More than fifty herbal medicines are manufactured in the Center’s own factory. They're used to treat migraines, constipation, liver dysfunction, colitis, and a variety of chronic diseases including infection and renal stones, peptic and duodenal ulcers, hyperacidity, hyperlipidemia, migraines, constipation, liver dysfunction, colitis, and psoriasis and other skin diseases.

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Established by the Ministry of Health in 1987, the Center is tucked away at the back of the Sabah Hospital complex. It is set amidst lush gardens filled with beautiful flora and fauna, providing a peaceful oasis. The Center is part of our culture,” she says. “Here at the Center we work to develop and manufacture safe, effective herbal products and to instruct the public in their proper use.”

Dr Al Mutar echoes his sentiments. “If you go to a herbalist’s shop, he may recommend medicinal herbs and cupping.”

Dr Abdulraheem points out that the Center carries out a very specialised form of science and that every little detail is important in the work of the herbalist. “It is apparent from the medication that the patient is treated by a doctor who has the knowledge, skills and experience to do the job.”

The Center’s Director is keen to offer new herbal products and more alternative treatments. “We develop treatments from natural ingredients that are already evidence-based,” she says. “When we sent out a questionnaire to the public to ask what kind of treatments they would like, they replied that they want medicinal herbs and cupping.”

The health benefits of wet cupping were extolled by the Prophet Muhammad (PBUH) and is known as hijama. Many hadiths, or sayings of the Prophet, mention the benefits of cupping, including the hadith reported by Abu Huraira: “If there is something excellent to be used as a remedy, then it is cupping.”

The factory produces a wide variety of products including tablets, capsules, powders, syrups, ointments, oils, syrups, and creams. Depending upon the needs of the material and its dosage, the products are made in a way that is safe for the patient to use, with an acceptable color and taste. All products contain only natural ingredients and have no preservatives.

Before the products are sent to the pharmacy there is more testing to be done in the Quality Control Lab. Mariam Bujarwah, Senior of Quality Control, explains that all the active ingredients are checked to make sure they are acceptable. She adds that all products are made in the drug manufacturing unit in the Center’s own factory. They're used to treat migraines, constipation, liver dysfunction, colitis, and a variety of chronic diseases including infection and renal stones, peptic and duodenal ulcers, hyperacidity, hyperlipidemia, migraines, constipation, liver dysfunction, colitis, and psoriasis and other skin diseases.

The Centre is funded by the government but operates as an independent institution. Five clinics with two general practitioners and two general dieters, and Dr Ahmed Abdulraheem, Chief Technician of Islamic Medicine laboratories, have been specially trained for cupping. Training sessions were continued in Kuwait, and cupping therapy, published books have been compiled. A committee from the Ministry of Health came to check on medical protocols and gave its approval. Two clinics for cupping will open soon at the Center. The Director explained that there are different kinds of cupping, including dry, wet, and vacuum. Wet cupping involves puncturing the skin before the procedure.

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Dr Al Mutar answers without hesitation: obesity. But she is quick to point out that obesity is not the only challenge of the 21st century. “As the technology advances, we are facing a new set of challenges,” she says.

Dr Al Mutar says that staff from Kuwait’s Islamic Medicine Center went to Riyadh, Saudi Arabia, for training in cupping. Training sessions were continued in Kuwait, and cupping therapy, published books have been compiled. A committee from the Ministry of Health came to check on medical protocols and gave its approval. Two clinics for cupping will open soon at the Center. The Director echoes his sentiments. “If you go to a herbalist’s shop, he may recommend medicinal herbs and cupping.”

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