mekanik bir detoks etkisi de oluşturmayı hedefleyen uygulamalardır.

Kupa tedavisi uygulamaları; plastik kupa, kavanoz, bambu, çömlek, plastik veya cam kap veya bardak, boynuz v.b. şekilde içi boş, hacimli malzemelere, uygun yöntemlerle negatif basınç uygulanarak oluşturulan vakum etkisiyle, deri ve deri altı dokularda bölgesel bir konjesyonun oluşturulması şeklinde, belirlenmiş noktalara, belirlenen aralıklarla, belli zamanlarda uygulanan geleneksel bir tedavi yöntemidir.

Anadolu’da mahalle ve aile büyükleri tarafından, “şişe çekme, bardak çekme” adı altında, kuru kupa uygulamaları geleneksel aktarım ile yapılagelmektedir.

Kupa tedavisi; kolay öğrenilebilen ve kolay uygulanabilen, doğru uygulandığı takdirde yan etkisi ve komplikasyonları nadir olan, güvenli ve etkili bir yöntemdir.

Kupa tedavisinde komplikasyon ve başarısızlık genellikle, uygulamadan ziyade uygulayıcı hatalarından kaynaklanmaktadır. Bu nedenle, kupa tedavisi uygulayıcılarının mutlaka standardize edilmiş, uygulamalı, kalifiye bir eğitimden geçerek yeterli bilgi seviyesi ve beceriye ulaşmaları gerekmektedir.

Tıbbi Nebevi’de de sıkça kullanılan Hacamat (YKT), koruyucu hekimlikte ve bazı hastalıkların tedavisinde uygulanan genel bir tedavi usûlüdür. Kelimenin aslı Arapça hicâme(t) , İbn Manzûr’un (MS ?- 711) **Lisânü’l-’Arab** adlı sözlüğünde, “emmek, vakumlamak, hacim oluşturmak ” anlamındaki “hacm” kökünden geldiği belirtilmektedir. (“hcm” md.) . Geleneksel uygulamada Hacamat yaptırma ya **ihiticam**, bu işi meslek edinen kişiye **haccâm (/haccâme)**, kullandığı fanus ve bardak gibi aletlere de **mihcem** denir.

Hacamat (YKT), yaygın ve yanlış bilindiği şekilde bir kan alma işlemi değildir. Yüzeysel arter ve venlerden fazla miktarda kan alınması farklı bir işlem

Kupa tedavisi 5500 yıldan fazla bir zamandan beri uygulanmasına rağmen mekanizması yeterince bilinmemekle birlikte, yapılan çalışmalarda ve metaanalizlerde güvenli bir tedavi yöntemi olduğu anlaşılmıştır (5,91).

Mevcut batı tıbbi tedavi yöntemlerinden yeterince faydalanamayarak arayışa giren hastaların ulaştığı GETAT hekimleri tarafından, doğru teşhis ışığında doğru bölgeye, doğru olarak yapılan YKT uygulamaları, çok daha ucuz, kolay ve az riskle, çok daha iyi sonuçlar veren popüler uygulamalar haline gelmiştir.

Periyodik olarak uygulandığında hem genel dolaşımdan hem de uygulandığı bölgedeki interstisyel alandan patojen maddelerin atılımını sağlayarak koruyucu hekimlikte de yeri olduğu belirtilmiştir (6,23).

YKT Tıbbi Nebevi uygulamalarında da yer almaktadır. Tıbbi Nebevi peygamberimiz Hz. Muhammed (SAV) in sağlıkla ilgili yapmış olduğu tavsiyeleri ve uyguladıklarını içermektedir ki bunlar bugünkü modern tıbbın önerileri ile de uyuşmaktadır. (6,92)

Anahtar kelimeler: kupa terapisi, kupa tedavisi, yaş kupa tedavisi, hicamet, hacamat

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