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The Quick Guide to Hijama Cupping Points

Instagram @the_hijama_hub

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HIJAMA
HUB

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What conditions can Hijama Benefit?

Hypertension
Hypotension
Depression
Anxiety
Diabetes
Epilepsy
Eczema
Gout
Rheumatism
Male & Female
Infertility
Sciatica
Angina
Rheumatism
Muscle Spasms
Stomach ailments
PCOS
Fibroids
Irregular Periods

Back Pain
Post menopausal bleeding
Cellulitis
Chest Pain
Kidney Disease
Liver Disease
Arthritis
Migraines
Hypothyroidism
Hyperthyroidism
Irritable bowel syndrome
Lupus
Mastitis

And Many More...

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ABOUT ME



Hello there!

I'm Cherelle Amoako (BSc) and I'm a Hijama Therapist and a Registered Health Professional working for the UK National Health Service (NHS).

I created the Hijama Hub to provide useful and beneficial information about wet and dry cupping! It is also a safe place to find practising and certified Hijama Therapists.

I have put together this points booklet as a quick on-the-go guide for Hijama Therapists.

Finding the right points can be tricky especially when you've never come across a problem or illness before.

This guide summarises points for common illnesses that you will come across in your practice.

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THE BODY SYSTEMS

If in doubt follow the bodily system affected, this is far more effective than following symptoms.

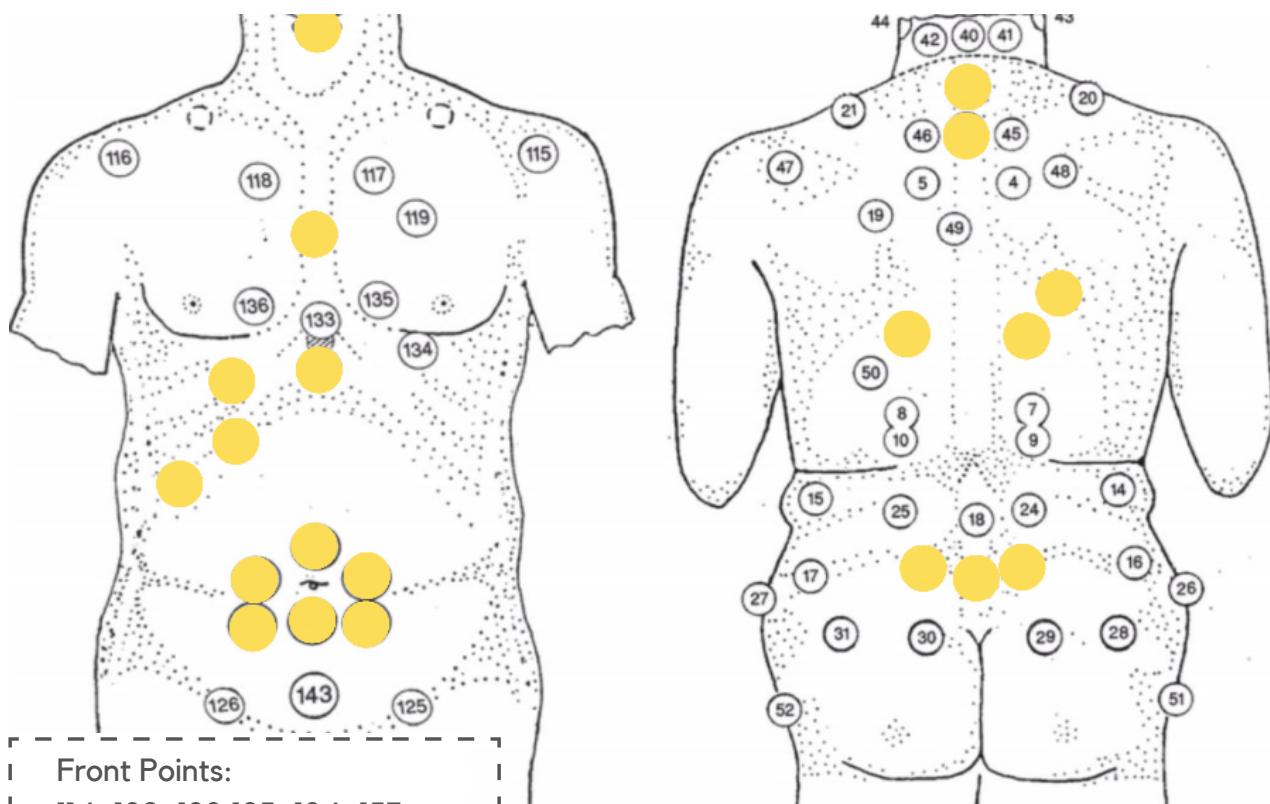
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Digestive system

The main function of this system is the transportation, digestion and absorption of food. When the mucosal lining is disturbed this can lead to digestive disruption and common digestive issues such as bleeding, constipation, diarrhoea, heartburn, incontinence, nausea and vomiting.

Common conditions:

- GERD
- Celiac disease
- Crohn's disease
- Ulcerative colitis
- Irritable bowel syndrome
- Hemorrhoids



Front Points:

114, 120, 122, 123, 124, 137,
138, 139, 140, 141, 142, 144

Back Points:

1, 11, 12, 55, 13, 6, 23, 22

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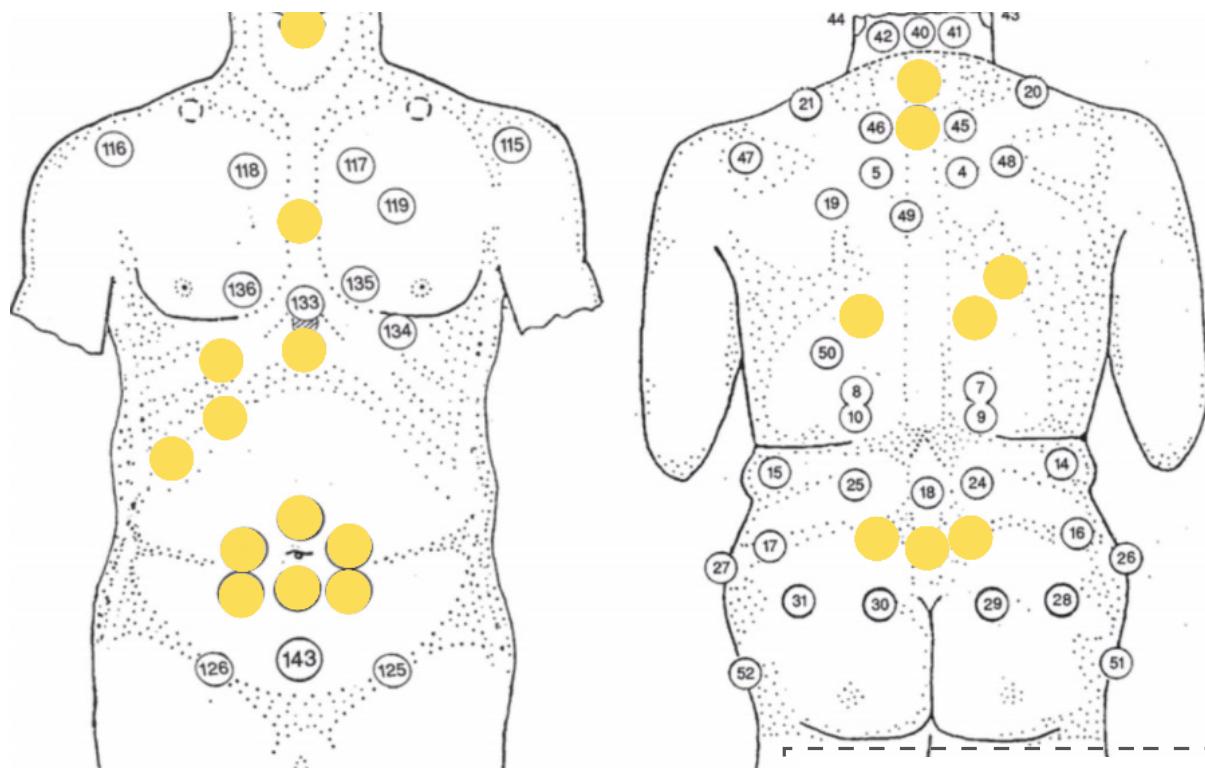
Endocrine system

There are many factors that cause the endocrine system to stop working properly. It can be caused by:

- 1) Underproduction of a certain hormone
- 2) Overproduction of a certain hormone
- 3) A malfunction in the production line of a hormone or in its ability to function correctly.

Common conditions:

- Acromegaly
- Adrenal insufficiency & Addison's disease
- Cushing's syndrome
- Cystic fibrosis link
- Graves' disease
- Hashimoto's disease



Back Points:

1, 6, 11, 12, 13, 22, 23, 42, 41

Front Points:

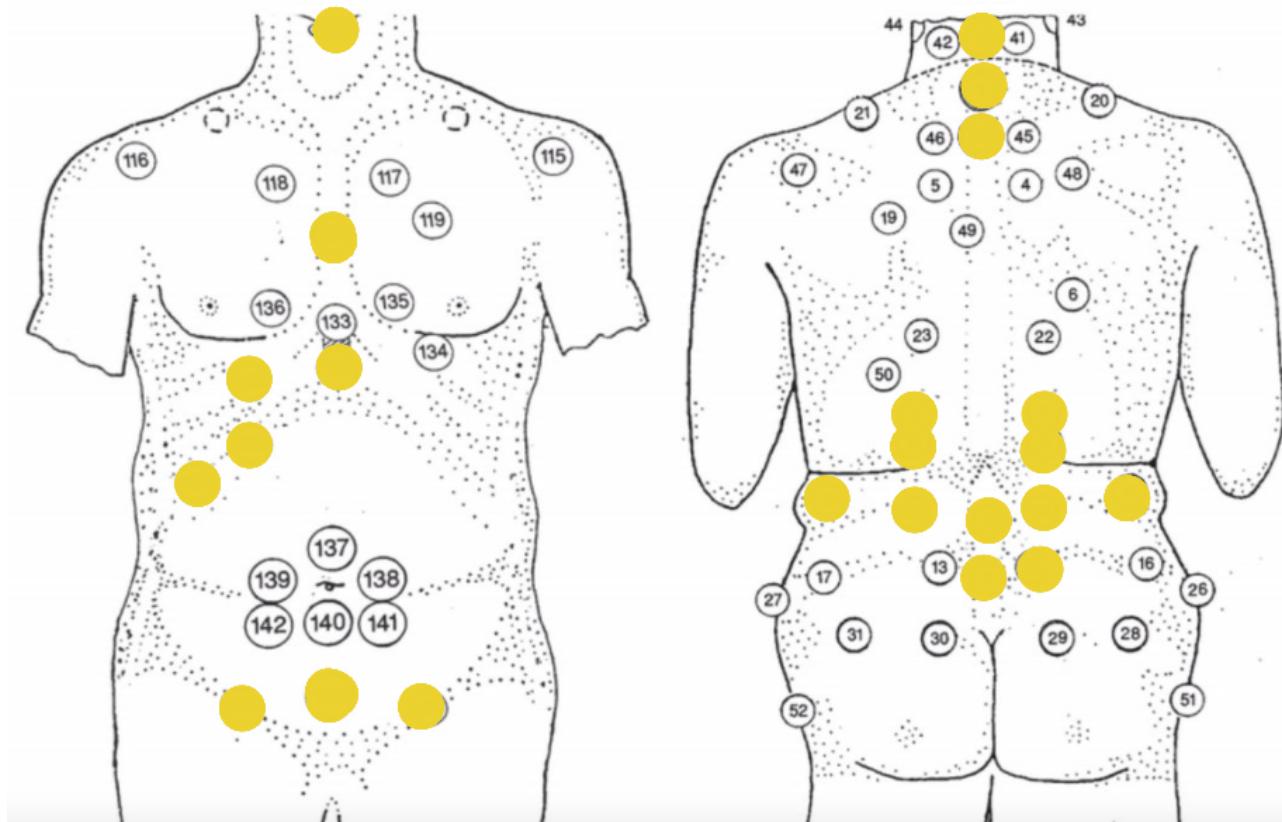
114, 121, 122, 123, 124

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Reproductive system

The reproductive system focuses on the female reproductive system. – this includes the uterus, ovaries, cervix and vagina. The functions, medical disorders and diseases of the female reproductive system all fall under the heading of gynaecology.

- Conditions affecting ovaries, fallopian tubes, uterus, cervix, vagina, and vulva
- Incontinence of urine
- Amenorrhoea (absent menstrual periods)



Back Points:

1, 8, 7, 9, 10, 11, 12,
14, 15, 18, 24, 25, 40, 55

Front Points:

114, 120, 121, 122, 123,
124, 125, 126, 143

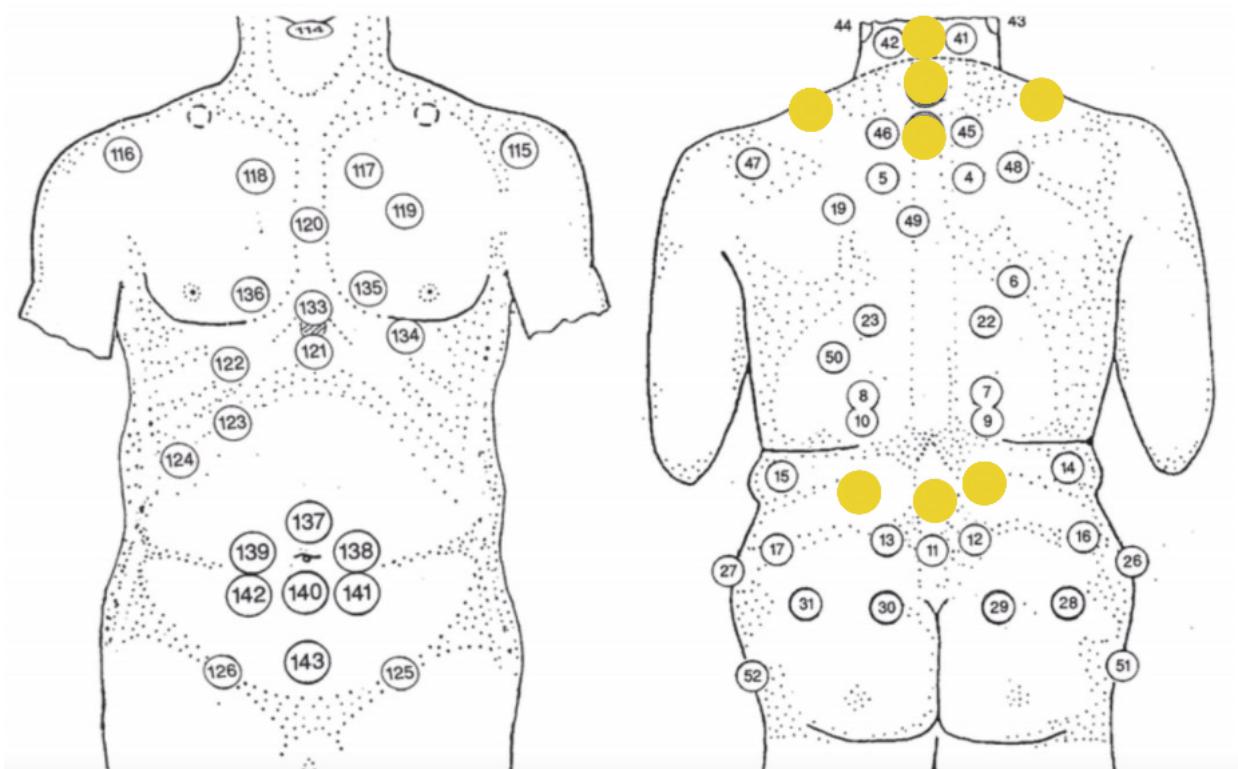
- Dysmenorrhoea (painful menstrual periods)
- Infertility
- Heavy menstrual periods
- Prolapse of pelvic organs
- Infections of the vagina (vaginitis), cervix and uterus
- UTI and Pelvic Inflammatory Disease
- Premenstrual Syndrome

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Musculoskeletal system

Your musculoskeletal system includes bones, muscles, tendons, ligaments and soft tissues. They work together to support your body's weight and help you move. Injuries, disease and aging can cause pain, stiffness and other problems with movement and function.

- Asthma
- Cystic fibrosis
- COPD
- Pneumonia
- Chronic bronchitis
- Pulmonary fibrosis
- Tuberculosis



Front -
As required

Back -
1, 55, 18, 20, 21, 11, 12, 13
& as per condition

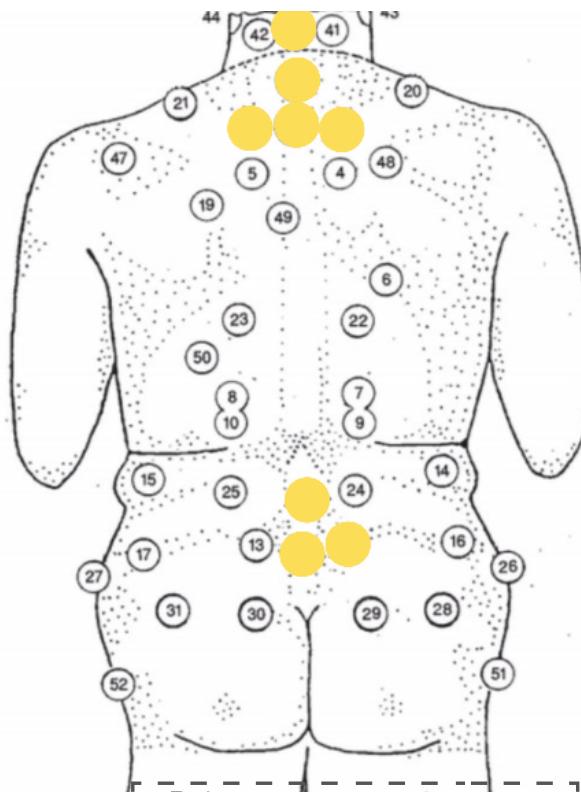
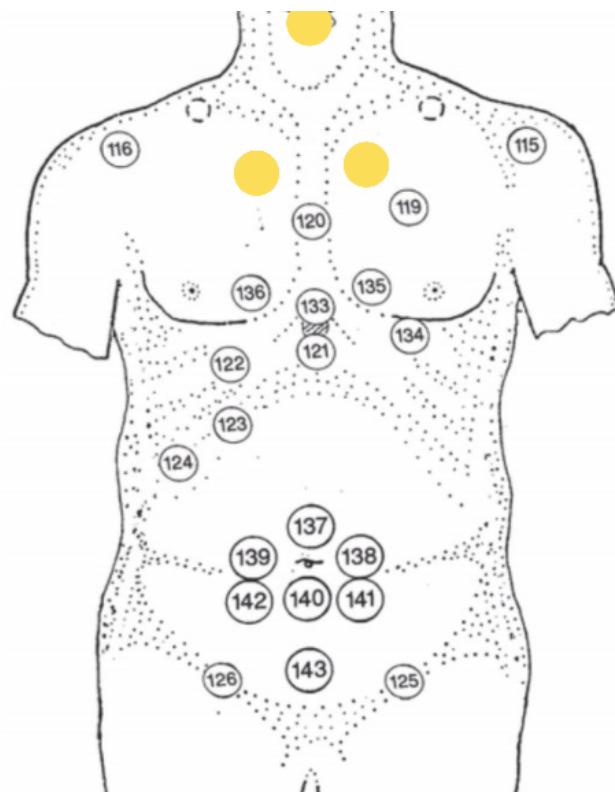
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Nervous system

The nervous system helps all the parts of the body to communicate with each other. It also reacts to changes both outside and inside the body. When there is a problem with the nervous system it can appear in different ways. Numbing/tingling or weakness or reduced mobility in certain parts of the body.

COMMON DISEASES:

- Alzheimer's disease.
- Bell's palsy
- Cerebral palsy
- Epilepsy
- Motor neurone disease (MND)
- Multiple sclerosis (MS)
- Parkinson's disease



Points:

Front -

114, 117, 118 and

front temporal points

Back -

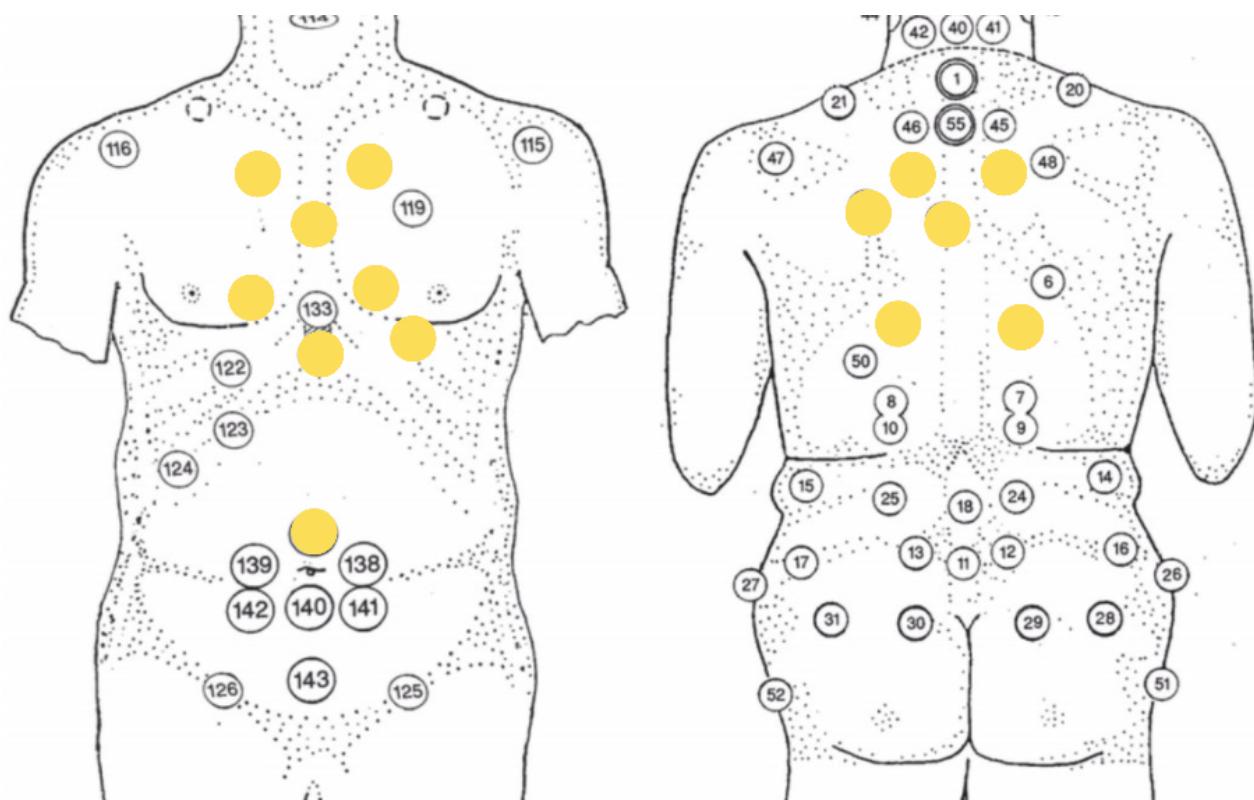
1, 11, 12, 18, 55, 40, 45, 46

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Respiratory & Circulatory system

The respiratory system helps you breathe, it is a network of organs and tissues. It includes your airways, lungs and blood vessels. The muscles that power your lungs are also part of the respiratory system. These organs work together to move oxygen throughout the body and clean out waste gases like carbon dioxide.

- Asthma
- Cystic fibrosis
- COPD
- Pneumonia
- Chronic bronchitis
- Pulmonary fibrosis
- Tuberculosis



Points:

Front -

118, 117, 120, 121,
134, 135, 136, 137

Back -

4, 5, 19, 22, 23, 49

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GENERAL CONDITIONS

Here are points for common conditions you may come across.

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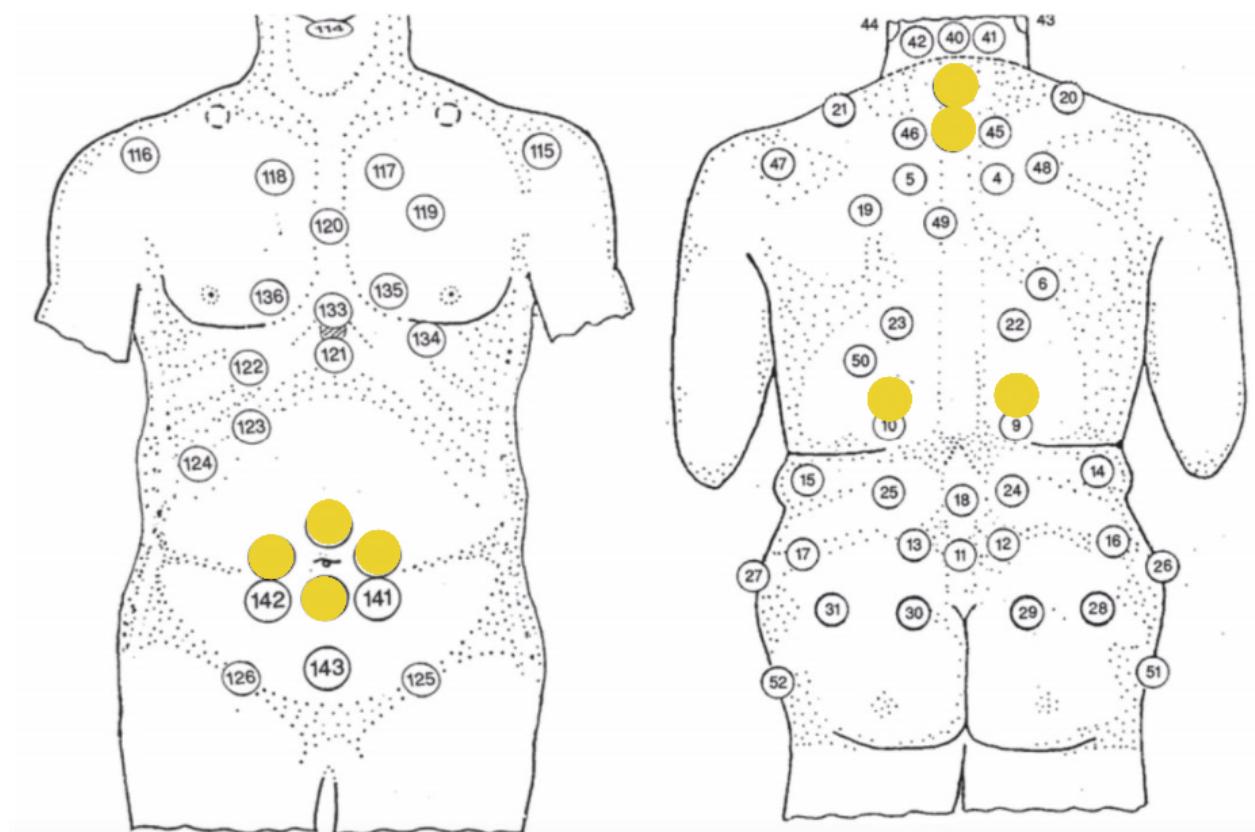
Abdominal Pain

Abdominal pain is pain that occurs between the chest and pelvic regions. Abdominal pain can be crampy, achy, dull, intermittent, or sharp.

Common conditions:

- Period pain
- Appendicitis
- Irritable bowel

- Trapped wind
- Indigestion
- Constipation
- Diarrhoea and food poisoning
- Kidney stones
- Gall stones

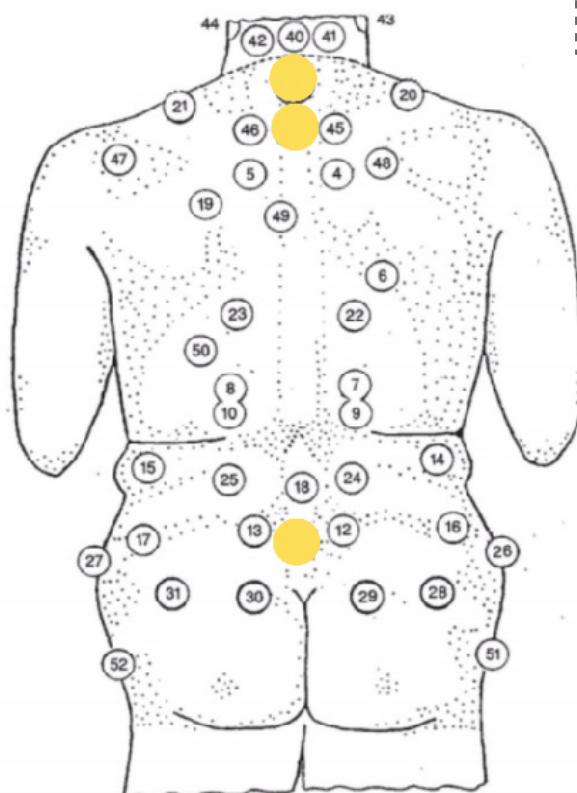


Dry cupping front
and the back of
where the pain is.
Back -
1, 55, 7, 8

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Angiospasm and Arteriosclerosis

- Narrowing of the blood vessels due to muscular spasm or fatty deposits.
- Cupping points are in the places of pain.



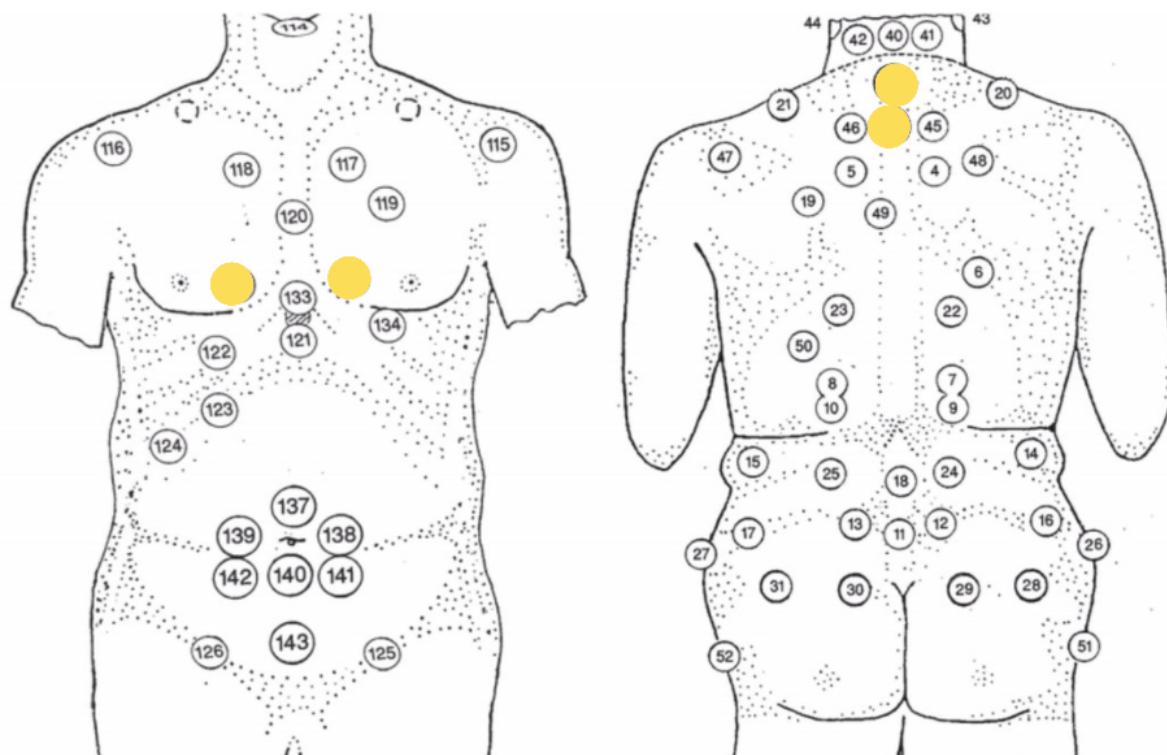
Top Tip:

Pure, organic, raw,
apple cider vinegar and
honey every other day

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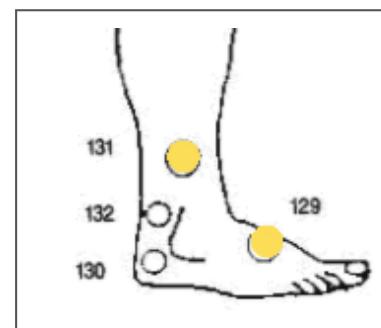
Amenorrhea

This is the absence of menstruation, it is often defined as missing one or more menstrual periods. This may be either permanently or temporarily. Missing one menstrual period is rarely a sign of a serious problem or medical condition, but amenorrhea for a long period of time may be a sign of a disease or chronic condition that could be contributing to infertility.



Top Tip:
To regulate the menses,
it is preferred to perform
cupping on the second day
of the menses.

Points:
Back -
1, 55
Foot -
129, 131

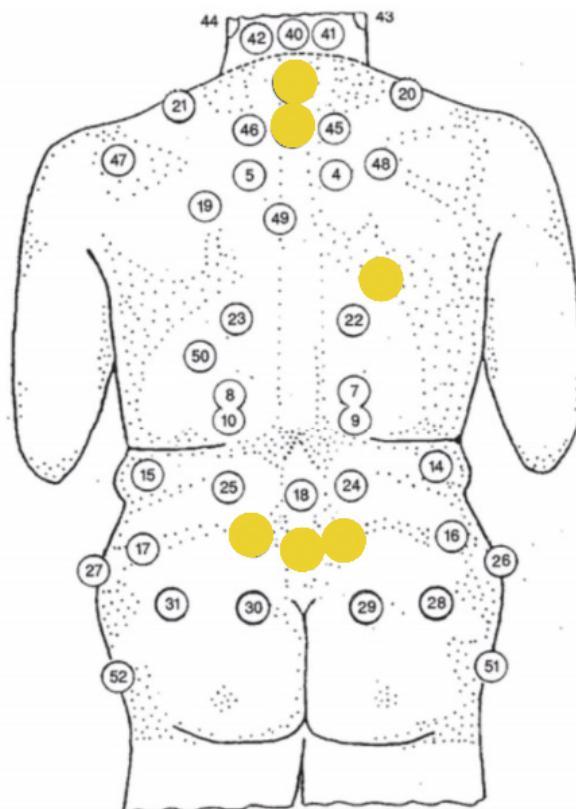


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Anal Fistula

An anal fistula is a tunnel that runs from inside the anus -- the hole your body uses to get rid of solid waste -- to somewhere in the skin around it. Just inside your anus are several glands that make fluid. Sometimes, they get blocked or clogged. This can lead to an abscess.

If you don't treat the abscess, it'll grow. Eventually, it'll make its way to the outside and punch a hole in the skin somewhere near your anus so it can drain. The fistula is the tunnel that connects the gland to that opening. Most of the time, an abscess causes a fistula.



Points:
Back -
1, 55, 6, 11, 12, 13

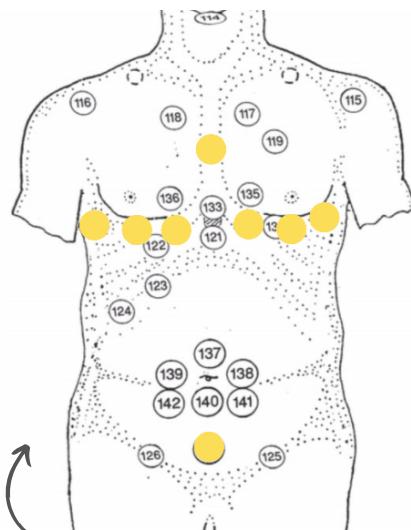
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Brownish Vaginal Secretion

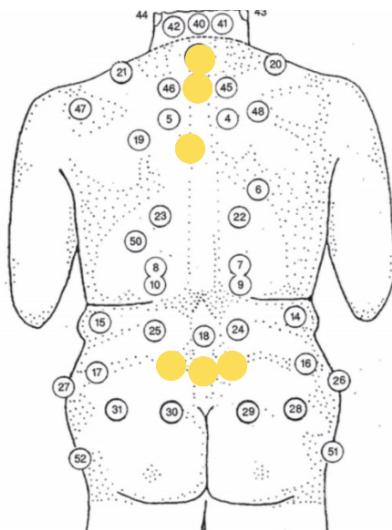
In many cases, brown discharge is old blood that's taking extra time to leave the uterus. This is especially true if you see it at the beginning or end of your menstrual period.

Brown discharge at other points in your cycle may still be normal — but be sure to take note of any other symptoms you experience.

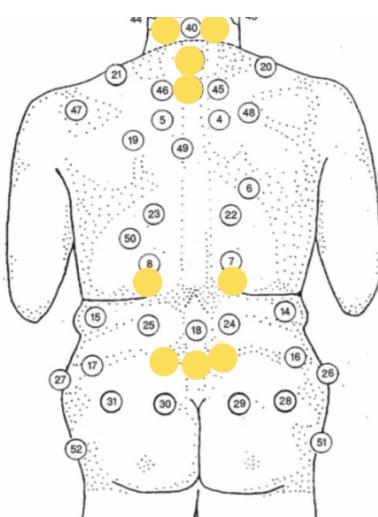
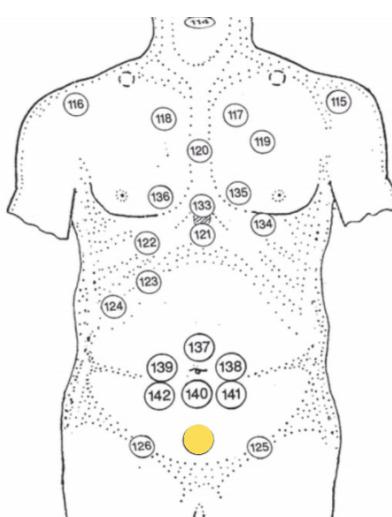
- Molar pregnancy
- Ectopic
- Hormonal imbalance
- Low estrogen
- Infection
- Endometriosis
- Miscarriage



Dry Cup



If secretion has no smell,
no colour or itching,
perform cupping on



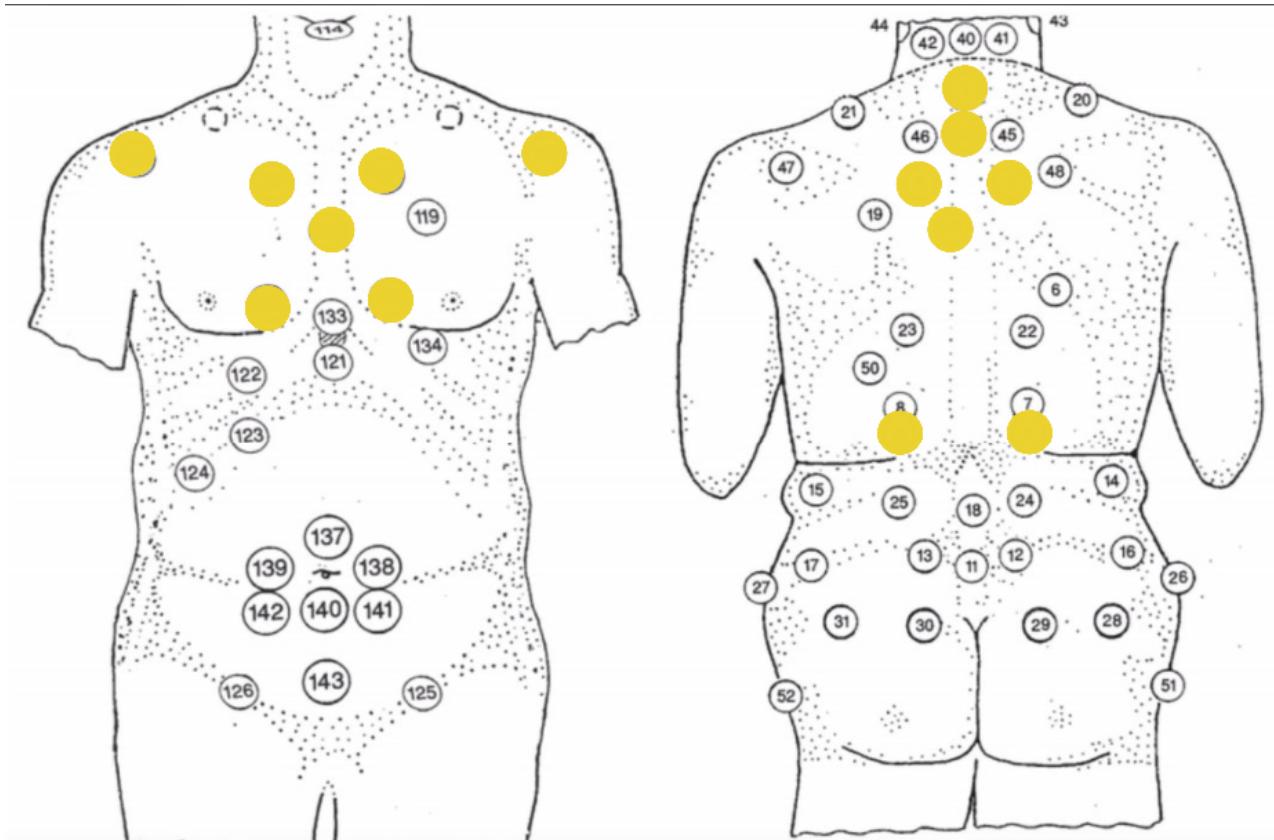
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Chronic coughs and lung diseases

Lung disease is any problem in the lungs that prevents the lungs from working properly. Such as:

- Asthma
- Collapse of part or all of the lung (pneumothorax or atelectasis)
- Swelling and inflammation in the main passages (bronchial tubes) that carry air to the lungs (bronchitis)

- COPD
- Lung infection (pneumonia)
- Abnormal buildup of fluid in the lungs (pulmonary edema)
- Blocked lung artery (pulmonary embolus)



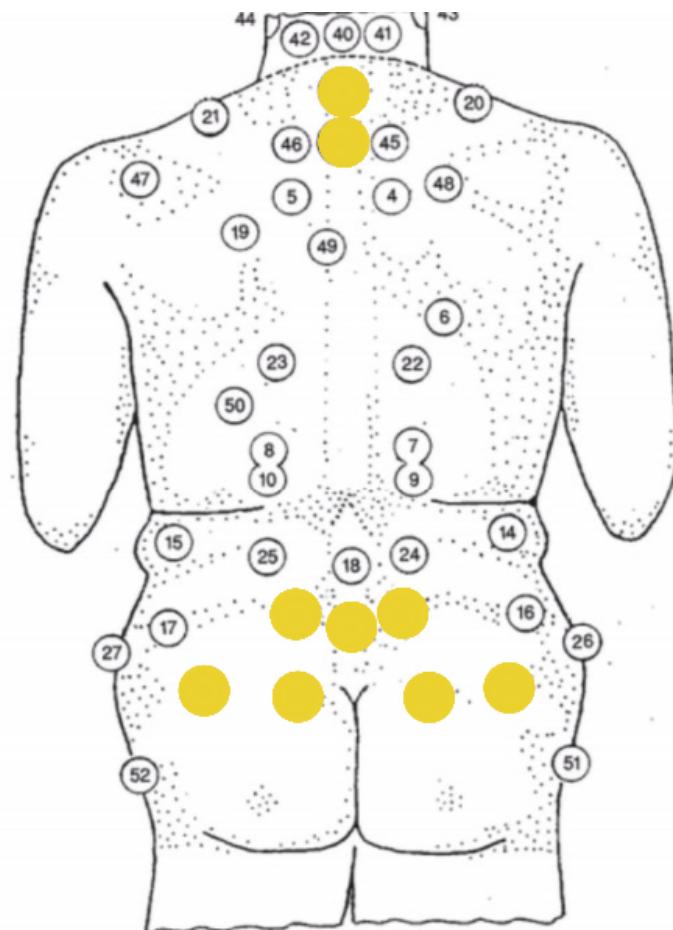
Points:

1, 55, 4, 5, 120,
49, 115, 116, 9, 10,
117, 118, 135, 136

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Chronic Constipation

Chronic constipation is infrequent bowel movements. It may be difficult to pass stools and may persist for several weeks or longer. Constipation can be described as having fewer than three bowel movements a week. It helps to eat a fibre rich diet and increase activity.



Back Points:
1, 55, 11, 12, 13, 28, 29, 31

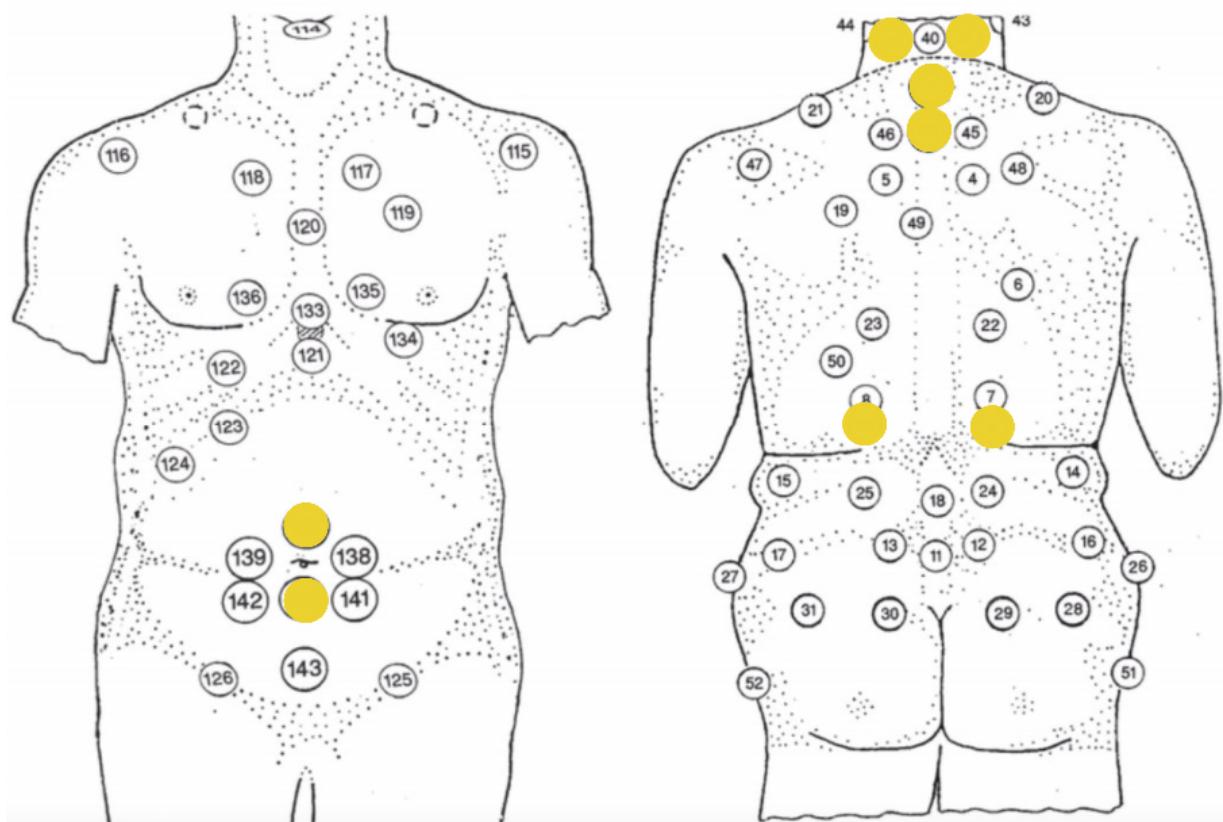
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Chronic Kidney Disease

Chronic kidney disease (CKD) means the kidneys are damaged and can't filter or clean the blood the way they should. The disease is called "chronic" because the damage to the kidneys happens slowly over a long period of time. This damage can cause wastes to build up in your body.

CKD may also have health problems such as:

- Heart disease
- High Blood Pressure
- Increased uric acid
- Reduced urine output
- Tiredness
- Swelling



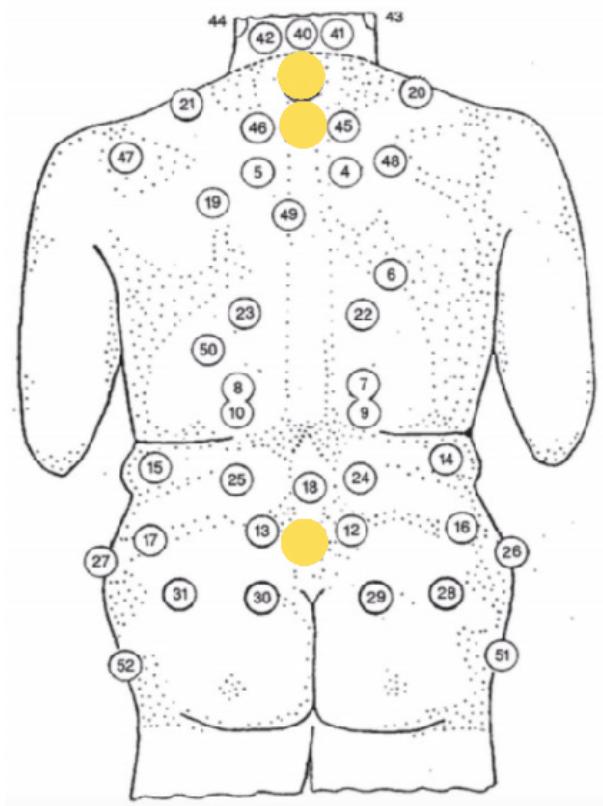
Points:
Front -
Dry Cupping -
137, 140
Back -
1, 55, ,41,9, 10

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Depression

This includes psychological conditions and anxiety. Symptoms of depression include feeling unhappy or hopeless, having low self-esteem and finding no pleasure in things you usually enjoy. This includes feeling restless and agitated, or else very sluggish and slowed down physically or mentally. Being tired and without energy.

- Insomnia
- Withdrawl
- Anxiety
- Weight loss or gain
- Thoughts of suicide

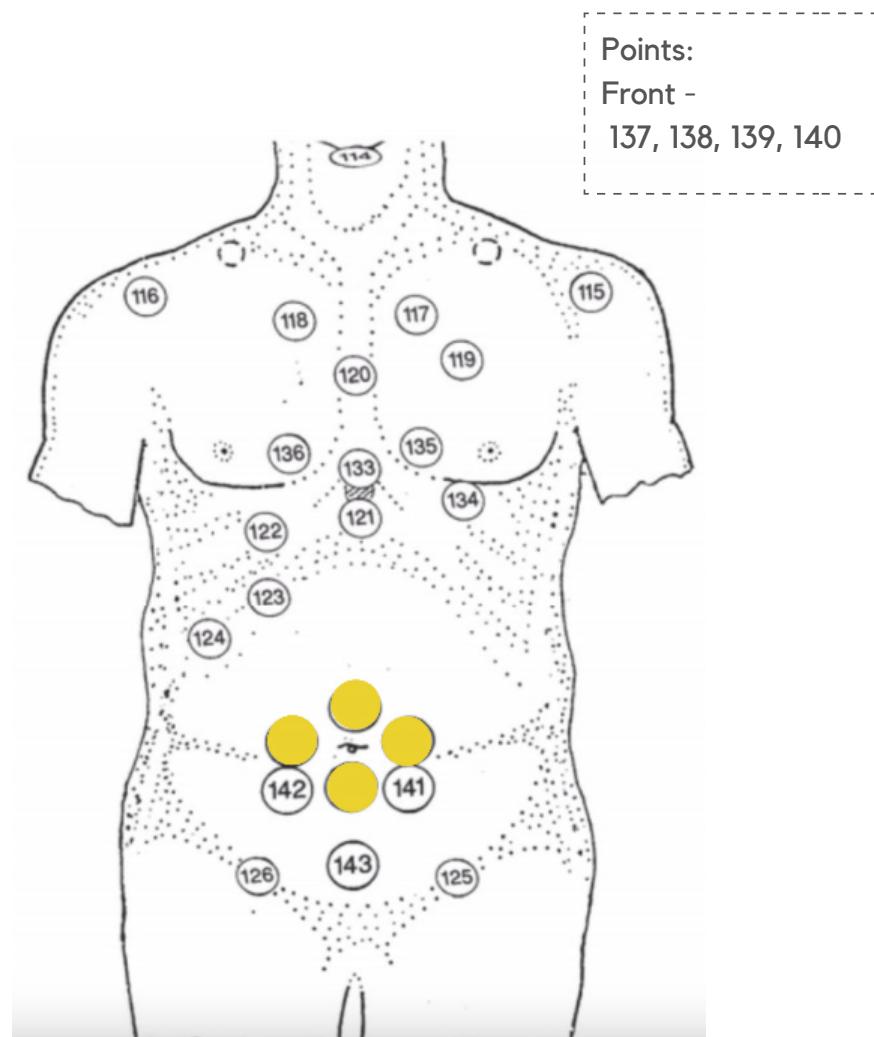


Points:
Back -
1, 55, 11

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Diarrhoea

Diarrhoea is loose, watery stools (bowel movements). This may be three or more times in one day. Acute diarrhoea is diarrhea that lasts a short time. It is a common problem. It usually lasts about one or two days, but it may last longer and thus becomes chronic.



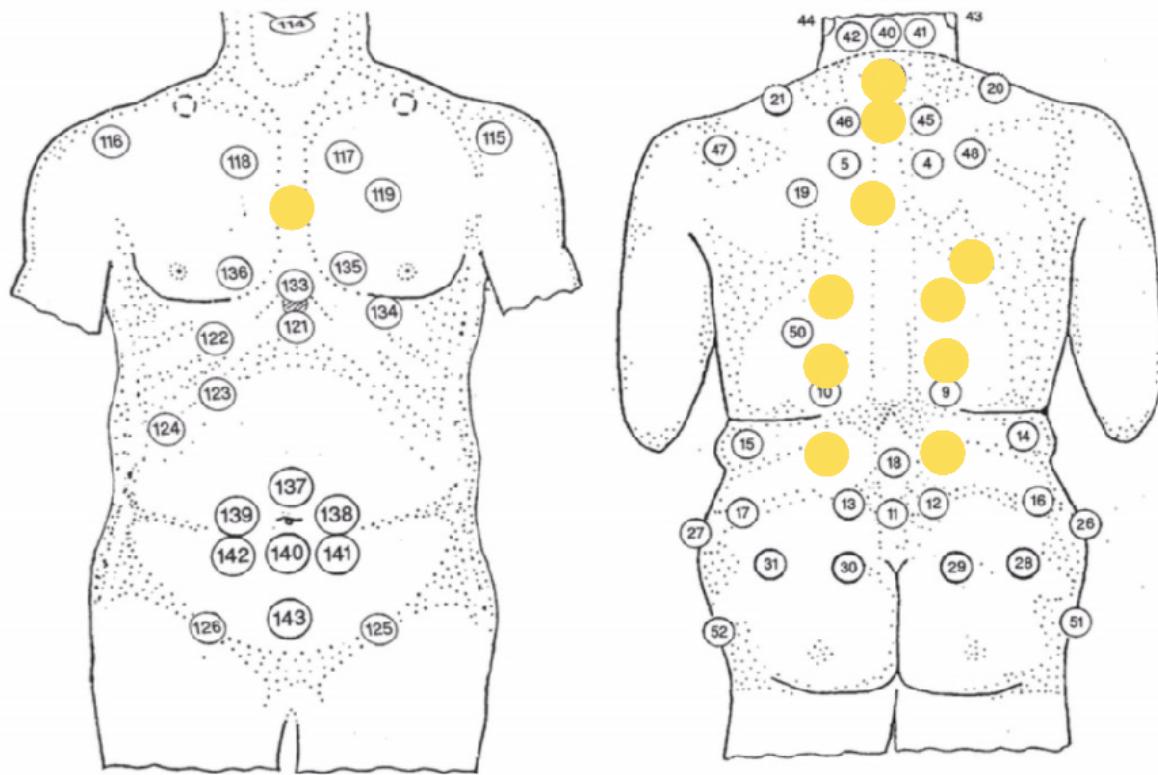
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Diabetes

Diabetes is a serious condition where your blood glucose level is too high. There are two main types:

Type 1 - where the body's immune system attacks and destroys the cells that produce insulin.

Type 2 - where the body does not produce enough insulin, or the body's cells do not react to insulin.



Top Tip:

The area of cupping should be applied with black seed oil or honey for 3 days.

Points:

Back -

1, 55, 6, 7, 8, 22,
23, 24, 25, 49

Front -

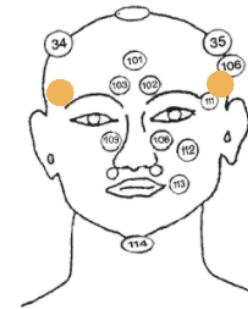
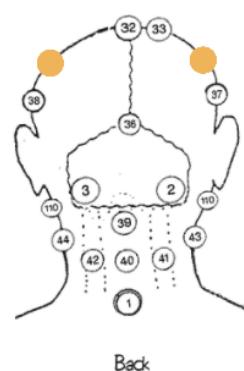
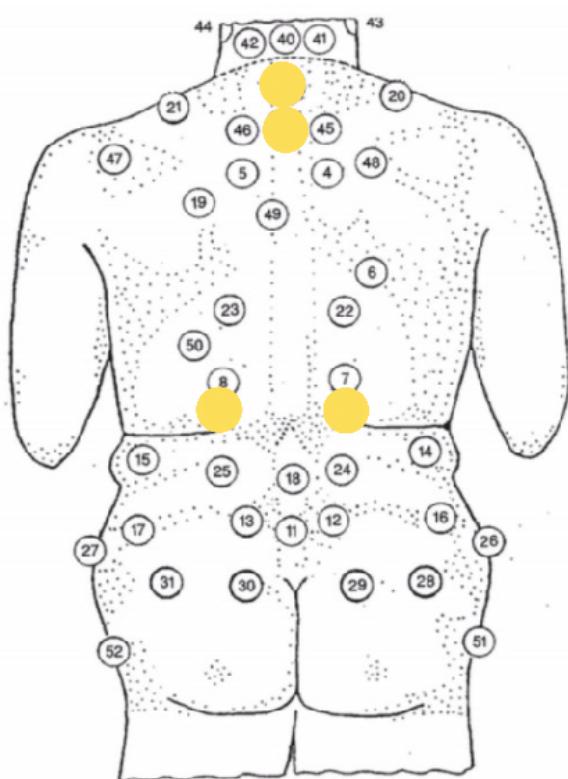
120

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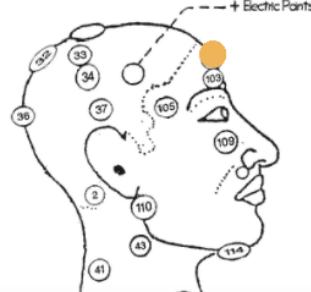
Diseases of the eyes

This includes:

- Retina disorders
- Eye disorders
- Blurred vision
- Atrophy of the eye nerves
- Glaucoma
- Cataract
- Lazy eye
- Eye inflammation
- Involuntary secretion of tears
- Eye sensitivity



Points:
1, 55, 36, 101, 104,
105, 9, 10, 34, 35,



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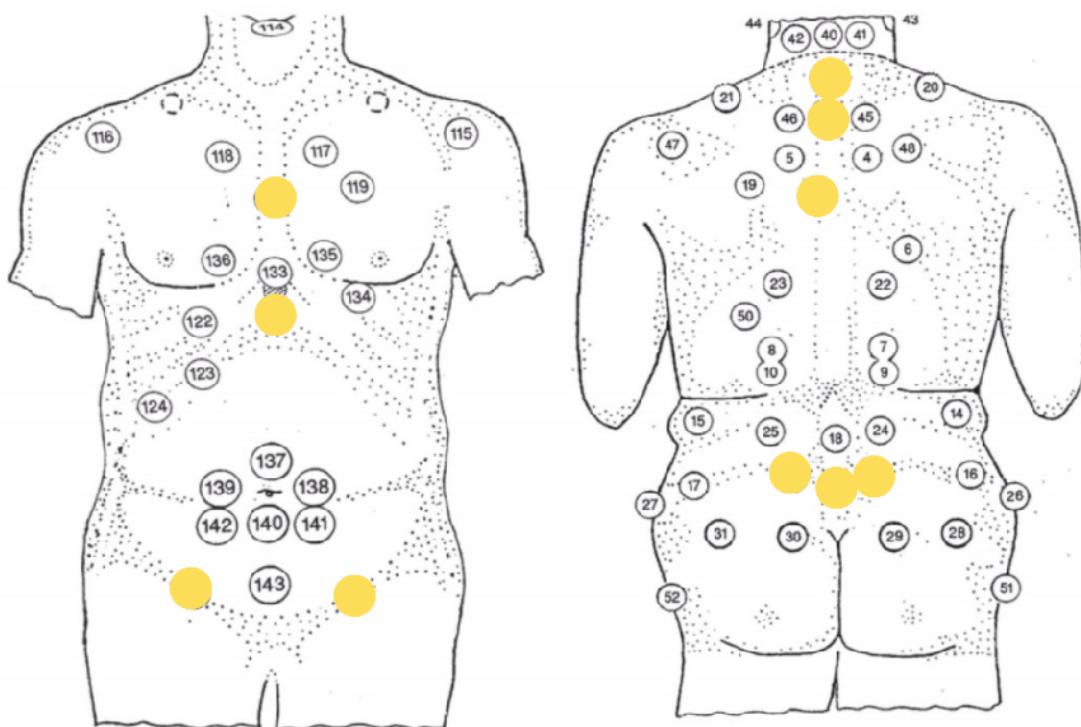
Elephantiasis



Elephantiasis is the enlargement and hardening of limbs or body parts due to tissue swelling. It can be due to obstruction of lymphatic vessels. It may appear as oedema, hypertrophy, with fibrosis of the skin.

Top Tip:

The patient should rest for 2 days before cupping. He/She should also raise his/her affected leg up and then place it in warm water for two hours prior to cupping. And around the affected leg from the top of the leg to the bottom in addition.



Points:

Front -

125, 126, 120, 121

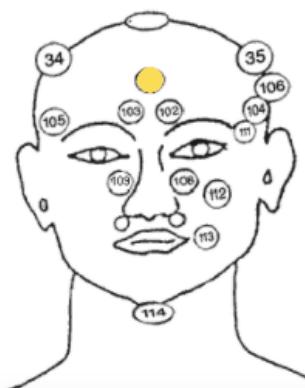
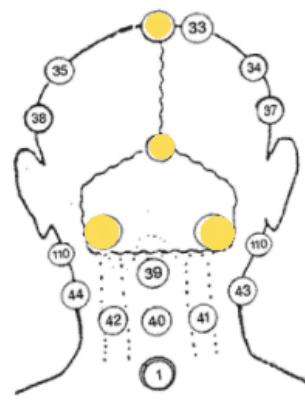
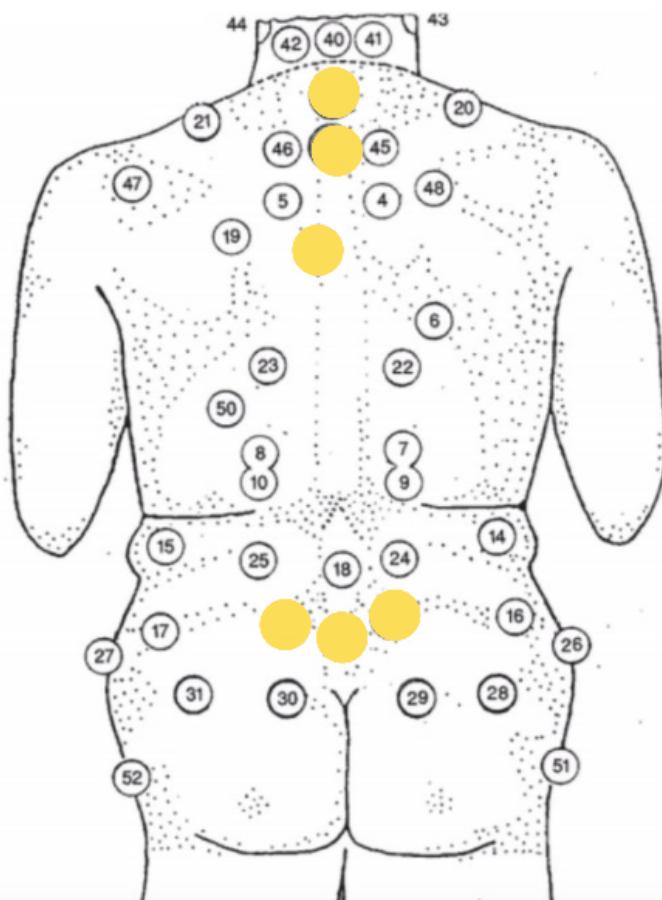
Back -

1, 55, 11, 12, 13, 49

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Epilepsy

Epilepsy is a common condition that affects the brain and causes frequent seizures. Seizures are bursts of electrical activity in the brain that temporarily affect how it works.



Points:

1, 55, 101, 36, 32,
107, 114, 11, 12, 13

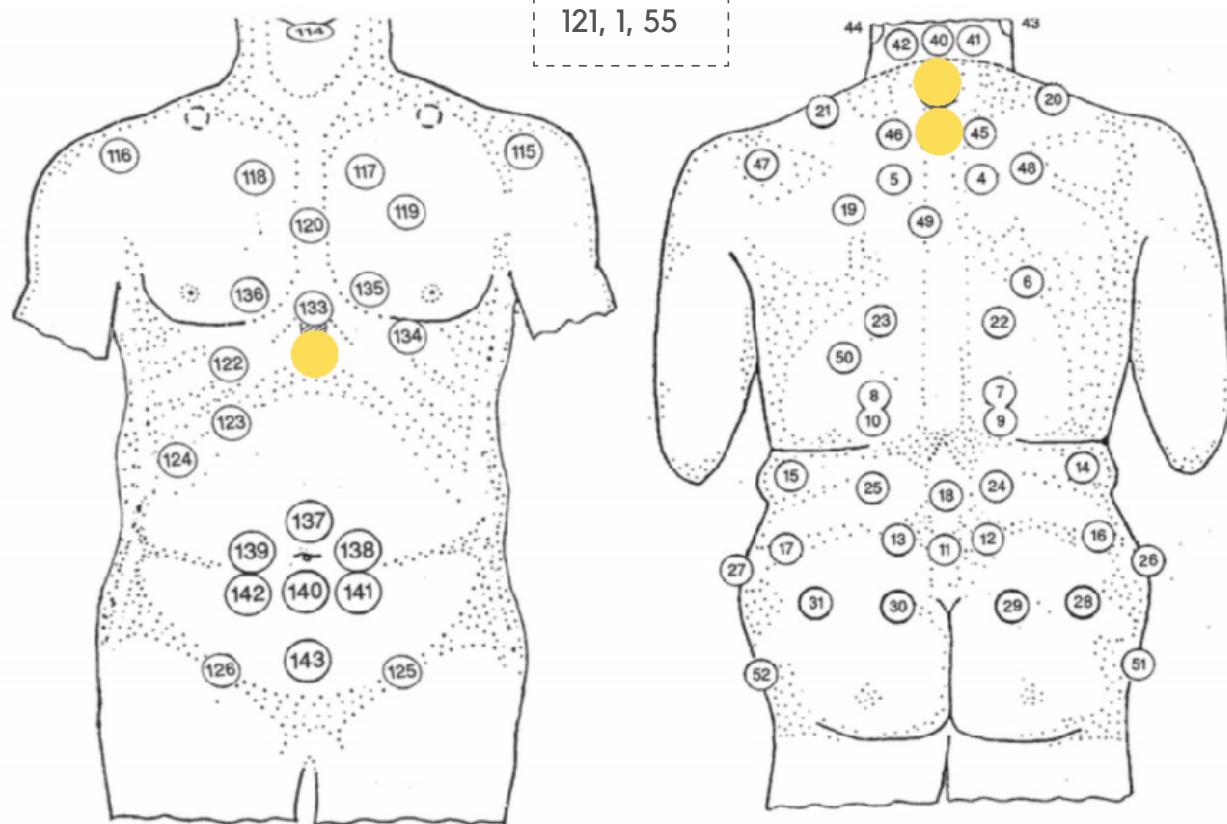
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Gastritis

This is a redness and swelling (inflammation) of the stomach lining. It can be caused by eating spicy foods, or smoking. Some diseases and other health issues can also cause gastritis. Acute gastritis lasts for about 2-10 days. If chronic gastritis is not treated, it may last from weeks to years.

The inner lining of the intestines is one of the most-often renewed surfaces in the human body, replenishing itself every 2 to 4 weeks.

Points:
121, 1, 55



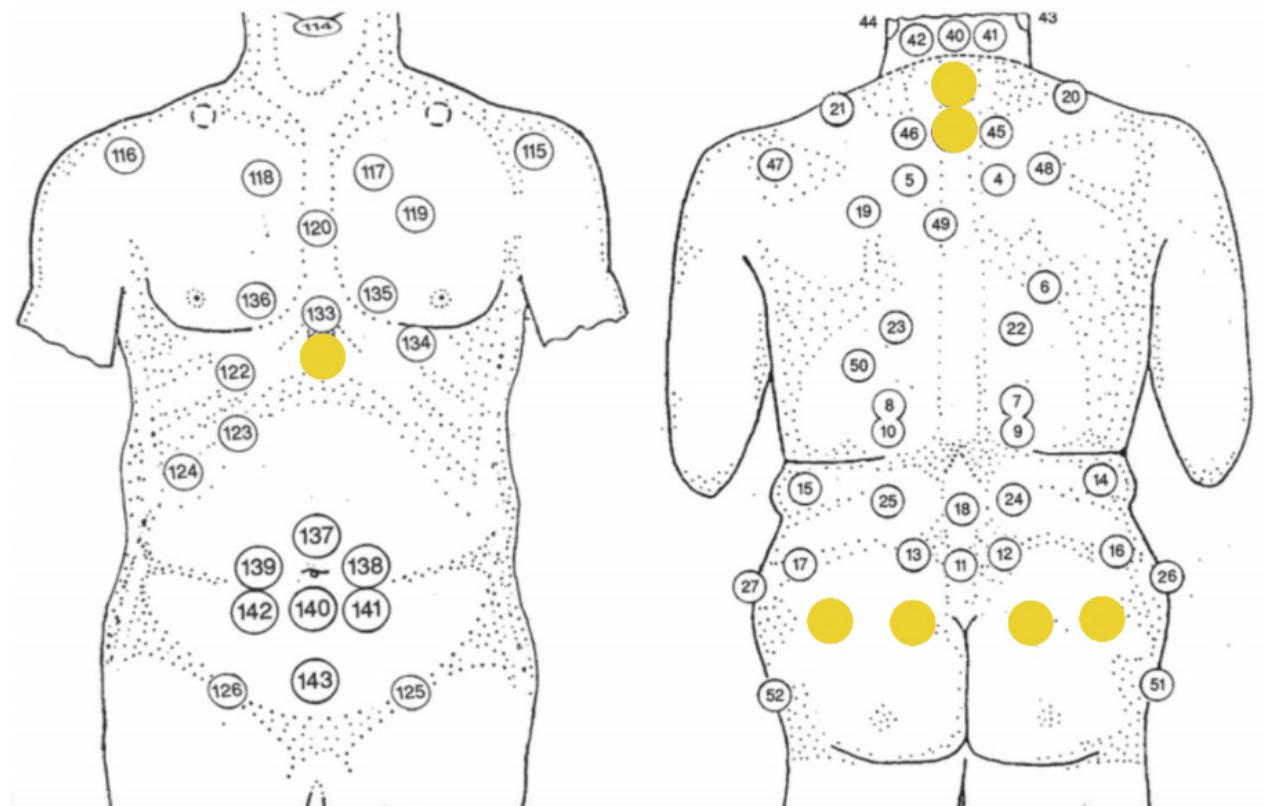
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Gout

Gout is caused by a condition known as hyperuricemia, where there is too much uric acid in the body. The urate crystals accumulate in your joint, causing inflammation and intense pain. The body makes uric acid when it breaks down purines, which are found in your body and the foods you eat.

Common symptoms:

- Intense joint pain.
- Lingering discomfort
- Inflammation and redness
- Limited range of motion



Points:

Front -

121

Back -

1, 55, 28, 29, 30, 31

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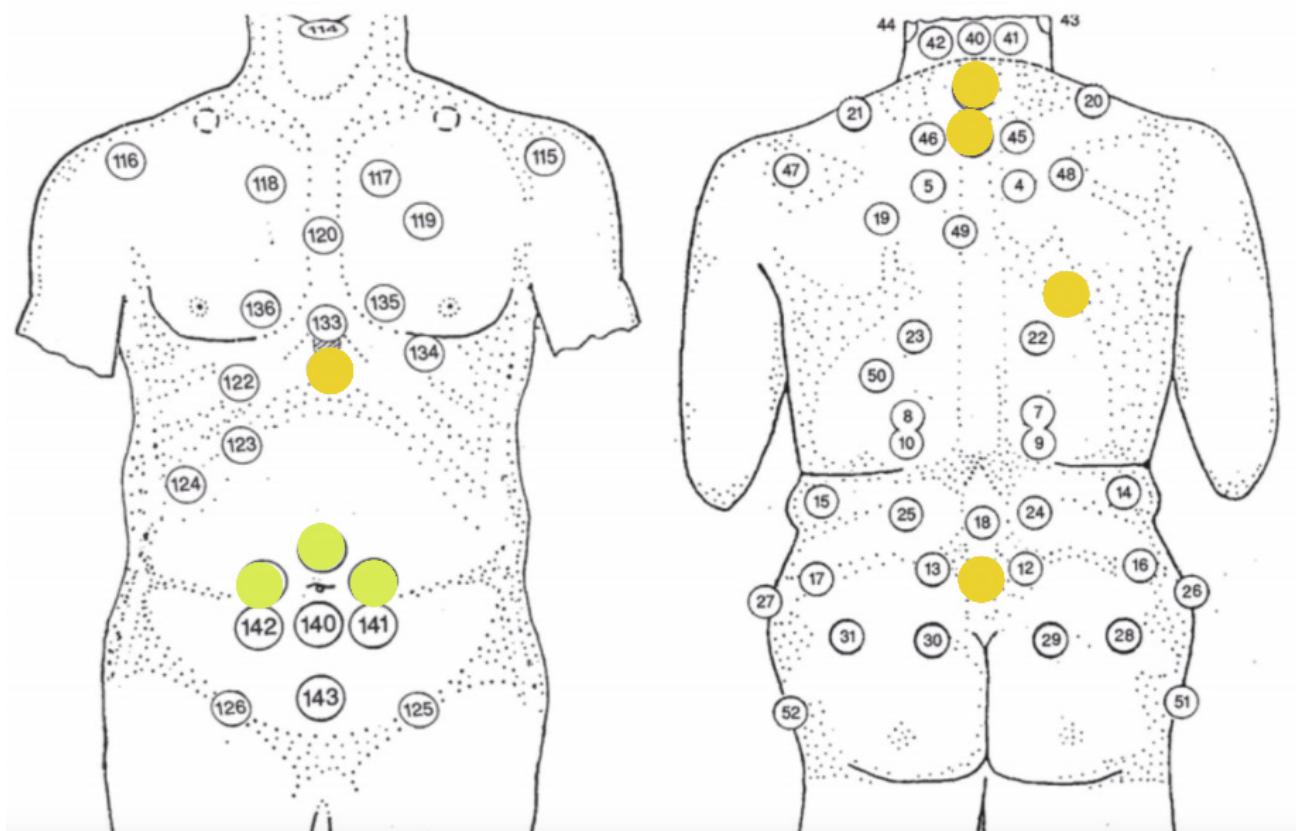
Haemorrhoids

Some people do not even realise they have haemorrhoids. It is also known as piles, which are swellings containing enlarged blood vessels that are found inside or around the bottom (the rectum and anus). Unless blood flow is interrupted haemorrhoids are not usually painful.

Common Symptoms:

- Bleeding after passing a stool (the blood is usually bright red)

- Itchy bottom
- A lump hanging down outside of the anus, which may need to be pushed back in after passing a stool
- A mucus discharge after passing a stool
- Soreness, redness and swelling around your anus



Points:

Front -

Dry Cupping -

121, 137, 138, 139

Back -

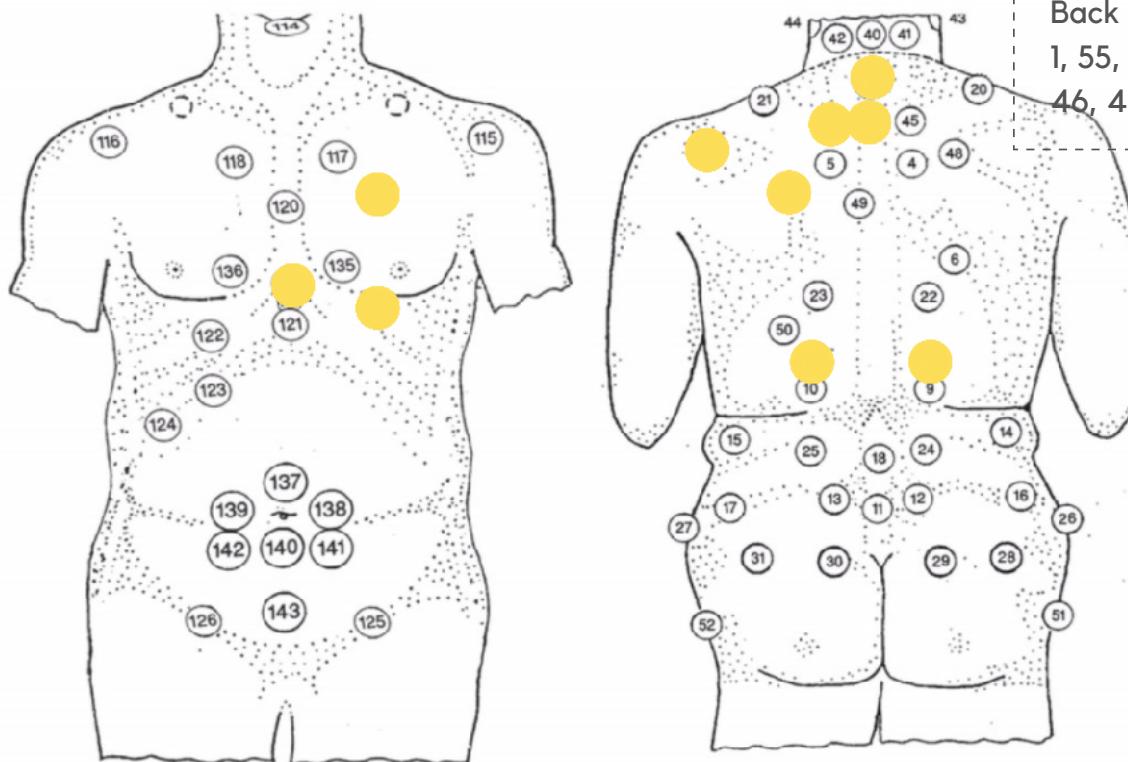
1, 55, 121, 11, 6

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Heart Diseases

Coronary Heart Disease (CHD) is the most common form of heart disease. It occurs when the arteries supplying blood to the heart narrow or harden from the build-up of plaque. Plaque is made up of fat, cholesterol and other substances found in the blood. Common heart diseases are:

- Heart arrhythmias
- Heart failure
- Heart valve disease
- Pericardial disease
- Cardiomyopathy (heart muscle disease)
- Congenital heart disease

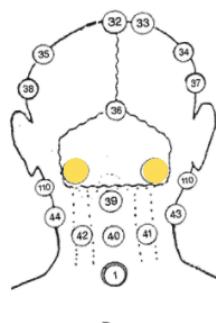
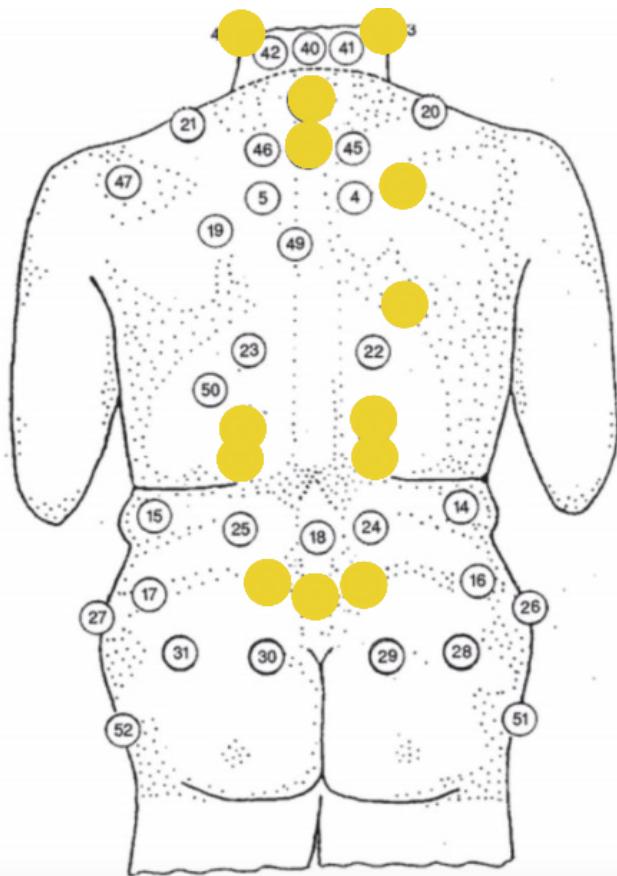


Points:
 Front -
 133, 119, 134
 Back -
 1, 55, 19, 7, 8,
 46, 46, 47

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Hypertension

High blood pressure does not usually have any symptoms. So it's important to check blood pressure regularly at every appointment. Blood pressure is the force exerted by circulating blood against the walls of the body's arteries, the major blood vessels in the body. This can cause long term health issues, such as heart disease.



- |- Back Points:
- |- 1, 55, 2, 3, 11, 12, 13,
- |- 32, 6, 48, 9, 10, 7, 8
- |- Head Points: 2, 3, 101
- |- If unable to do 2 & 3,
|- use 43, 44.

Quick Notes:

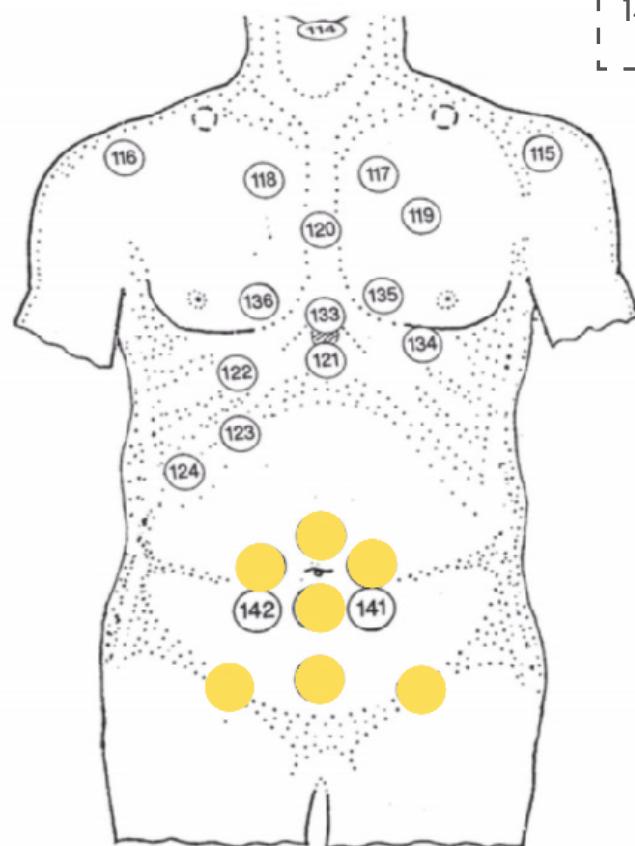
- Normal Blood Pressure: systolic less than 120 mm Hg and diastolic less than 80 mm Hg.
- Elevated BP: systolic between 120-129 mm Hg and diastolic less than 80 mm Hg.
- Stage 1: systolic between 130-139 mm Hg or diastolic between 80-89 mm Hg.
- Stage 2: systolic at least 140 mm Hg or diastolic at least 90 mm Hg

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Involuntary Urination

This is also known as urinary incontinence and is a common problem that affects many people. It is the involuntary leakage of urine. It means a person passes urine when they do not want to. They may have lost control over the urinary sphincter or it has been weakened.

Points:
Front -
137, 138, 139, 140,
142, 143, 125, 126



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Irritable Bowel Syndrome

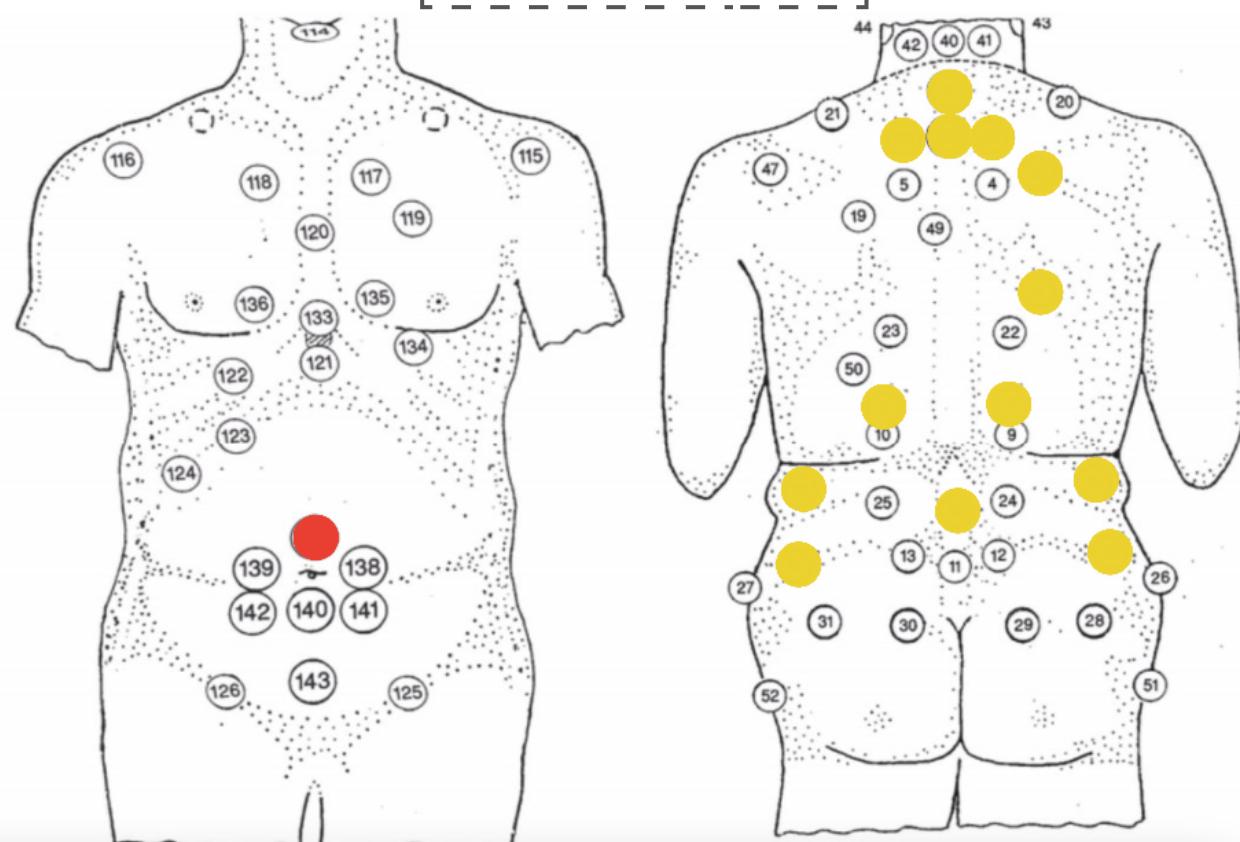
Irritable bowel syndrome (IBS) is a common disorder that affects the large intestine.

The exact cause is unknown. However it has been linked to things like food passing through your gut too quickly or too slowly, oversensitive nerves in your gut, and stress.

Common symptoms:

- Stomach cramps
- Bloating
- Diarrhoea
- Constipation

Points:
 Back -
 1, 55, 6, 48, 7, 8, 14,
 15, 16, 17, 18, 45, 46
 Dry cupping
 137

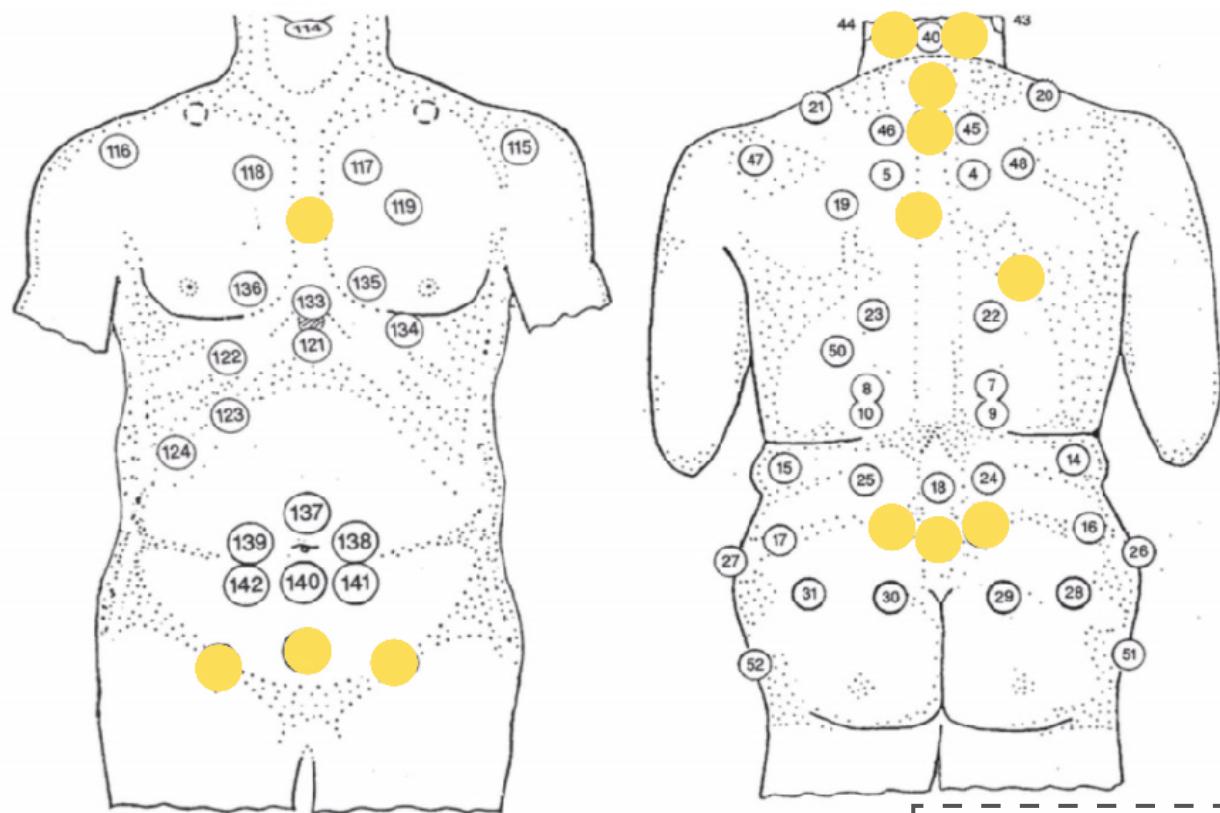


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Infertility

Infertility is defined as not being able to get pregnant despite having frequent, unprotected sex for at least a year for most couples. Infertility is commonly caused by problems with ovulation (the monthly release of an egg from the ovaries). For men, it can sometimes be caused by a low sperm count or erectile dysfunction. Sometimes infertility is unknown in both partners.

- PCOS
- Endometriosis
- Fibroids
- Hormonal imbalance
- Obesity
- Abnormal menstrual cycle
- Autoimmune disorders
- Erectile dysfunction



Points:	
Back -	
1, 55, 6, 11, 12, 13,	
49, 143, 41, 42	
Front -	
120, 125, 126,	

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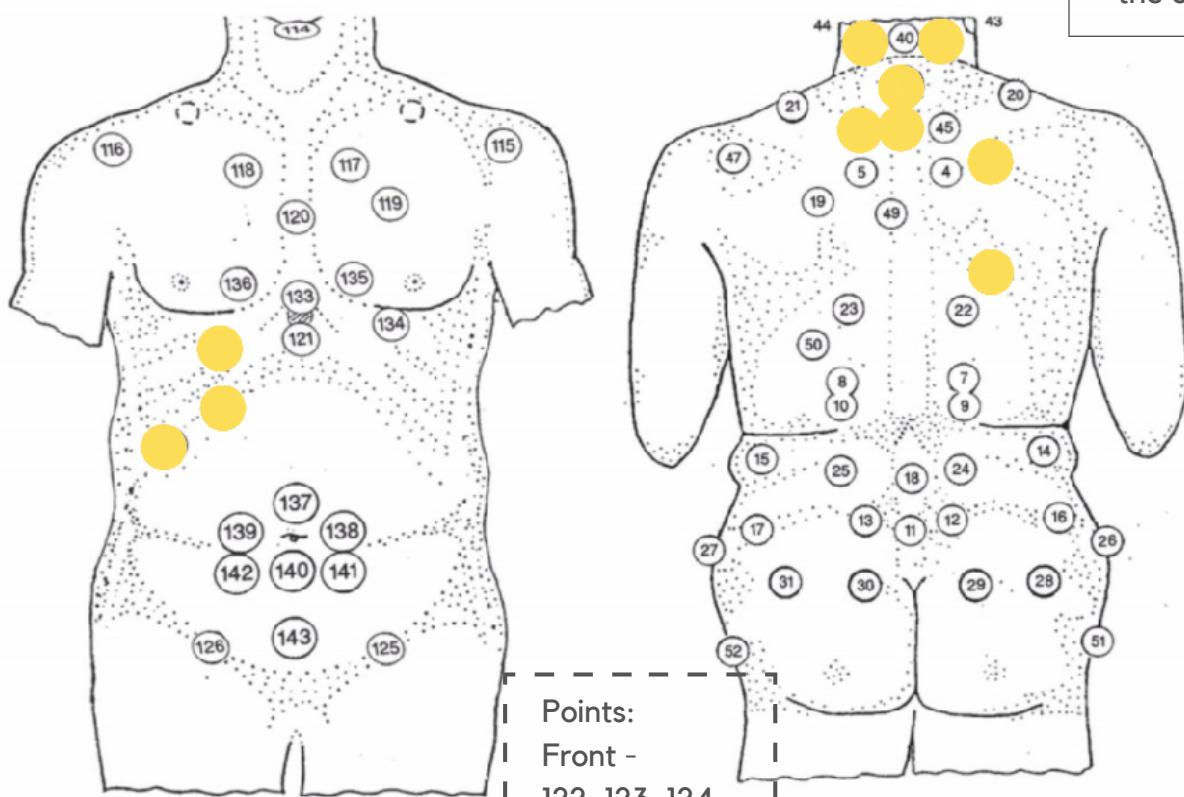
Liver and gall bladder disease

The biliary system, including the liver, pancreas and gallbladder, form a part of the body's digestive system that is responsible for nutrient absorption and waste disposal. A number of disorders can occur in the biliary system. Some of the most common are highlighted below.

- Pancreatitis
- Jaundice
- Hepatitis
- Haemochromotosis
- Gilbert's syndrome
- Fatty liver disease
- Cirrhosis
- Abcites



Top Tip:
5 cups on
the outer leg



Points:
Front -
122, 123, 124
Back -
1, 55, 6, 48,
41, 42, 46, 51

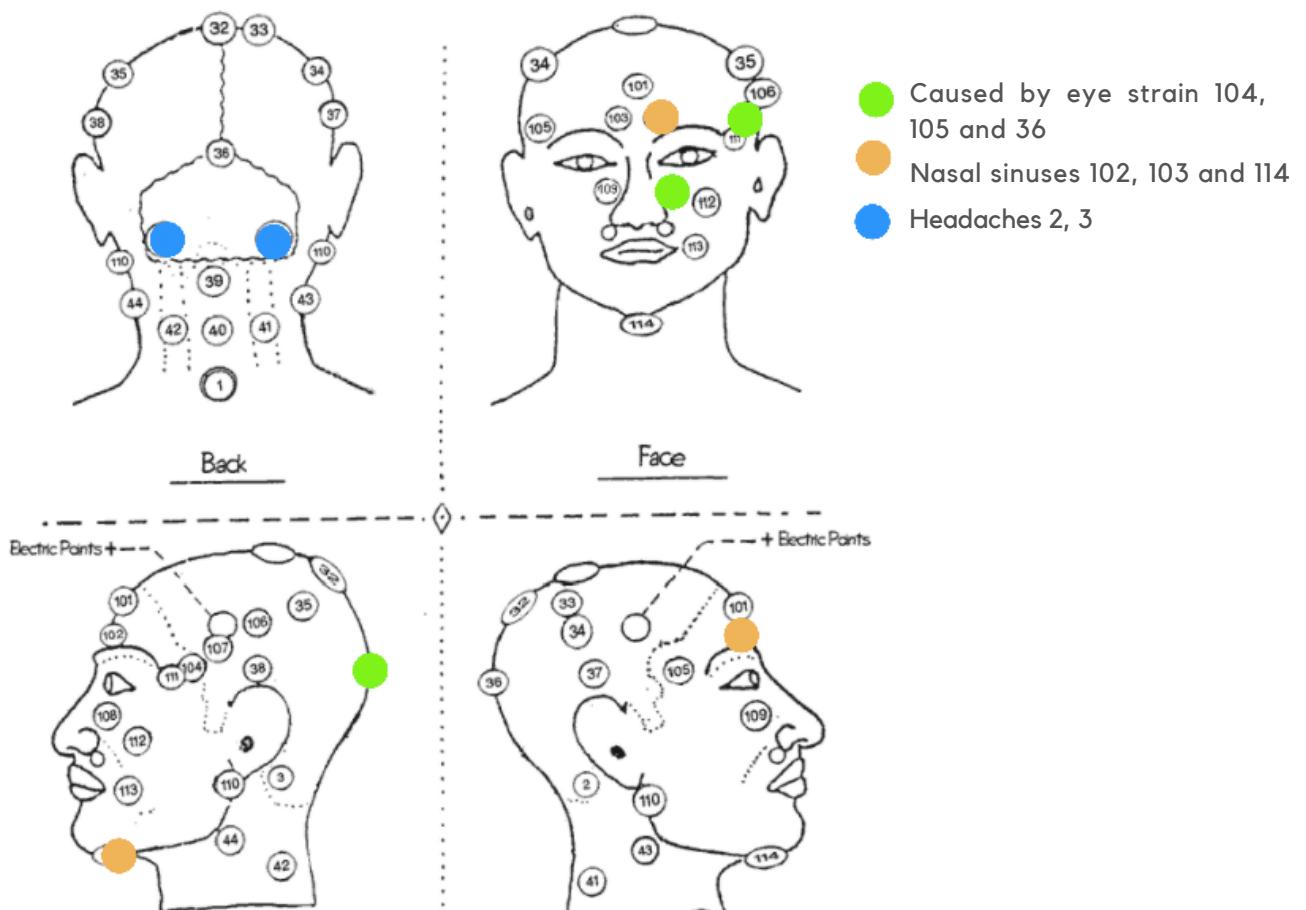
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Migraines

A migraine is usually a moderate or severe headache felt as a throbbing pain on one side of the head. These points can also be used for headaches as well. Note where the headache is located and cup accordingly.

If it is caused by:

- High blood pressure add 11, 101 and 32
- Constipation add 28, 29, 30 and 31
- Cold add 120, 4 and 5
- Stomach ache add 7, 8
- Kidneys add 9, 10
- Menstruation add 11, 12 and 13

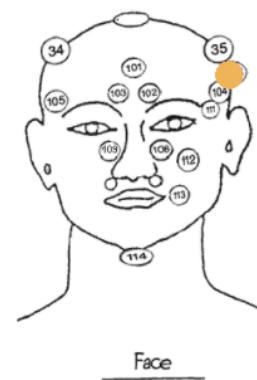
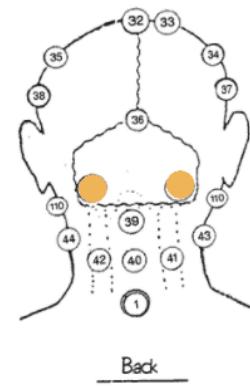
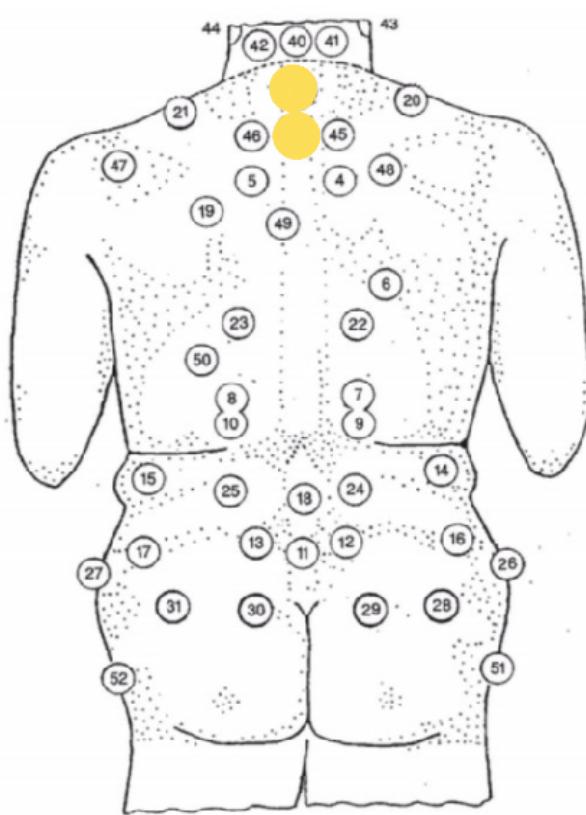


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Migraines

If it is caused by:

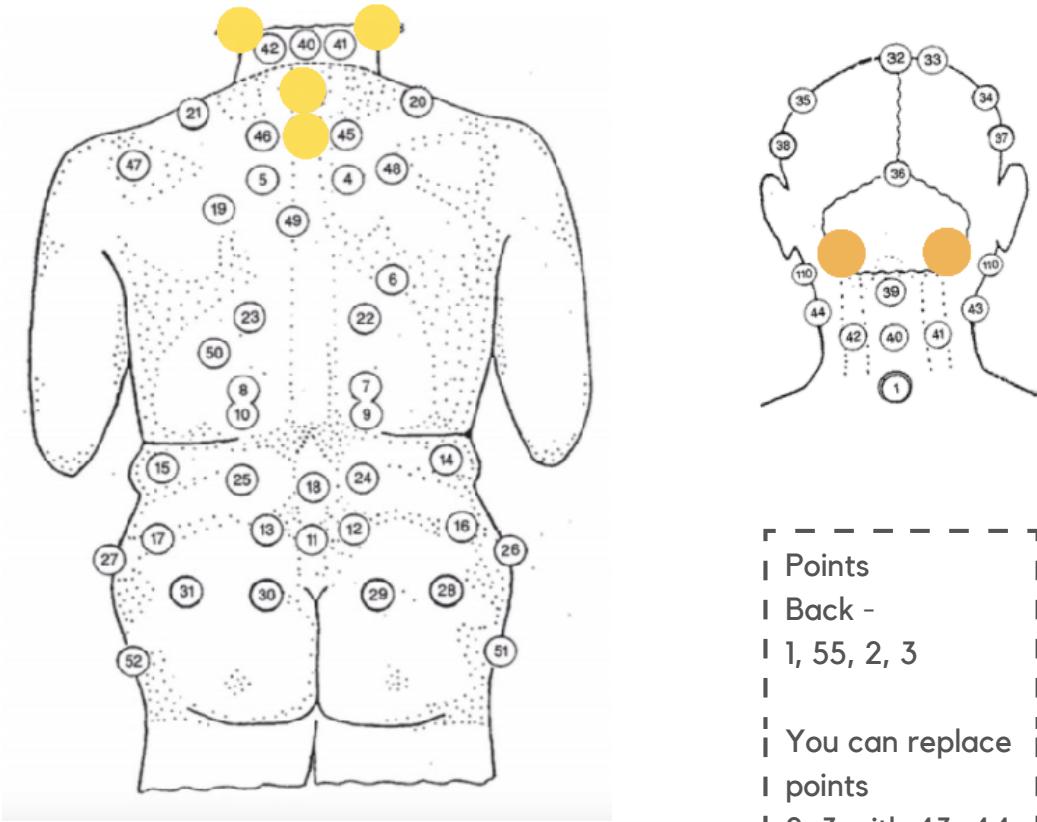
- Gall bladder and liver add 6, 48
- Tension add 6, 11 and 32
- Or spinal issues perform cupping on the spine
- Anaemia add 120, 49
- If the headache is due to tumours in the brain, cupping should be performed on the area of pain on the head



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Migraines

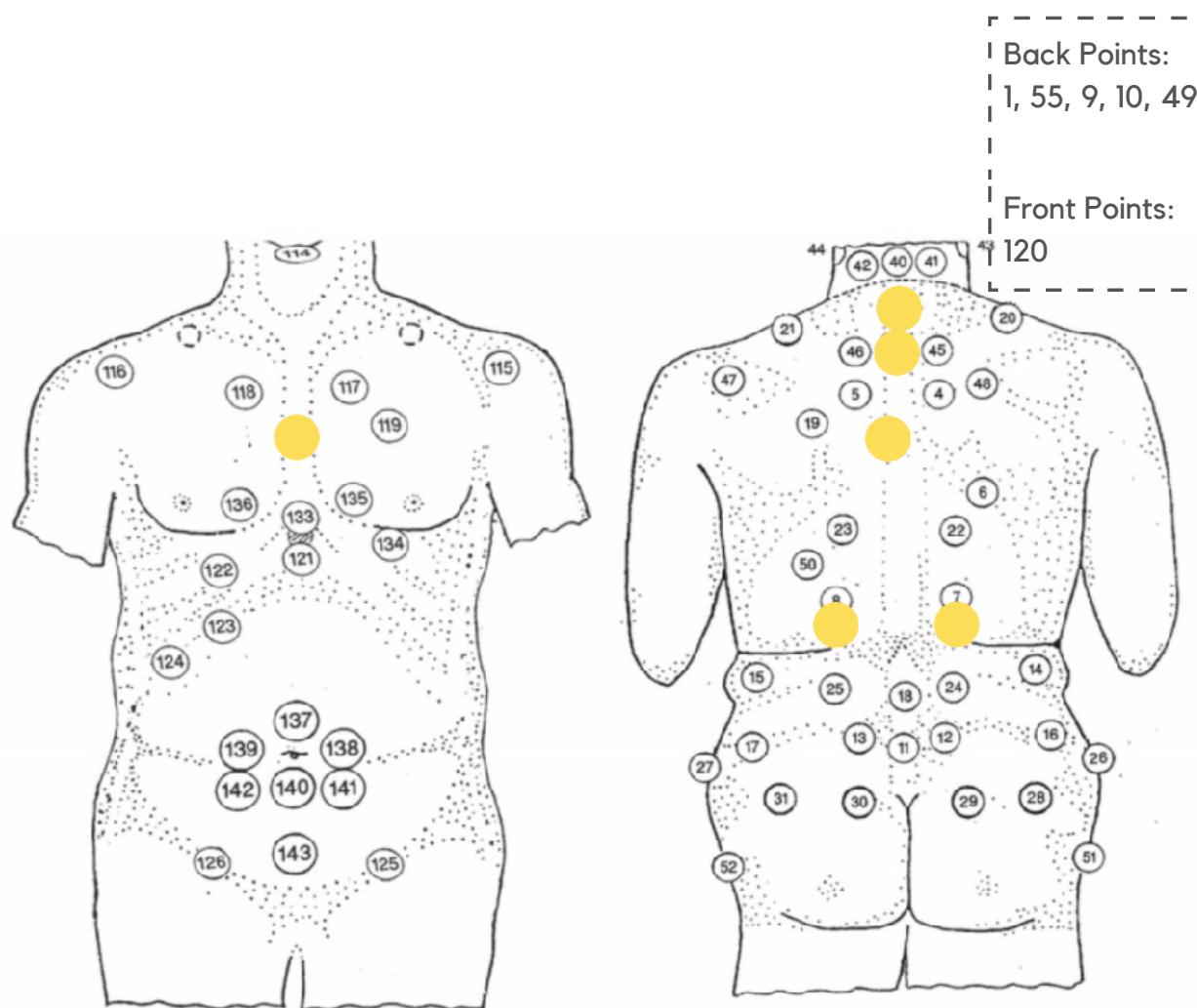
These are the general points for migraines of unknown cause. However, you will want to investigate what is causing the headache and cup accordingly.



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Overweight

The terms "overweight" and "obesity" refer to bodyweight that is greater than what is considered normal or healthy for a certain height. It's important to use discretion as BMI cannot always be generalised to all individuals.

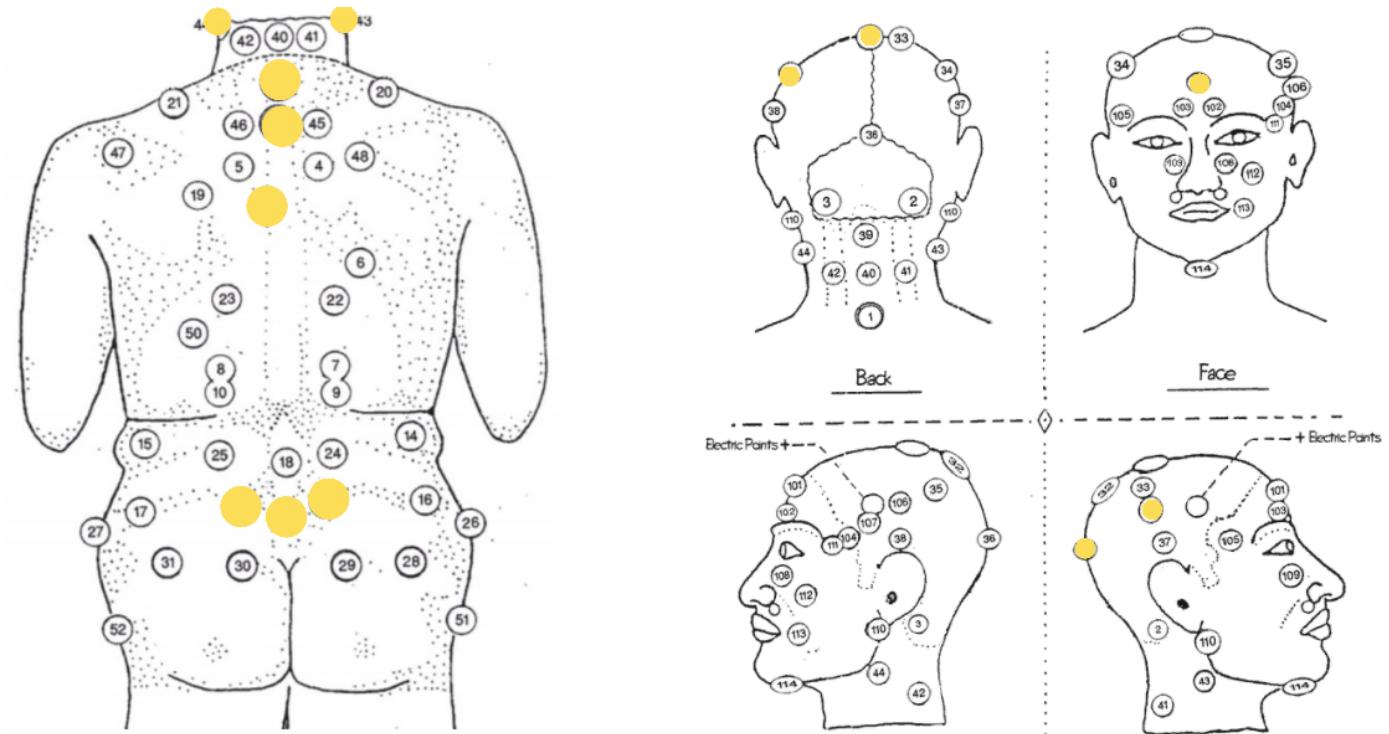


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Oxygen deficiency

Atrophy (loss) of brain cells (oxygen deficiency)

- Eat royal jelly & honey
- Perform massage cupping daily
- Get a good iron supplement onboard
- Recommend folate a well to increase iron stores
- Increase vitamin D

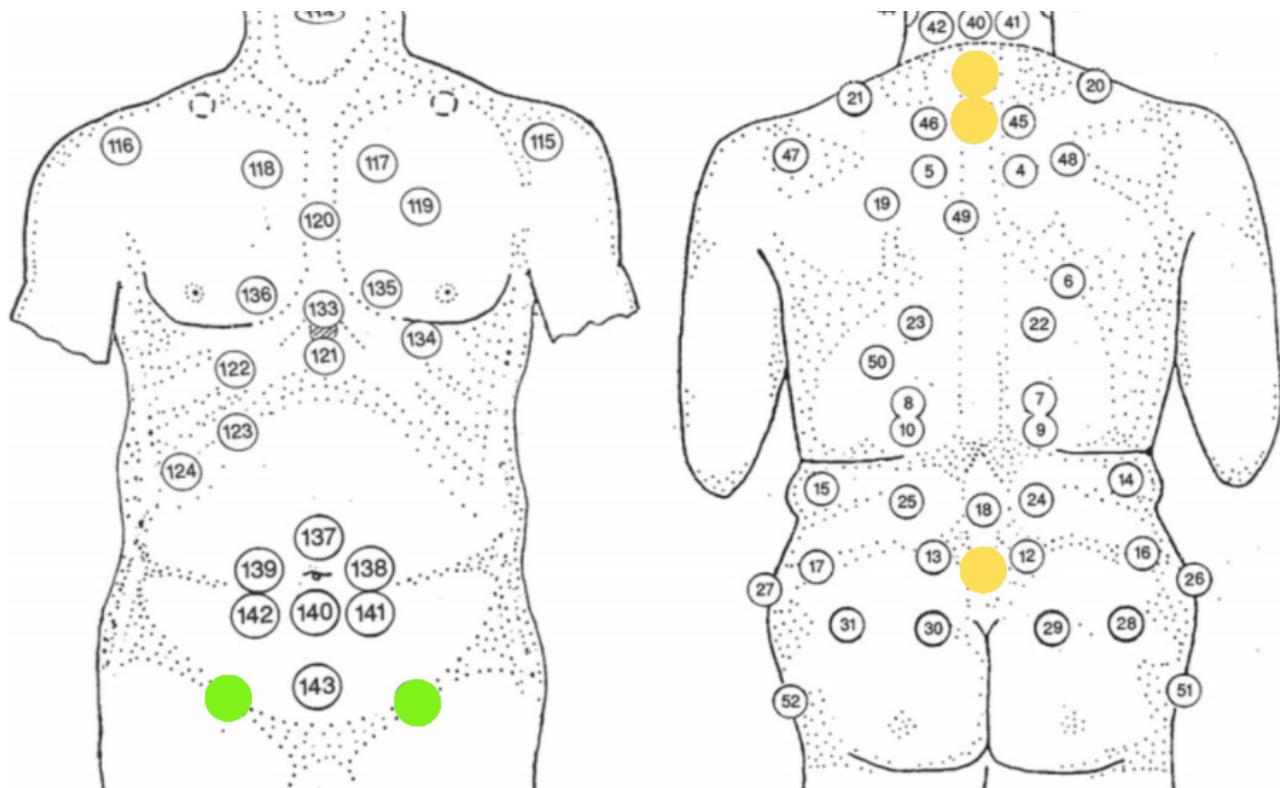


Cup on the joints, muscles and neck,
 If unable to complete head points cup
 43 and 44 on the front and back.
 Points:
 1, 55, 101, 36, 32, 34, 35, 11

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Ovary Stimulation

Some infertility problems stop an egg from being released. While others prevent an egg being released during some cycles but not others. Ovulation problems can be a result of: polycystic ovary syndrome (PCOS).



Points:

Back -

1, 55, 11

Front -

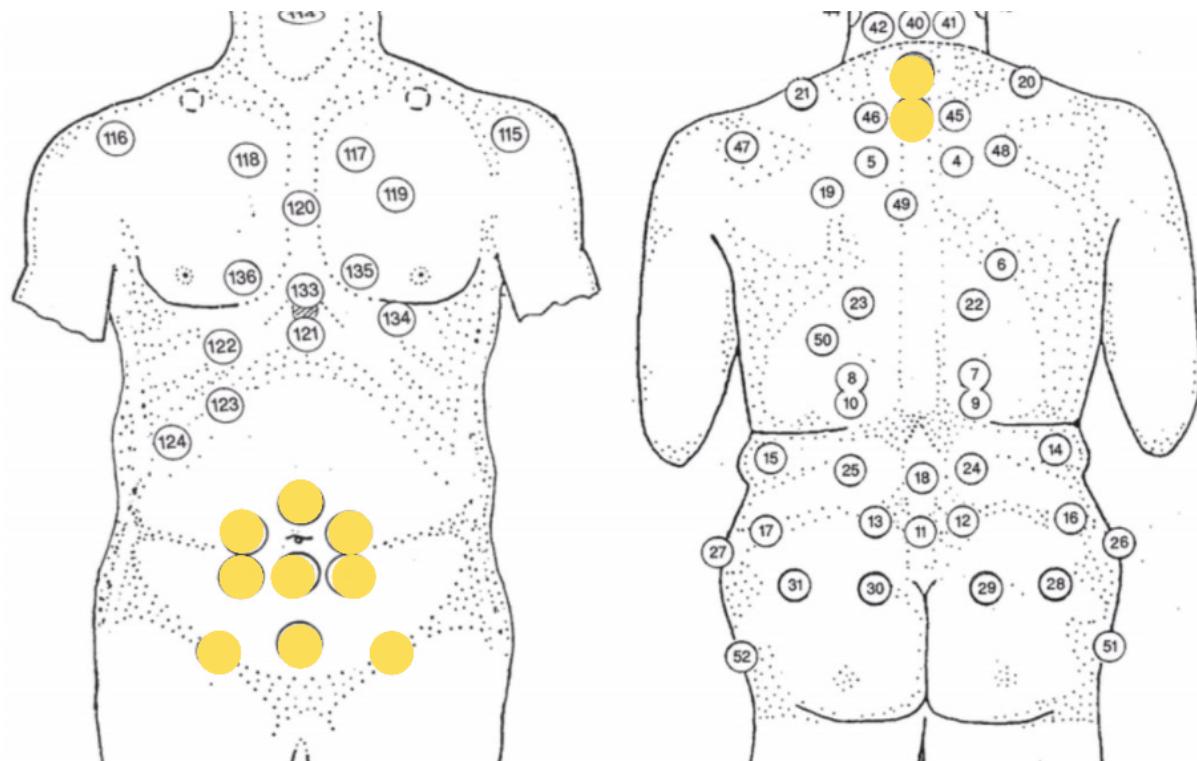
Dry cup

125, 126

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Period Problems

In a normal menstrual cycle, your uterine lining builds up and thickens to prepare for pregnancy. You should have regular periods unless you are pregnant, breastfeeding, postmenopausal, or have a medical condition. Irregular, painful, or heavy periods may be signs of a serious health problem. It can also make it harder to get pregnant.



Top Tip:

To regulate the menses, it is preferred to perform cupping on the second day of the menses.

Points
Front -
126, 137, 138, 139,
140, 141, 142, 143
Back -
1, 55

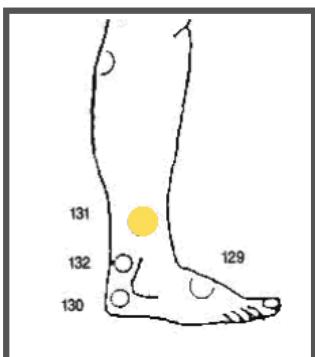
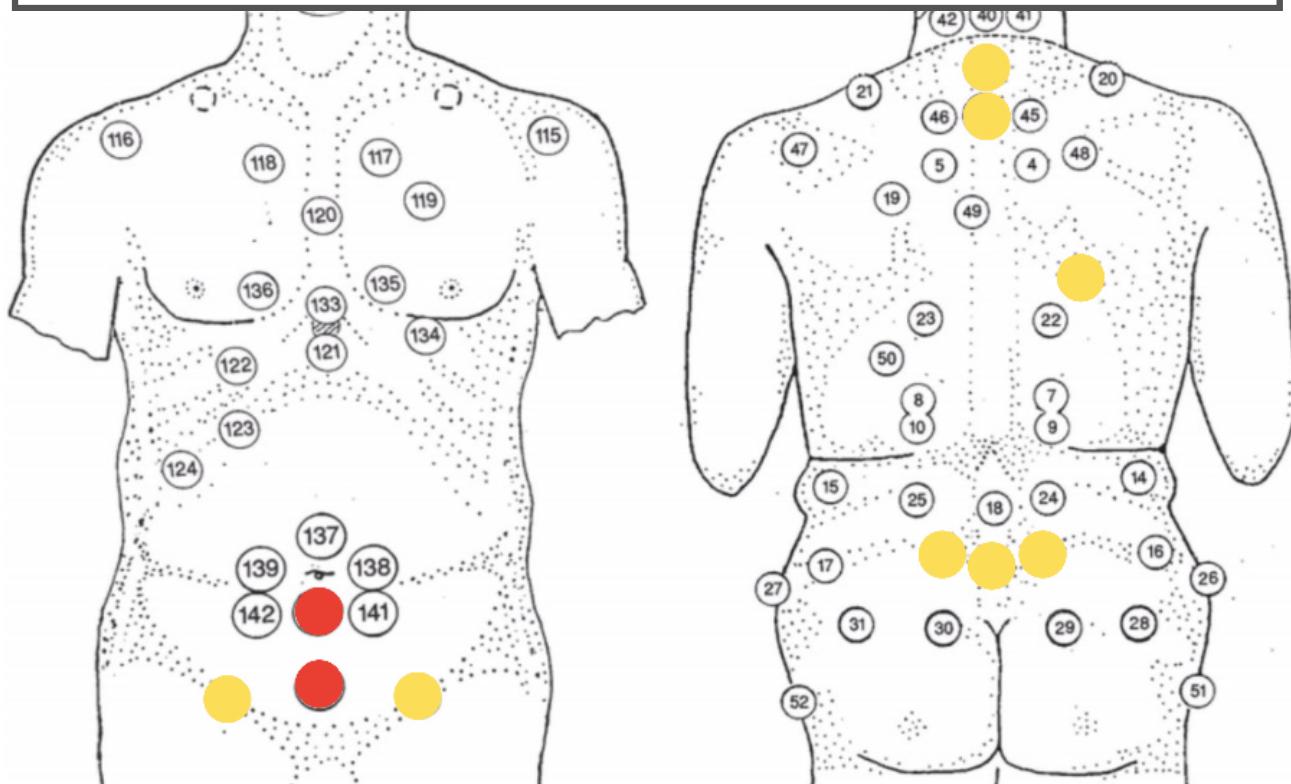
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Prostate & Erectile dysfunction

An enlarged prostate can cause sexual problems in men, such as:

Erectile dysfunction (the inability to attain and maintain an erection sufficient for sexual intercourse at least 25% of the time).

- Reduced sex drive
- Decreased sexual satisfaction



Points:
 Back -
 1, 55, 6, 11, 12, 13
 Both legs 131
 Front -
 125, 126
 Dry cupping
 140, 143

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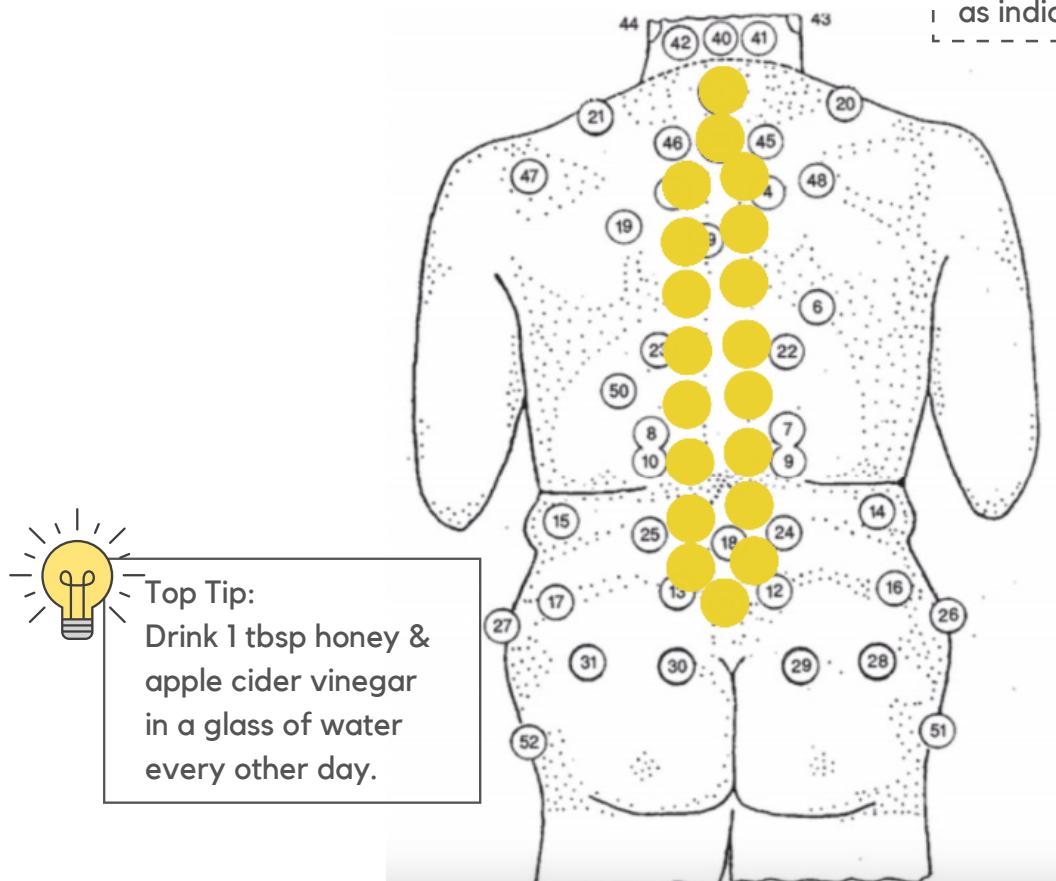
Poor circulation

This isn't a medical condition itself so it's important to try and find the root cause.
Symptoms:

- Muscles that hurt or feel weak when you walk
- A "pins and needles" sensation on your skin

- Pale or blue skin color
- Cold fingers or toes
- Numbness
- Chest pain
- Swelling
- Veins that bulge

Points:
Back - 1, 55, 11.
Follow along the spine
as indicated.

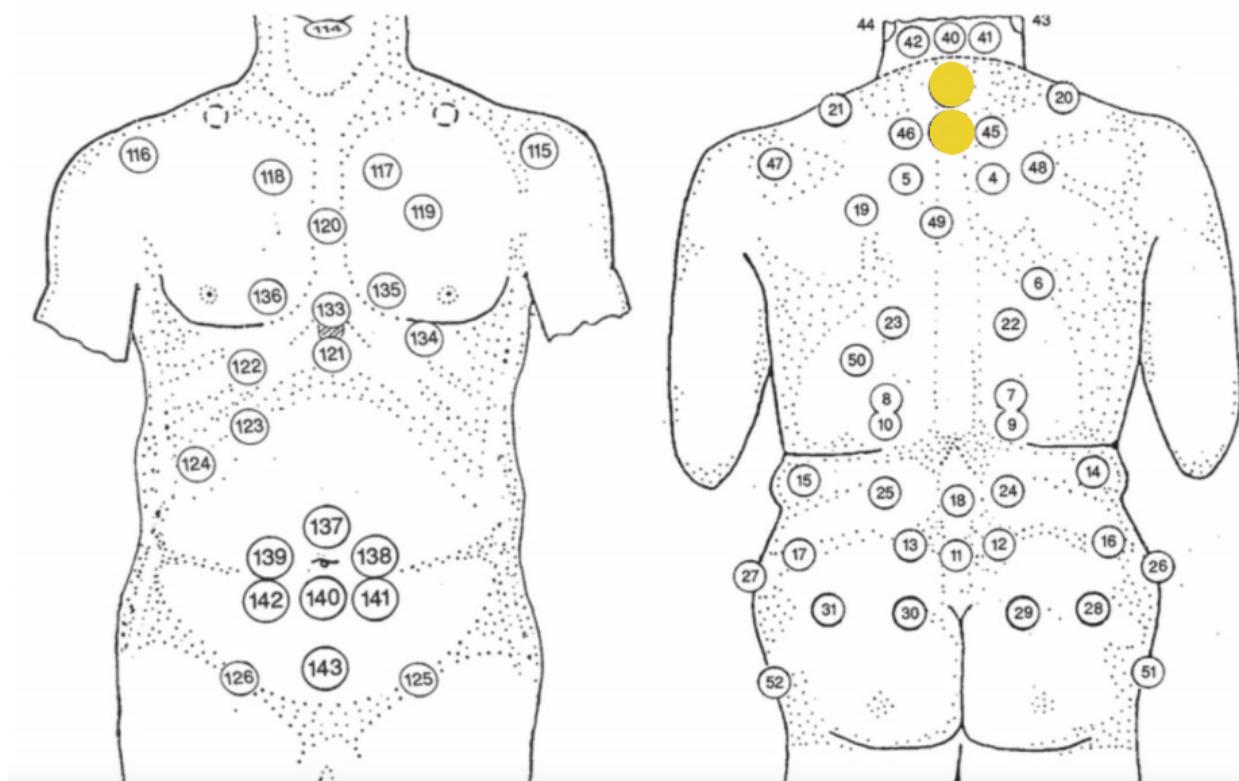


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Rheumatism

Common symptoms:

- Pain or discomfort in one or more joints (including the spine);
- Soreness (to the touch) of the affected region(s);
- Stiffness of the affected part(s), especially after a period of immobility;
- Improvement after mild exercise, but worsening after vigorous exercise;
- Worsening in response to climatic factors, especially falling barometric pressure and rising humidity;
- Symptomatic improvement in response to warming the affected area(s).



Front -
As required
Back -
1, 55 (and areas of pain)

These diseases are often referred to as musculoskeletal diseases. Rheumatic diseases affect your joints tendons, ligaments, bones, and muscles. This includes **arthritis**.

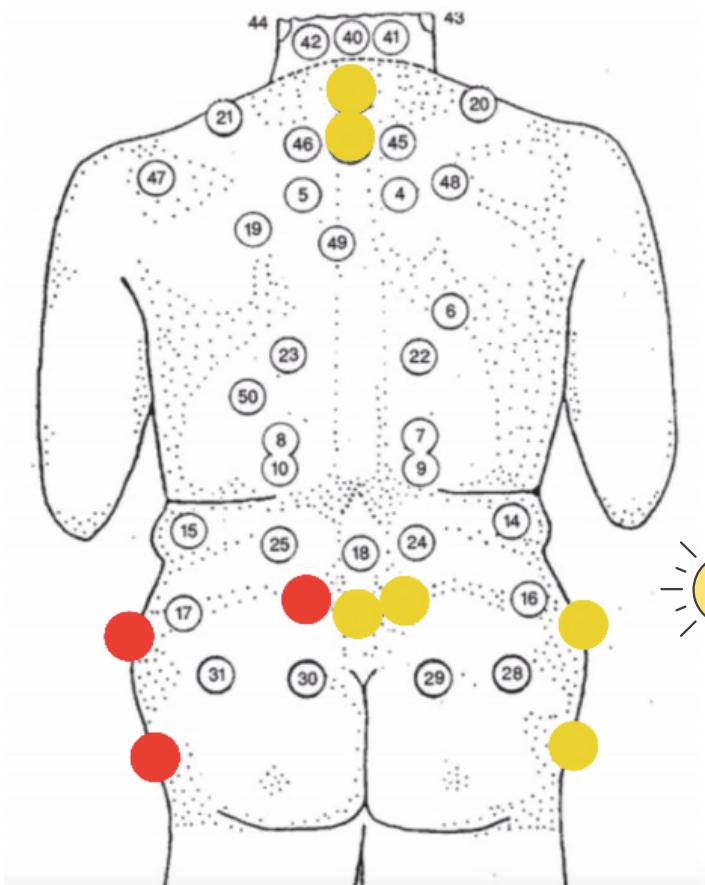
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Sciatic Pain

Sciatica is a term used to describe nerve pain in the leg that is caused by irritation and/or compression of the sciatic nerve. Sciatica originates in the lower back, radiates deep into the buttock, and travels down the leg.

Things that might make sciatica worse:

- Sitting too much
- Being overweight
- Wearing ill-fitting clothing or shoes



Right leg (yellow dots):

1, 55, 11, 12, 26, 51

Left leg (red dots):

1, 55, 11, 13, 27, 52

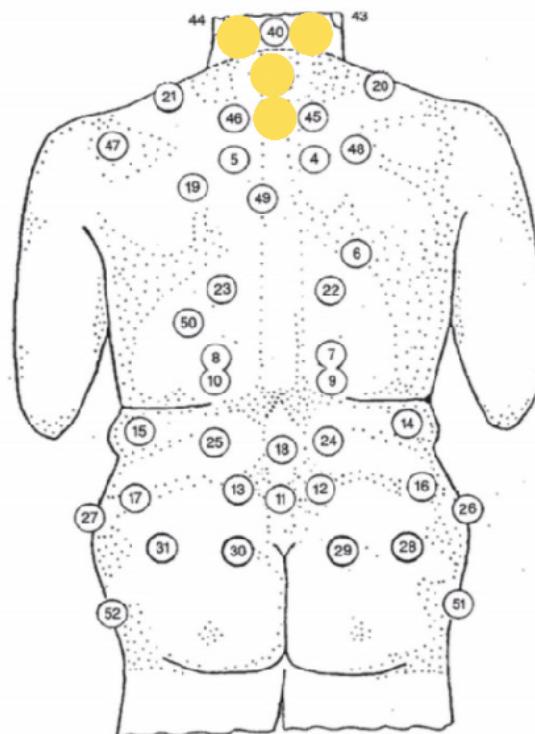
Remember to cup places of pain on the leg especially the beginning and the end of the muscle.

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Thyroid

The thyroid produces hormones that affect things such as your heart rate and body temperature. Having too much or too little of these hormones can cause unpleasant and potentially serious problems that may need treatment.

- Hyperthyroidism - overactive thyroid
- Hypothyroidism - underactive thyroid

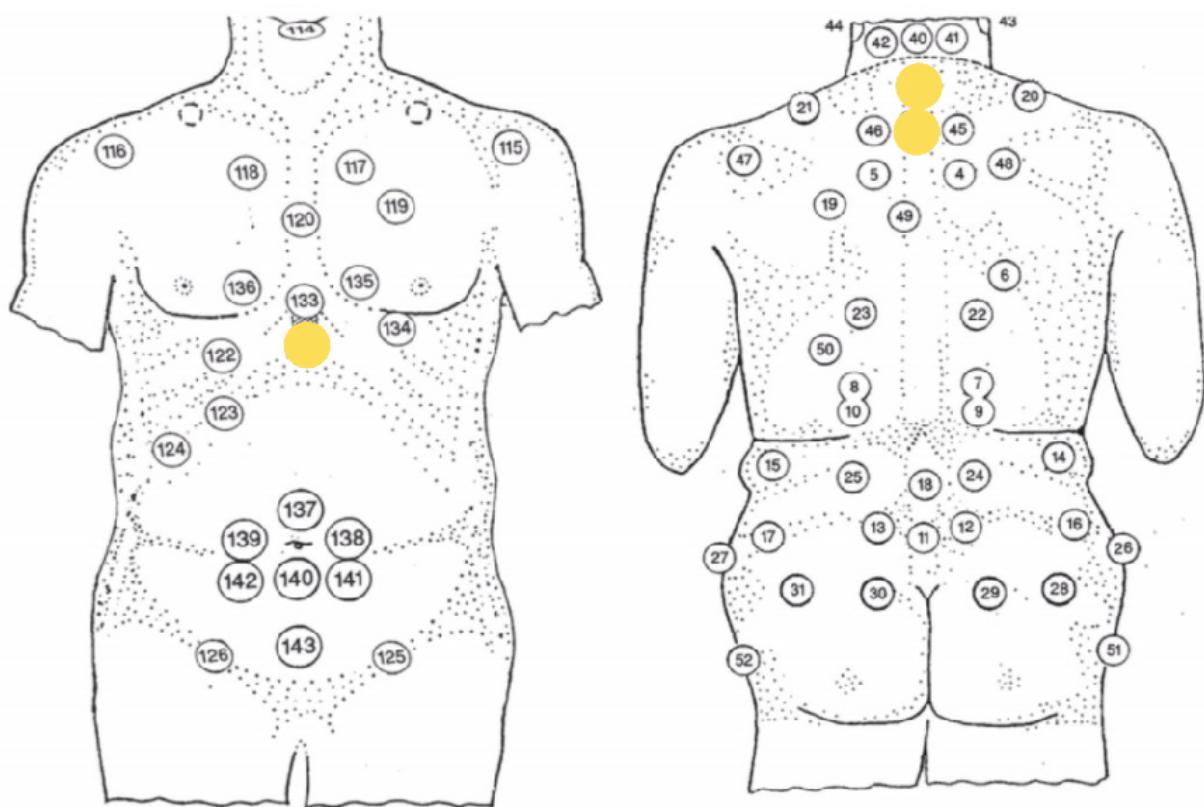


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Underweight

The body mass index, a ratio of a person's weight to their height, has traditionally been used to assess the health of a person as it pertains to weight. Weighing too little can contribute to a weakened immune system. There are also certain health risks associated with being underweight such as having poor nutrition. These also include: malnutrition, vitamin deficiencies, or anemia and osteoporosis from too little vitamin D and calcium.

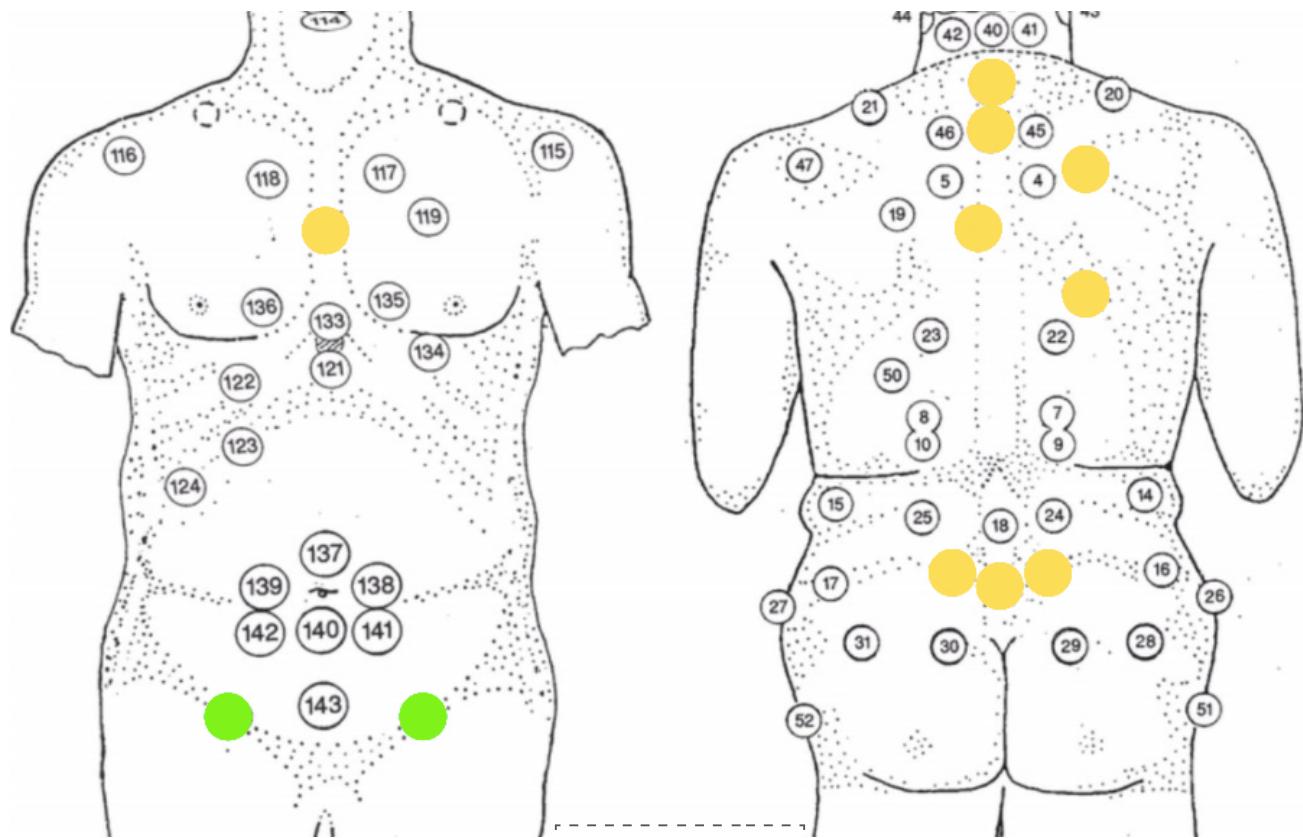
Points:
Back: 1, 55,
Front: 121



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Uterine Issues

- Pain after an operation involving the uterus
- Menstrual (period) pain
- Problems of ligation of the fallopian tube like the tube being tied/blocked
- Milk in the breast even if NOT pregnant
- Menopausal symptoms such as depression, nervousness, psychological conditions, acute uterus



Points:

Back -

1, 55, 6, 48, 11,
12, 13, 120, 49

Front -

126, 125

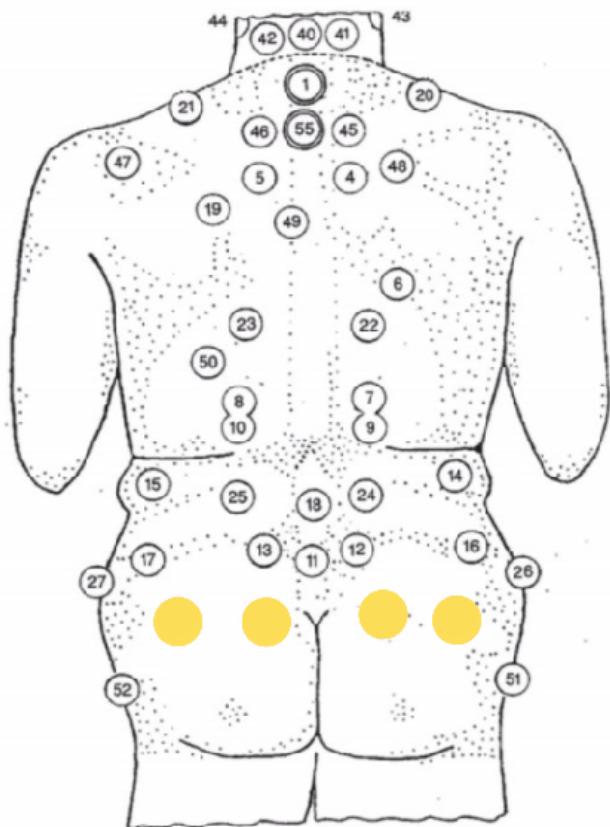
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Varicose veins

Varicose veins are swollen and enlarged veins that usually occur on the legs and feet. They may be blue or dark purple, and are often lumpy, bulging or twisted in appearance. Symptoms include:

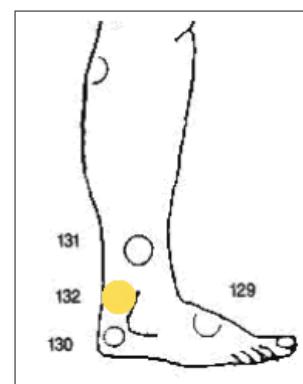
- Aching, heavy and uncomfortable legs

- Swollen feet and ankles
- Burning or throbbing in the legs
- Muscle cramp in the legs, especially at night
- Dry, itchy and thin skin over the affected vein



Important!
Around the veins
but NOT over the veins

Points:
Back -
1, 55, 28, 29, 30, 31,
Feet-
132



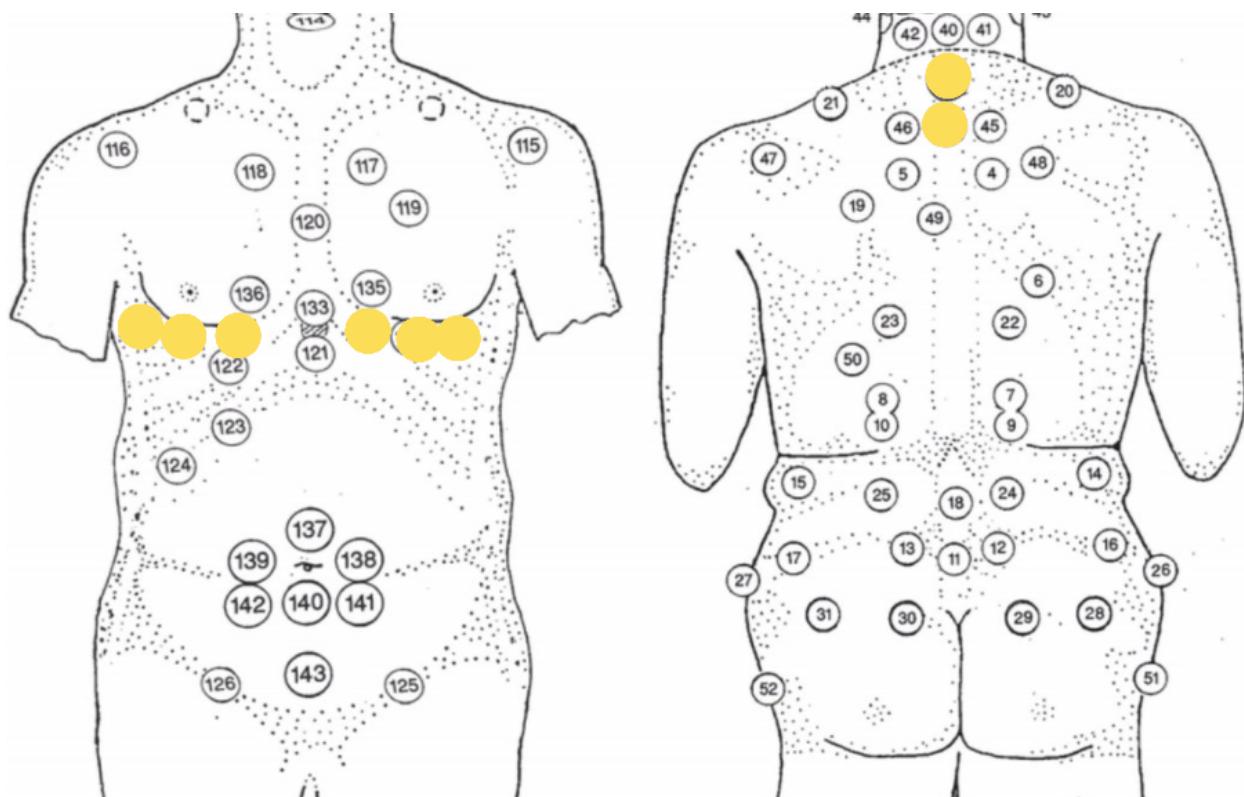
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Vaginal Bleeding

Irregular vaginal bleeding is any bleeding from a woman's vaginal area and usually refers to bleeding that is not part of a regular menstrual cycle. This can be caused by infection and hormonal changes.

- Contraception such as the pill, injection or IUD

- Fibroids or polyps
- Trauma to the vagina
- Anticoagulants or Anti-epilepsy drugs
- Immune or thyroid disorders
- Cancer in the lining of the uterus, the cervix or vagina (rare).



Points
Back - 1, 55
Under the breast

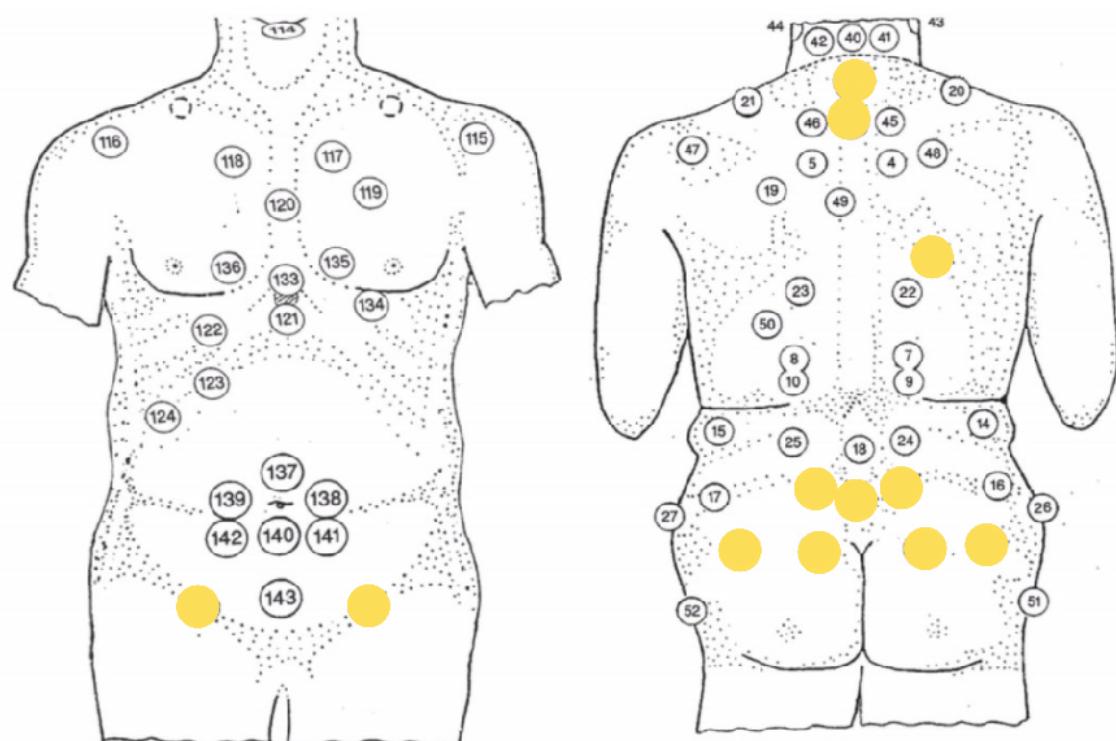
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Varicocele

A varicocele is when veins become enlarged inside the scrotum (the pouch of skin that holds the testicles).

Common symptoms:

- A scrotal mass
- Heavy sensation
- Enlarged veins
- Dull or sharp pain
- Infertility issues



Points:
Back -
1, 55, 6, 11, 12, 13, 28, 29, 30, 31
Front -
125, 126

Can't find certain points?

Back

- 1, the shoulder, the seventh vertebra (bone of spine) of the neck.
- 2 & 3, the area between the ears, the back of the head where hair grows or on the sides of the neck.
- 4 & 5, the air door between the two ribs upwards in the branching of the tracheae (main windpipe) and the bronchus (smaller windpipe).
- 6, the gall bladder at the peripheral of the right rib toward the spine.
- 7 & 8, on the stomach place at the middle of the back opposite to the stomach on the spinal sides.
- 9 & 10, the kidney centre under 7 & 8 on the middle of the back.
- 11, lumbar vertebrae – a prominent bone at the lower back of the vertebra column.
- 12 & 13, on the sides of 11, slightly upward, 5cm away from the spine.
- 14, 15, 16 & 17, the colon, almost on the colon corners from the back and 18 of the middle of the spine.
- 19, the heart, opposite to the heart from the back and almost on the left rib side.
- 20 & 21, tonsils triangle that lies in the area between the neck and the shoulder with a slight bending to the back.
- 22 & 23, above the pancreas gland under the rib end.
- 24 & 25, at the beginning of the lower half of the back.
- 26 & 27, bilaterally at the sides of the iliac bone.
- 28, 29, 30 & 31, at the upper part of the buttocks.
- 32, on the middle of the head.
- 33, on the right part of the hair near the forehead or the hair line.

Can't find certain points?

Back Cont...

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.

36, the cerebellum (occipital) prominent bone on the head.

37 & 38, nearly 3cm above the ears.

39, prominent occipital bone, the deep area at the back of the head where cupping is prohibited, except in necessary cases.

40, in the middle of the back of the neck.

41 & 42, on the back of the head to the right and the left.

43 & 44, the sides of the neck.

45 & 46, nearly 3cm above the air trachea (4-5).

47, on the left shoulder in addition to the heart.

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).

50, 6cm slightly above 8, for stomach ulcers.

51 & 52, the two thigh bones (femur), from both sides.

53 & 54, the inner part of the knee from the back.

55, almost 3cm under the shoulder.

Can't find certain points?

Face and abdomen

- 101, the forehead on the place of worship in praying and it is better not to repeat it.
- 102 & 103, above the eyebrows from the inner part of the nasal sinuses.
- 104 & 105, on both sides of the brows and slightly upward for headaches and sight.
- 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.
- 110, under the ear from the right and left.
- 111, 112 & 113, near the eye and the cheek and near the lip to treat the fifth and sixth nerve.
- 114, under the chin and it has many benefits.
- 115 & 116, under the ends of the clavicle (collar bone) from the outside and on the shoulders.
- 117 & 118, under the clavicle (collar bone) from the inside, on the chest.
- 119, the heart, under the middle of the left clavicle (collar bone) using four fingers of the patient.
- 120, sternum bone (breastplate), in the middle of the chest.
- 121, first part of the stomach directly under the chest bone.
- 122, 123 & 124, above the liver, right of the belly.
- 125 & 126, between the belly and the thigh near the pubic hair area for involuntary urination, infertility...etc.
- 127 & 128, on the inner part of the thighs.
- 129, on the back of the feet to the right.
- 130, on the sides of the heel from inside and outside for edema.
- 131, above the heel bone nearly 5cm from the outside.
- 132, varicocele.
- 133, almost 2cm above the stomach mouth and near the end of the chest bone.
- 134, under the left breast.
- 135 & 136, 5cm away from the breast nipple from the inside for the lungs.
- 137, 138, 139 & 140, above, right, left and under the umbilicus (belly button).
- 141, & 142, Right and left of 140.
- 143, above the bladder.