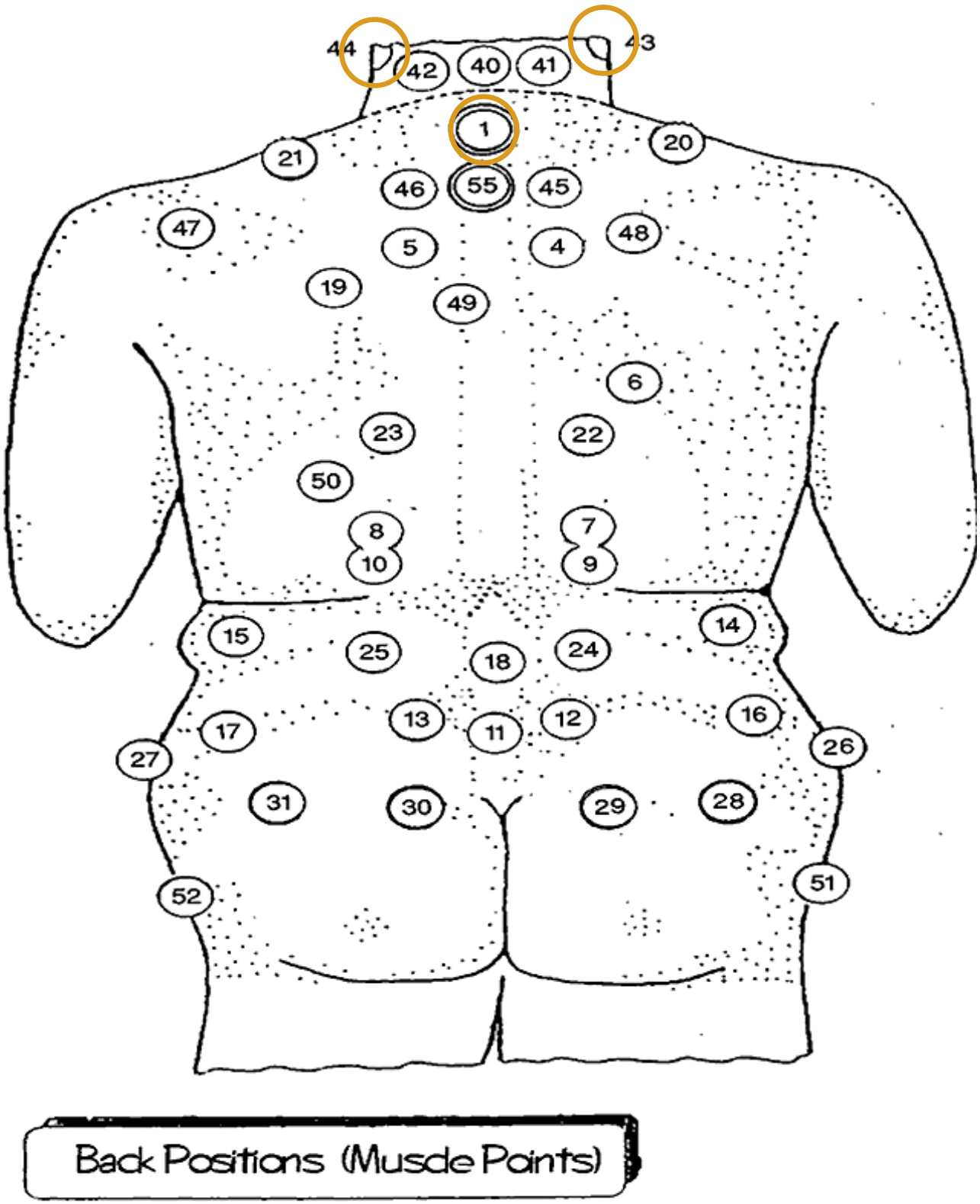
Cupping points chart

Back 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 back 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
1	The shoulder, the seventh vertebra (bone of spine) of the neck. (Sunnah point) Near acupuncture point GV14 (Dazhui)
4 & 5	The air door between the two ribs upwards in the branching of the tracheae (main windpipe) and the bronchus (smaller windpipe). Near acupuncture point BL13 (Feishu)
6	The gall bladder at the peripheral of the right rib toward the spine. Near acupuncture point BL19 (Danshu)
7 & 8	On the stomach place at the middle of the back opposite to the stomach on the spinal sides. Near acupuncture point BL21 (Weishu)
9 & 10	The kidney centre under 7 & 8 on the middle of the back. Near acupuncture point BL23 (Shenshu)
11	Lumbar vertebrae – a prominent bone at the lower back of the vertebra column. Near acupuncture point GV3 (Yaoyangguan)
12 & 13	On the sides of 11, slightly upward, 5cm away from the spine. Near acupuncture point BL25 (Dachangshu)
14 & 15 & 16 & 17 & 18	The colon, almost on the colon corners from the back and18 of the middle of the spine. Near acupuncture points 18: GV4 (Mingmen)
19	The heart, opposite to the heart from the back and almost on the left rib side. Near acupuncture point BL15 (Xinshu)
20 & 21	Tonsils triangle that lies in the area between the neck and the shoulder with a slight bending to the back. Near acupuncture point GB21 (Jianjing)
22 & 23	Above the pancreas gland under the rib end. Near acupuncture point BL20 (Pishu)
24 & 25	At the beginning of the lower half of the back. Near acupuncture point BL52 (Zhishi)
26 & 27	Bilaterally at the sides of the iliac bone. Near acupuncture point GB29 (Juliao)
28 & 29 & 30 & 31	At the upper part of the buttocks. Near acupuncture points 28 & 31: GB30 (Huantiao); 29 & 30: BL53 (Baohuang)
40	In the middle of the back of the neck. Near acupuncture point GV15 (Yamen)
41 & 42	On the back of the head to the right and the left. Near acupuncture point BL10 (Tianzhu)
43 & 44	The sides of the neck. (Sunnah point) Near acupuncture point SJ16 (Tianyou)
45 & 46	Nearly 3cm above the air trachea (4-5). Near acupuncture point BL11 (Dazhu)
47	On the left shoulder in addition to the heart. Near acupuncture point SI11 (Tianzong)

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

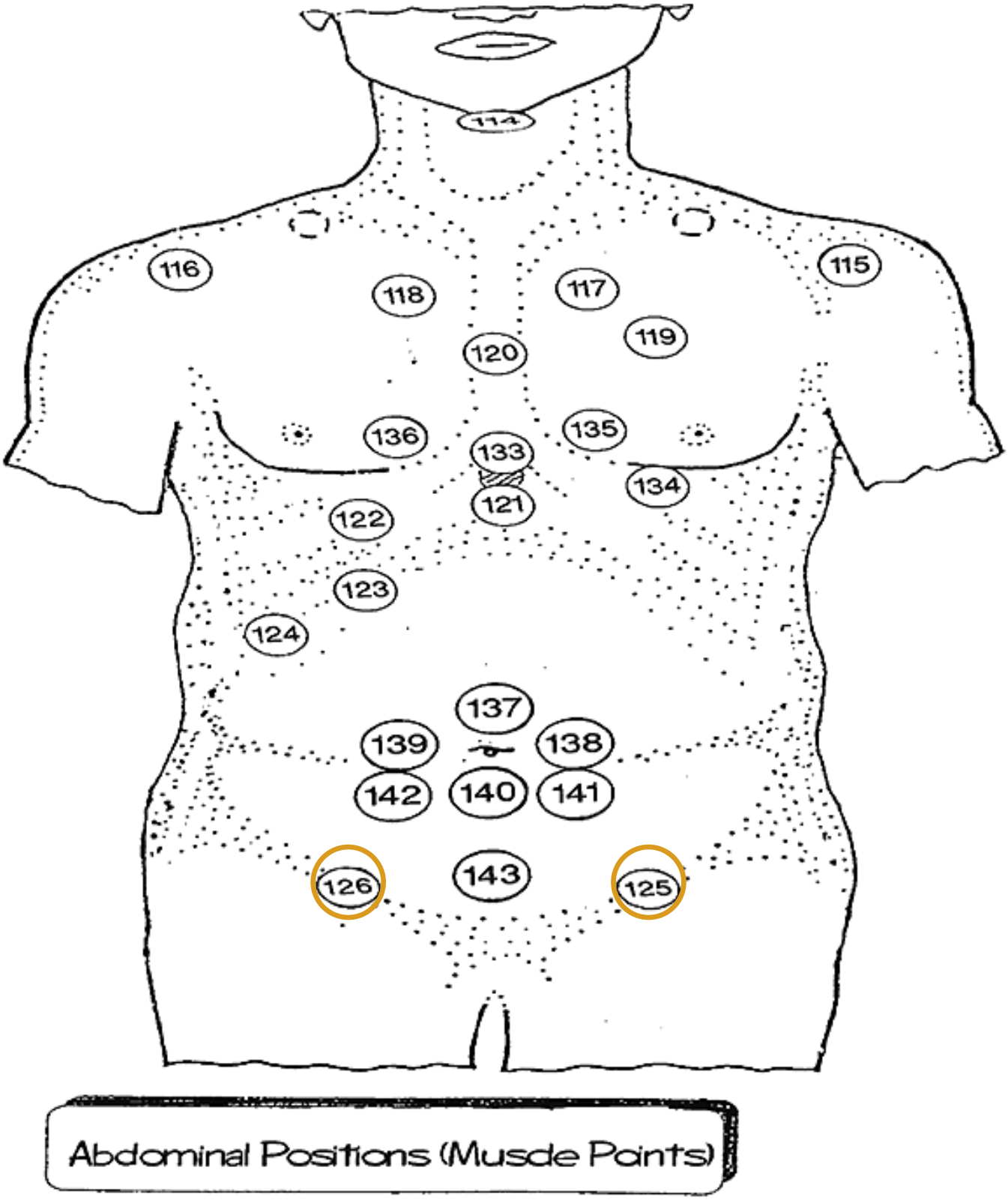
Cupping points on the back of the body (continued)

Point	Location
48	On the right rib from upward, complementary to the gall bladder knot.
49	The immunity area from the back, between the two scapulae (shoulder blades). Near acupuncture point GV11 (Shendao)
50	6cm slightly above 8, for stomach ulcers.
55	Almost 3cm under the shoulder. Near acupuncture point GV13 (Taodao)

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.

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.

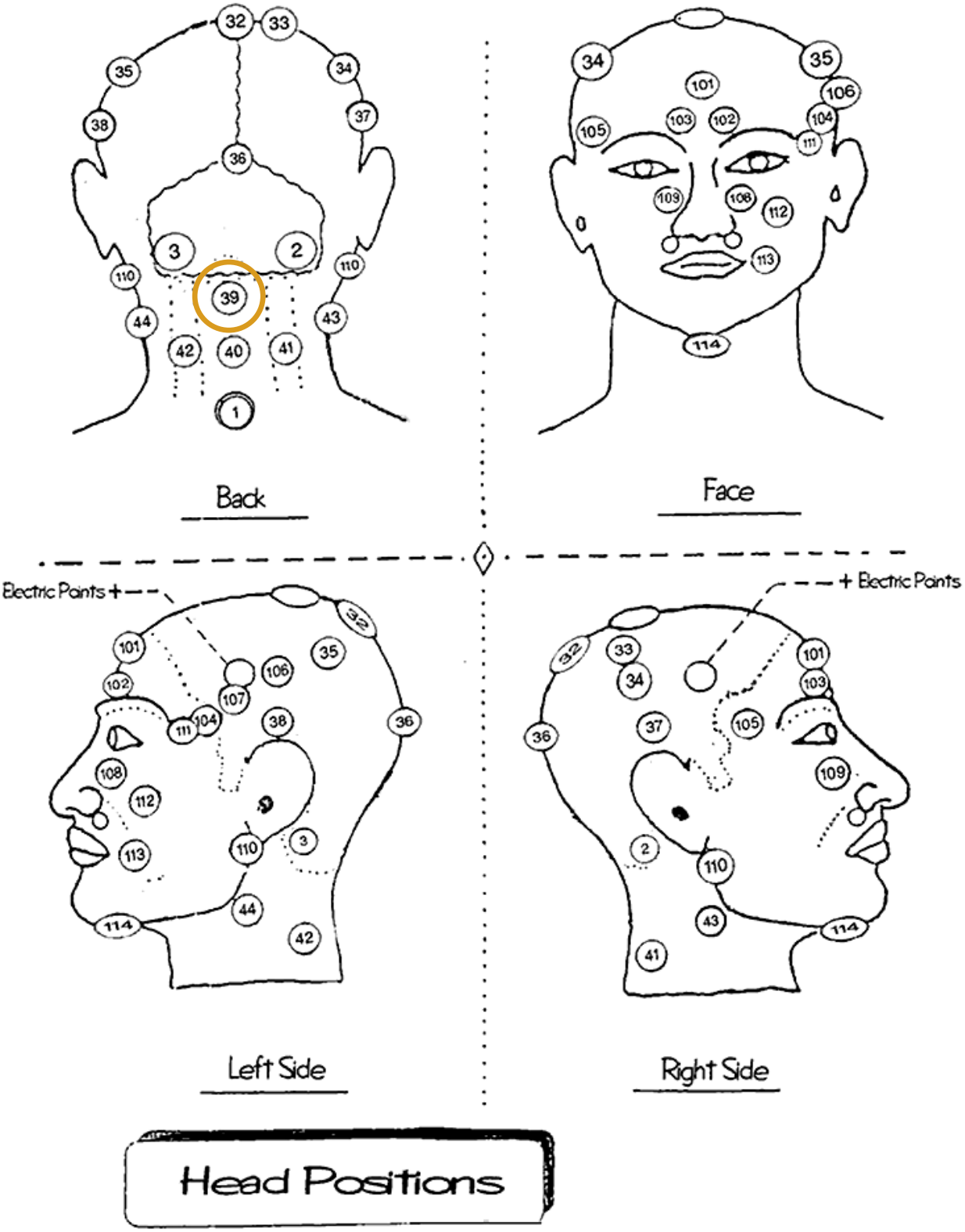
Point	Location
115 & 116	Under the ends of the clavicle (collar bone) from the outside and on the shoulders. Near acupuncture point LU2 (Yunmen)
117 & 118	Under the clavicle (collar bone) from the inside, on the chest. Near acupuncture point KI27 (Shufu)
119	The heart, under the middle of the left clavicle (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.

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

Cupping points chart

Head and face · 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 head and face

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

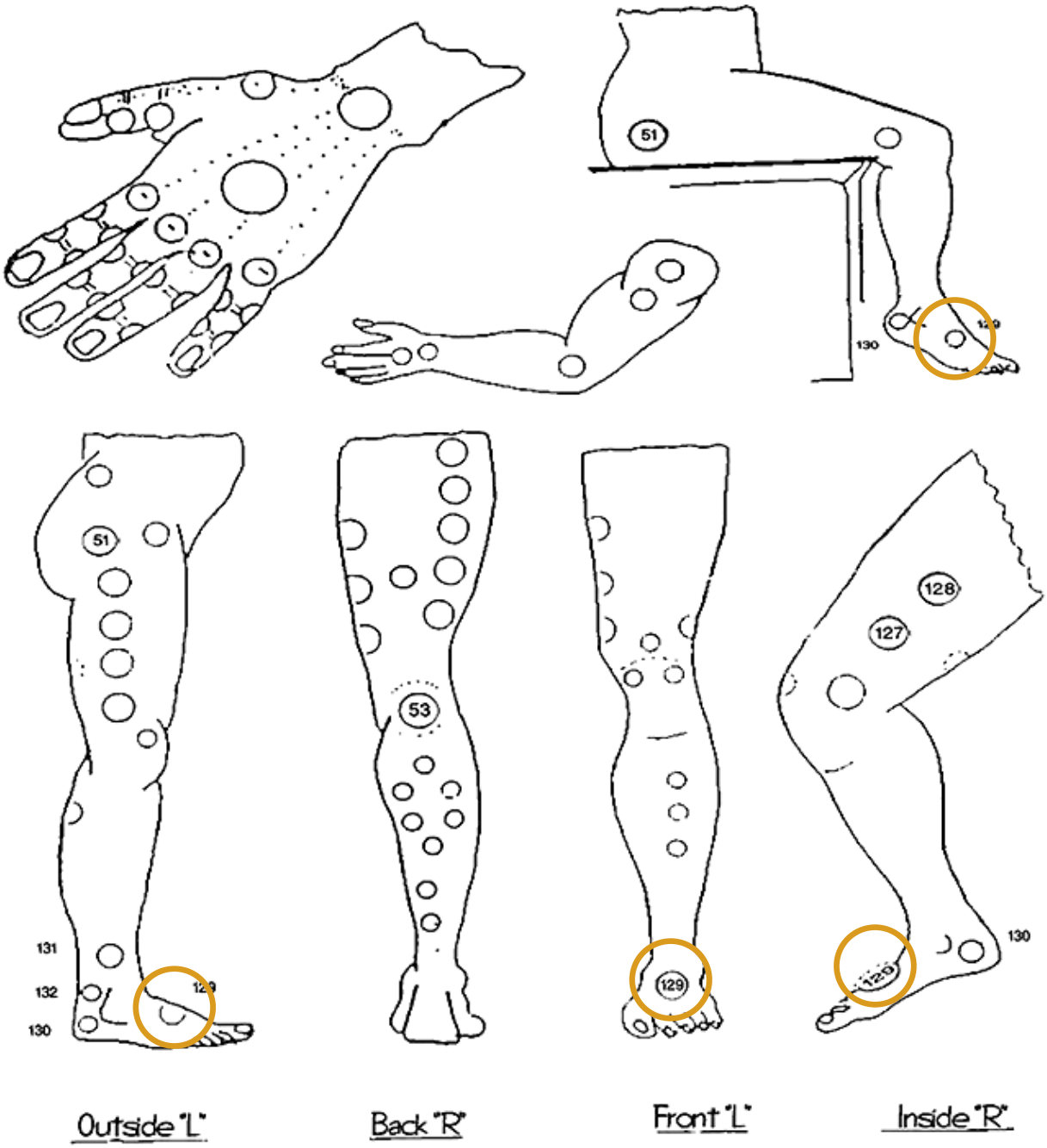
Point	Location
32	On the middle of the head. Near acupuncture point GV20 (Baihui)
33	On the right part of the hair near the forehead or the hair line.
34 & 35	The right and left part of the brain (at the temporal sides of the brain) as well as the occipital bone. Near acupuncture point ST8 (Touwei)
36	The cerebellum (occipital) prominent bone on the head. Near acupuncture point GV17 (Naohu)
37 & 38	Nearly 3cm above the ears. Near acupuncture point GB8 (Shuaigu)
39	Prominent occipital bone, the deep area at the back of the head where cupping is prohibited, except in necessary cases. (Sunnah point) Near acupuncture point GV16 (Fengfu)
2 & 3	The area between the ears, the back of the head where hair grows or on the sides of the neck. Near acupuncture point GB20 (Fengchi)
101	The forehead on the place of worship in praying and it is better not to repeat it. Near acupuncture point Yintang (EX-HN3)
102 & 103	Above the eyebrows from the inner part of the nasal sinuses. Near acupuncture point BL2 (Zanzhu)
104 & 105	On both sides of the brows and slightly upward for headaches and sight. Near acupuncture point Taiyang (EX-HN5)
106	Almost 6cm above the left ear to help give up smoking.
107	Nearly 4cm above the cheeks to assist in speech.
108 & 109	On the sides of the nose for nasal sinuses. Near acupuncture point LI20 (Yingxiang)
110	Under the ear from the right and left. Near acupuncture point SJ17 (Yifeng)
111 & 112 & 113	Near the eye and the cheek and near the lip used for the fifth and sixth cranial nerves. Near acupuncture points 111: GB1 (Tongziliao); 112: ST3 (Juliao); 113: ST4 (Dicang)
114	Under the chin and it has many benefits. Near acupuncture point CV23 (Lianquan)

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.

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

Cupping points chart

Legs and arms · 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 legs and arms

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

Point	Location
51 & 52	The two thigh bones (femur), from both sides. Near acupuncture point GB31 (Fengshi)
53 & 54	The inner part of the knee from the back. Near acupuncture point BL40 (Weizhong)
127 & 128	On the inner part of the thighs. Near acupuncture point SP10 (Xuehai)
129	On the back of the feet to the right. (Sunnah point) Near acupuncture point LR3 (Taichong)
130	On the sides of the heel from inside and outside for edema. Near acupuncture point KI5 (Shuiquan) inside, BL61 (Pucan) outside
131	Above the heel bone nearly 5cm from the outside. Near acupuncture point BL59 (Fuyang)
132	Varicocele.

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.

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