

ABSTRACT

Introduction: hypercholesterolemic patients who experience complaints of quality sleep, lack of sleep causes many effects, including reduced concentration. Meanwhile, the psychological impact includes depression, anxiety, lack of concentration, ineffective coping. Hypercholesterolemia can be anticipated with non-pharmacological therapy, namely wet cupping therapy is also able to remove toxic substances including cholesterol that are not secreted by the body through the skin surface by injuring the skin and suction. The purpose of this study was to determine the effect of cupping therapy on cholesterol levels and sleep quality in hypercholesterolemic patients based on an empirical study. Material & Methods: The research method uses systematic literature review (SLR). The feasibility assessment that has been found of 63 articles based on the text as a whole and conformity with the eligibility criteria has obtained as many as 25 articles that can be used in a systematic review. Results: Analysis of the literature review showed that cupping therapy had an effect on cholesterol in hypercholesterolemic patients in 18 literature journals (70%). The effect of cupping therapy on sleep quality in hypercholesterolemic patients is based on empirical studies that have been carried out, this is evidenced by a literature review that has shown that cupping therapy affects the sleep quality of hypercholesterolemic patients, there are 8 literature reviews (30%). Conclusion: Research on the effect of cupping therapy on cholesterol levels and sleep quality in hypercholesterolemic patients is based on empirical studies.

Keywords: Cupping, Cholesterol Levels, Sleep Quality, Hypercholesterolemia