Go to their local market to pick up a Hijama set that they take along with them when they go for the treatment.

It includes glass cups and a syringe used to suck out the air.

Disposable kits are available at Ramez Trading from BD1.5 each and a spokesman for the store said it sold up to 30 kits a day.

Before attending a session, which lasts around 45 minutes, clients are asked a number of medical questions and are advised not to eat anything three hours prior to the treatment.

During the session, the cups can be reapplied several times until blood stops coming out.

Retired nurse Fatima Al Shwoosh, 41, is another Hijama practitioner and she claimed that up to 85 per cent of people she treated had been cured of their illnesses.

“Hijama saved me from having a surgery,” she told the GDN.

Dr Al Jowder runs her own Hijama clinic when she is not combating HIV/AIDS and revealed the treatment was beneficial for sufferers of several illnesses – from migraines to cancer.

“Many cancer patients who had previously taken chemotherapy came to the clinic and saw a huge difference,” said Dr Al Jowder, who is running for parliament this month.

“Their pain dramatically decreased and they had a better quality of life.”

She said there were two types of Hijama, preventative and curative.

“The therapy to prevent strokes is preventative and is best done on the three moon days – the 17th, 19th and 21st days of the month in the Islamic lunar calendar,” she said.

“A QUALIFIED doctor is among those who vouch for Hijama – saying it even saved her from having to undergo an operation,” National Aids Prevention Committee head Dr Somaya Al Jowder said she suffered a slipped disc and was told by doctors that she needed open surgery.

“Hijama prevented me from even having a surgery,” she told the GDN.

“Curative therapy can be a treatment to be done on any day of the month.”

Numerous studies conducted by independent experts around the world support claims that Hijama does relieve pain.

Researchers from the Immanuel Hospital Berlin reportedly found that the treatment provides temporary pain relief for sufferers of Carpal Tunnel Syndrome (CPS).

The German study, published in The Journal of Pain, said patients who had the therapy experienced a significant decrease in CPS pain and other symptoms.

Doctors at Hamad Medical Corporation tested the effects of the therapy in treating chronic headache and chronic back pain, with positive results.

Research at the District Hospital of Rüdersdorf, also in Germany, found that Brachialgia paresthetica nocturna (an arm pain experienced at night) could also be relieved by Hijama.

Meanwhile, another study at Shandong University, in Jinan, China, is said to have found that the treatment helped sufferers of chronic asthmatic bronchitis.