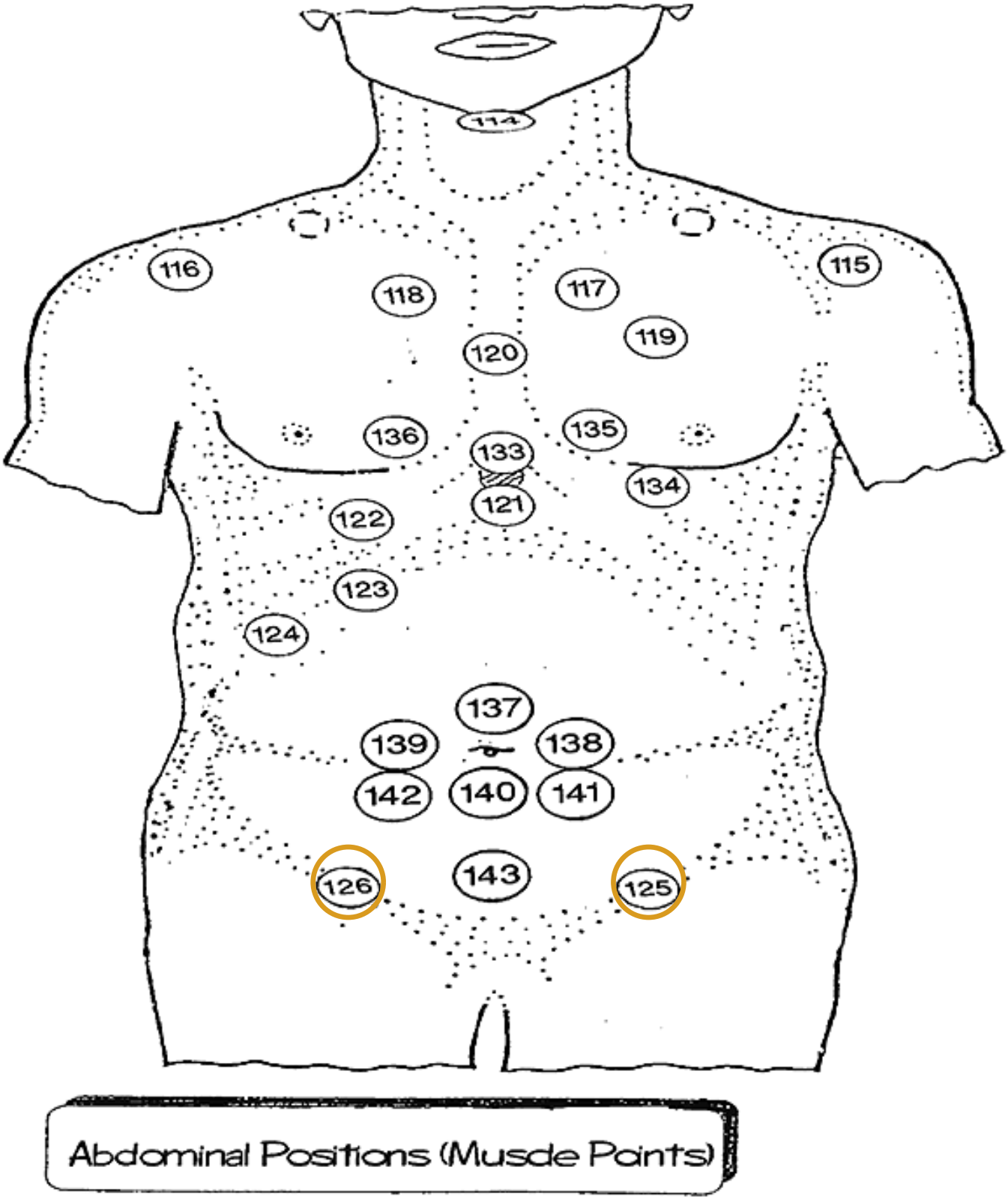
Cupping points chart

Front of the body · hijama (wet) and dry cupping points



Sunnah point

The numbers match the free interactive chart and body maps (point descriptions overleaf).

General information, not medical advice. Hijama should only be done by a trained therapist.

Cupping points on the front of the body

Where each point is, with the nearest acupuncture point for reference. A treatment plan sets out which points to use.

Point	Location
115 & 116	Under the ends of the clavicle (collar bone) from the outside and on the shoulders. Near acupuncture point LU2 (Yunmen)
117 & 118	Under the clavicle (collar bone) from the inside, on the chest. Near acupuncture point KI27 (Shufu)
119	The heart, under the middle of the left clavicle (collar bone) using four fingers of the patient himself. Near acupuncture point ST15 (Wuyi)
120	Sternum bone (breastplate), in the middle of the chest. Near acupuncture point CV17 (Danzhong)
121	First part of the stomach directly under the chest bone. Near acupuncture point CV14 (Juque)
122 & 123 & 124	Above the liver, right of the belly. Near acupuncture points 122: LR14 (Qimen); 123: GB24 (Riyue); 124: LR13 (Zhangmen)
125 & 126	Between the belly and the thigh near the pubic hair area for involuntary urination, infertility…etc. (Sunnah point) Near acupuncture point ST30 (Qichong)
133	Almost 2cm above the stomach mouth and near the end of the chest bone. Near acupuncture point CV15 (Jiuwei)
134	Under the left breast. Near acupuncture point ST18 (Rugen)
135 & 136	5cm away from the breast nipple from the inside for the lungs. Near acupuncture point KI23 (Shenfeng)
137 & 138 & 139 & 140	Above, right, left and under the umbilicus (belly button). Near acupuncture points 137: CV9 (Shuifen); 138 & 139: ST25 (Tianshu); 140: CV7 (Yinjiao)
141 & 142	Right and left of 140. Near acupuncture point ST26 (Wailing)
143	Above the bladder. Near acupuncture point CV3 (Zhongji)

Safety: do not cup over broken, burnt, infected or very thin skin, varicose veins or areas of active skin disease. Talk to your doctor first if you have a bleeding or clotting disorder, take blood-thinning medicines, have anaemia, are pregnant, have diabetes, or have a heart condition or a pacemaker.

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