Here is an informal explanation of the one-point laws. Let's start with

$\exists v: D\cdot\ v{=}x \land b$

and we are given $x: D$. Let's suppose $D$ is $nat$. The existential quantification is an infinite disjunction.

$(0{=}x \land b) \lor (1{=}x \land b) \lor (2{=}x \land b) \lor \ldots$

We can use context in each of these disjuncts.

$\quad(0{=}x \land (\, b$ but replace $x$ with $0\,))$
$\lor\ (1{=}x \land (\, b$ but replace $x$ with $1\,))$
$\lor\ (2{=}x \land (\, b$ but replace $x$ with $2\,))$
$\lor\ \ldots$

Since $x$ is in $nat$, exactly one of $0{=}x$, $1{=}x$, $2{=}x$, ... is $\top$ and the others are $\bot$. That's why it's called "one-point". Let's suppose $x$ is $1$.

$\quad(\bot \land (\, b$ but replace $x$ with $0\,))$
$\lor\ (\top \land (\, b$ but replace $x$ with $0\,))$
$\lor\ (\bot \land (\, b$ but replace $x$ with $0\,))$
$\lor\ \ldots$
$=\quad \bot \lor (\, b$ but replace $x$ with $1\,) \lor \bot \lor \ldots$
$=\quad (\, b$ but replace $x$ with $1\,)$

Now the other one.

$\forall v: D\cdot\ v{=}x \Rightarrow b$

and we are given $x: D$. Let's suppose $D$ is $nat$. The universal quantification is an infinite conjunction.

$(0{=}x \Rightarrow b) \land (1{=}x \Rightarrow b) \land (2{=}x \Rightarrow b) \land \ldots$

We can use context in each of these conjuncts.

$\quad(0{=}x \Rightarrow (\, b$ but replace $x$ with $0\,))$
$\land\ (1{=}x \Rightarrow (\, b$ but replace $x$ with $1\,))$
$\land\ (2{=}x \Rightarrow (\, b$ but replace $x$ with $2\,))$
$\land\ \ldots$

Since $x$ is in $nat$, exactly one of $0{=}x$, $1{=}x$, $2{=}x$, ... is $\top$ and the others are $\bot$. That's why it's called "one-point". Let's suppose $x$ is $1$.

$\quad(\bot \Rightarrow (\, b$ but replace $x$ with $0\,))$
$\land\ (\top \Rightarrow (\, b$ but replace $x$ with $0\,))$
$\land\ (\bot \Rightarrow (\, b$ but replace $x$ with $0\,))$
$\land\ \ldots$
$=\quad \top \land (\, b$ but replace $x$ with $1\,) \land \top \land \ldots$
$=\quad (\, b$ but replace $x$ with $1\,)$