



SHIFAH HOLISTIC HEALTH CARE NIGERIA LIMITED

**DIPLOMA
IN
HIJAMA CUPPING THERAPY
AND
TRADITIONAL MEDICAL SCIENCE
[NSQ LEVEL 1 AND 2]**

WHO THIS COURSE IS FOR

- **THOSE WHO WANT TO LEARN A SUNNAH WAY OF TREATING AILMENTS AS A SKILL AND PROFESSION.**
- **DOCTORS, PHYSIOTHERAPISTS, NURSES, ACUPUNCTURIST, TRADITIONAL MEDICINE PRACTITIONERS AND HOLISTIC HEALTH PROFESSIONALS**
- **THERAPIST WHO WANT TO GAIN MORE CONFIDENCE OR LEARN HOW TO ADD HIJAMA INTO THEIR TREATMENTS**
- **DIFFERENT REQUIREMENTS FOR GAINING INSURANCE IN EACH COUNTRY EXIST**



WHO THIS COURSE IS FOR

- **THOSE WHO WISH TO TREAT FRIENDS AND FAMILY AS A HEALING PRACTICE AND A SUNNAH**
- **THOSE WHO HAVE A MASSAGE QUALIFICATION**
- **THOSE WHO WANT CERTIFICATION THAT IS RECOGNIZED AND EMPLOYABLE BY GOVERNMENT AND PRIVATE INSTITUTIONS**

NSQ CERTIFICATION

- **THE NIGERIAN SKILLS QUALIFICATIONS FRAMEWORK (NSQF) IS A SYSTEM FOR THE DEVELOPMENT, CLASSIFICATION AND RECOGNITION OF SKILLS, KNOWLEDGE, UNDERSTANDING AND COMPETENCIES ACQUIRED BY INDIVIDUALS, IRRESPECTIVE OF WHERE AND HOW THE TRAINING OR SKILL WAS ACQUIRED. THE SYSTEM GIVES A CLEAR STATEMENT OF WHAT THE LEARNER MUST KNOW OR BE ABLE TO DO; WHETHER THE LEARNING TOOK PLACE IN A CLASSROOM, ON-THE-JOB OR LESS FORMALLY. THE FRAMEWORK INDICATES THE COMPARABILITY OF DIFFERENT QUALIFICATIONS AND HOW ONE CAN PROGRESS FROM ONE LEVEL TO ANOTHER. THE NSQF IS THE STRUCTURE WITHIN WHICH THE NATIONAL SKILLS QUALIFICATIONS (NSQS) OPERATE.**

NSQ CERTIFICATION

- **THIS QUALIFICATION IS FOR THOSE INTERESTED IN DEVELOPING A CAREER IN HEALTH SECTOR FOR THE AWARD OF NATIONAL SKILLS QUALIFICATIONS (NSQ).**
- **AT LEVEL 2 IT IS AIMED AT PRODUCING A TRADITIONAL MEDICINE PRACTITIONER II**

NSQ Certification

- **THESE LEVELS, GRADED FROM ONE TO NINE [CERTIFICATE TO PHD], ARE DEFINED IN TERMS OF LEARNING OUTCOMES WHICH THE LEARNER MUST POSSESS REGARDLESS OF WHETHER THEY WERE ACQUIRED THROUGH FORMAL, NON-FORMAL OR INFORMAL LEARNING.**
- **IT IS, A NATIONALLY INTEGRATED EDUCATION AND COMPETENCY-BASED SKILL AND QUALITY ASSURANCE FRAMEWORK THAT WILL PROVIDE FOR MULTIPLE PATHWAYS LINKING ONE LEVEL OF LEARNING TO ANOTHER HIGHER LEVEL. THIS WILL ENABLE A PERSON TO ACQUIRE DESIRED COMPETENCY LEVELS, TRANSIT TO THE JOB MARKET**

Diseases / Sickness

In Traditional medical science, disease is as a result of imbalance in the naturally existing temperament of the body.

The change can happen at the System, Organs, Tissues, Cellular, Mental, Emotional or Spiritual level in the human body.

Diseases / Sickness is defined as;

A change in the Body, Mind and Soul or a degradation that is beyond accepted normal.

Significance of Hijama

**Anas ibn Maalik r.a. reported that the Nabi (salallahu alayhi wasallam.) said,
“Indeed the best of remedies you have is cupping (hijama)...”
[Saheeh al-Bukhaari (5371)]**

Significance of Hijama

Abu Hurairah r.a. reported that the Nabi (salallahu alayhi wasallam.) said, “If there was something excellent to be used as a remedy then it is cupping (hijama).”

(Sunan abi Dawud (3857), Sunan ibn Maajah (3476))

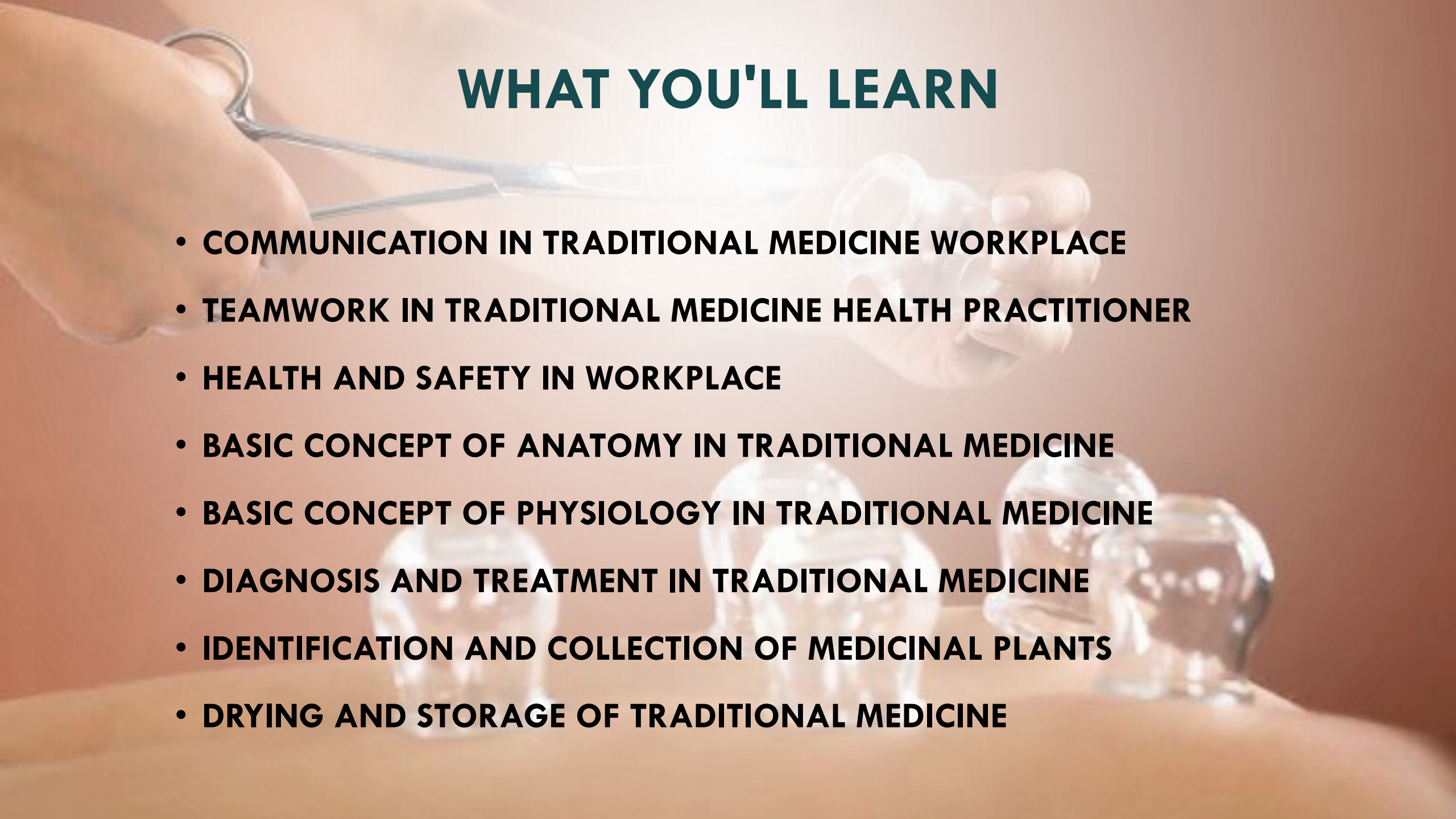
African Traditional Medical Science

African Traditional Medical Science refers to the Total Sum Knowledges, Skills and Practice, based on the Theories, Beliefs, cultures and Experiences, indigenous to different Communities in Africa explicable or not. Used in maintenance of health and in the prevention, diagnosis, improvement or treatment of physical and mental illness.

Most of this knowledge are transmitted from generation to generation orally and are divine in nature.

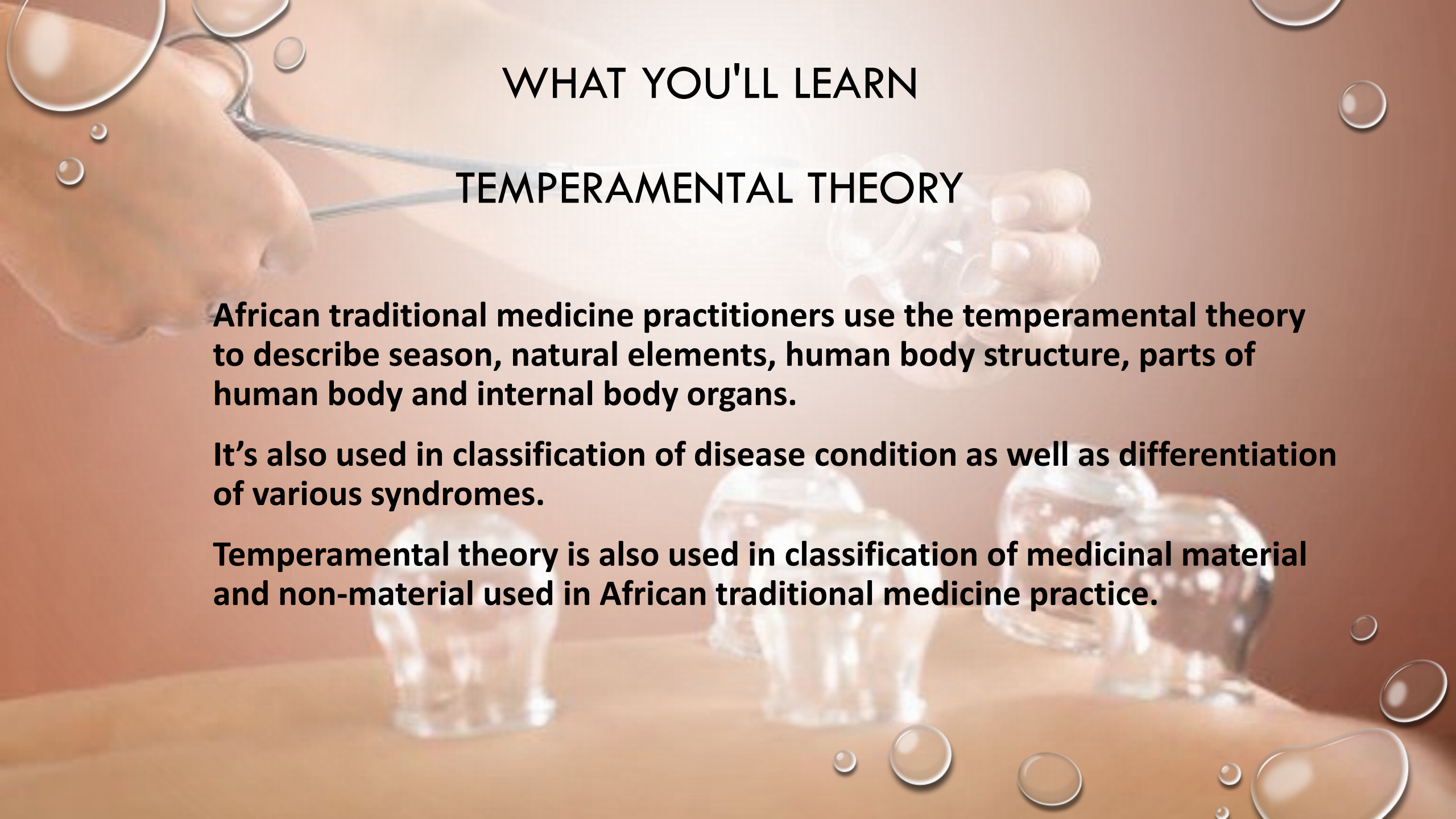
WHAT YOU'LL LEARN

- **WHAT IS HIJAMA?**
- **WHAT IS CUPPING THERAPY?**
- **THE HISTORY OF HIJAMA AND CUPPING THEORY**
- **DIFFERENCE BETWEEN HIJAMA AND CUPPING**
- **THE THEORY BEHIND HIJAMA FROM TRADITIONAL MEDICINE PERSPECTIVES**
- **WHAT MODERN SCIENCE CAN TELL US ABOUT HIJAMA'S BENEFITS**
- **INTRODUCTION TO ORGANS AND SYSTEMS OF THE HUMAN BODY**
- **FUNCTIONS OF BLOOD AND LYMPHATIC FLUID**



WHAT YOU'LL LEARN

- **COMMUNICATION IN TRADITIONAL MEDICINE WORKPLACE**
- **TEAMWORK IN TRADITIONAL MEDICINE HEALTH PRACTITIONER**
- **HEALTH AND SAFETY IN WORKPLACE**
- **BASIC CONCEPT OF ANATOMY IN TRADITIONAL MEDICINE**
- **BASIC CONCEPT OF PHYSIOLOGY IN TRADITIONAL MEDICINE**
- **DIAGNOSIS AND TREATMENT IN TRADITIONAL MEDICINE**
- **IDENTIFICATION AND COLLECTION OF MEDICINAL PLANTS**
- **DRYING AND STORAGE OF TRADITIONAL MEDICINE**



WHAT YOU'LL LEARN

TEMPERAMENTAL THEORY

African traditional medicine practitioners use the temperamental theory to describe season, natural elements, human body structure, parts of human body and internal body organs.

It's also used in classification of disease condition as well as differentiation of various syndromes.

Temperamental theory is also used in classification of medicinal material and non-material used in African traditional medicine practice.

What you'll learn

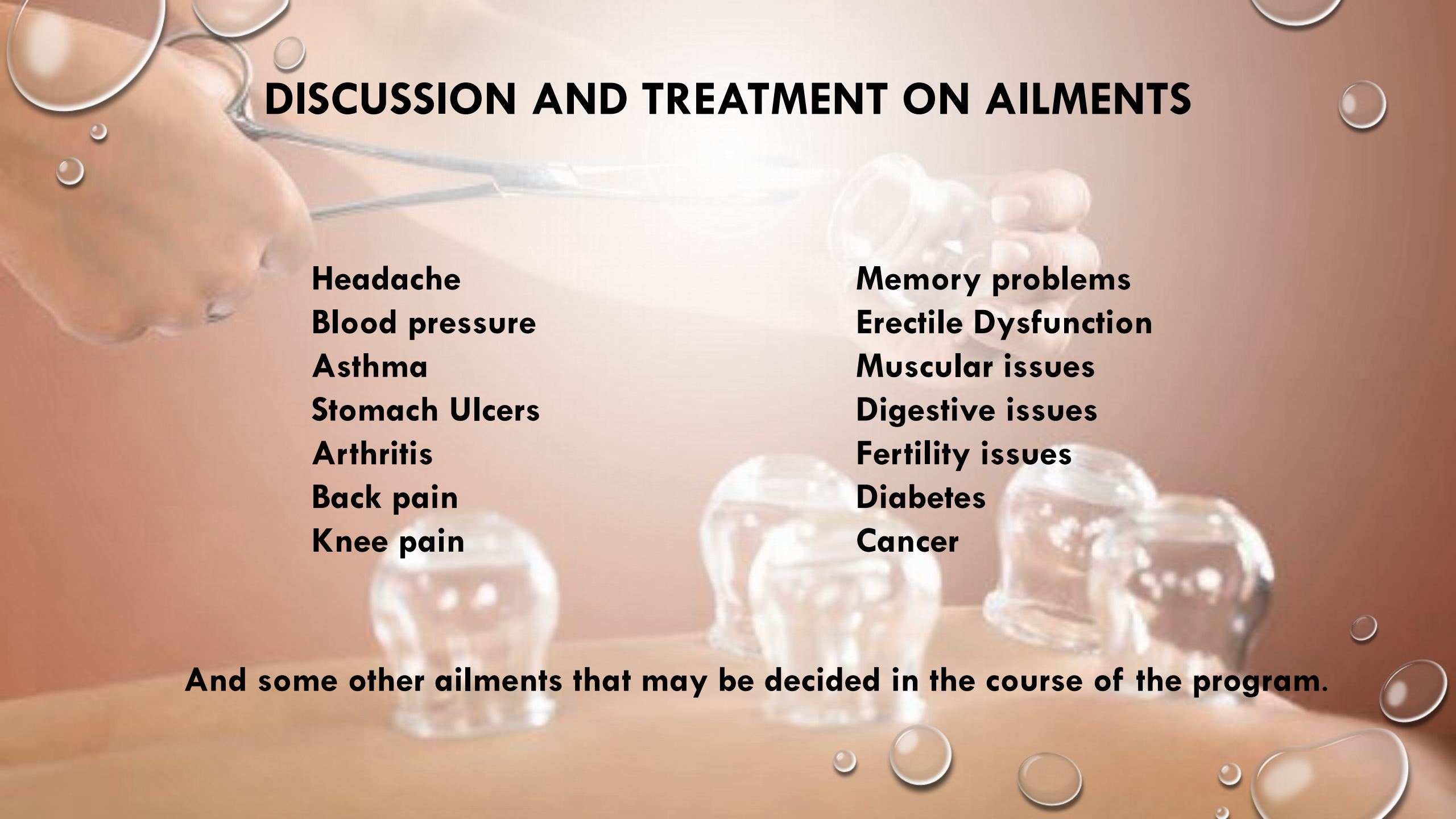
- **INTRODUCTION TO HERBAL MEDICINE PREPARATIONS (TRADITIONAL AND ISLAMIC)**
- **PATIENT CONSULTATION AND DIAGNOSIS**
- **INTRODUCTION TO UNDERSTANDING TEST RESULTS**
- **RECORD KEEPING FOR TREATMENTS**
- **HOW TO PERFORM HIJAMA**
- **CLINICAL BEST PRACTICE**
- **AFTERCARE FOR HIJAMA**
- **WHAT IS HIJAMA USED TO TREAT?**

What you'll learn

- **INTRODUCTION TO CUPPING FOR SOME AILMENT AND HEALTH CONCERNS**
- **HYGIENE, HEALTH AND SAFETY CONSIDERATIONS FOR HIJAMA**
- **TRADITIONAL PARADIGMS FOR BEST RESULTS FOR HIJAMA**
- **EQUIPMENT LIST, SAFE DISPOSAL AND OTHER CONSIDERATIONS**
- **BUSINESS BEST PRACTICE**
- **HOLISTIC HIJAMA TREATMENT PROTOCOL**
- **PRACTICAL CLASS DEMONSTRATIONS**
- **HANDS ON PRACTICAL CLASS (NIGERIA ONLY)**

WHAT YOU'LL LEARN

- **COUNSELING AND PATIENT MANAGEMENT IN TRADITIONAL MEDICINE**
- **BASIC PREPARATION OF MEDICINAL PLANTS**
- **ADMINISTRATION OF MEDICINAL MATERIALS**
- **NUTRITION AND DISEASE PREVENTION IN TRADITIONAL MEDICINE**
- **FORMULATION AND PACKAGING IN TRADITIONAL MEDICINE**
- **CULTIVATION AND CONSERVATION OF MEDICINAL PLANTS**
- **INTRODUCTION TO HIJAMA POINTS THEORY**
- **CONTRAINDICATIONS TO WET CUPPING /HIJAMA**



DISCUSSION AND TREATMENT ON AILMENTS

Headache
Blood pressure
Asthma
Stomach Ulcers
Arthritis
Back pain
Knee pain

Memory problems
Erectile Dysfunction
Muscular issues
Digestive issues
Fertility issues
Diabetes
Cancer

And some other ailments that may be decided in the course of the program.

The background of the slide is a soft-focus photograph of a medical professional's hand holding a pair of surgical forceps. The hand is positioned on the left side of the frame, and the forceps are extended towards the center. The background is a warm, brownish-orange color with several small, circular, bubble-like patterns scattered across it. The text is overlaid on this background.

MEDICINE IN TRADITION MEDICAL SCIENCE

Definition

Any intervention aimed at promoting health, prevention of Diseases, Diagnosis and Treatment of Physical, Mental and Spiritual Ailments (by a qualified practitioner).



KIT

- **24 CUP HIJAMA AIR SUCTION VACUUM SET**
- **PACK OF DISPOSABLE HAND GLOVES**
- **PACK OF LANCET NEEDLES**
- **COTTON WOOL**
- **BOTTLE OF OLIVE OIL**
- **BOTTLE OF METHYLATED SPRIT**

Course Duration

Diploma in Hijama Cupping therapy -Six (6) Months

Classes Online

- Online Theory and Demonstration Classes
- Online one on one supervise practical training

Classes Offline (Nigeria Only)

- Online Theory and Demonstration Classes
- Online one on one supervise practical training
- Clinic Hands on Practical Hijama Training (kit given)*

Course Duration

Diploma in Traditional Medical Science -Six (6) Months

Classes Online

- Online Theory and Discussion Classes
- Online Training in introduction to plant identification and preparations

Classes Offline (Nigeria Only)

- Online Theory and Demonstration Classes
- Hands on Practical Training in introduction to plant identification and preparations

Course Duration

Diploma in Hijama Cupping therapy and Traditional Medical Science-Nine (9) Months

Classes Online

- Online Theory and Demonstration Classes
- Online one on one supervise practical training
- Online Training in introduction to plant identification and preparations

Classes Offline (Nigeria Only)

- Online Theory and Demonstration Classes
- Online one on one supervise practical training
- Clinic Hands on Practical Training in plants and preparations
- Clinic Hands on Practical Hijama Training (kit given)*

The background of the slide is a close-up photograph of a laboratory experiment. A hand on the left holds a pair of metal forceps, which are holding a small, clear glass container. This container is positioned over a surface where several other similar glass containers are placed. The scene is set against a warm, brownish-orange background, and there are some water droplets visible in the upper right and lower right corners.

Course Practical Classes

All practical in class classes will be held at our facility in Kaduna,
Kaduna State,
Nigeria

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