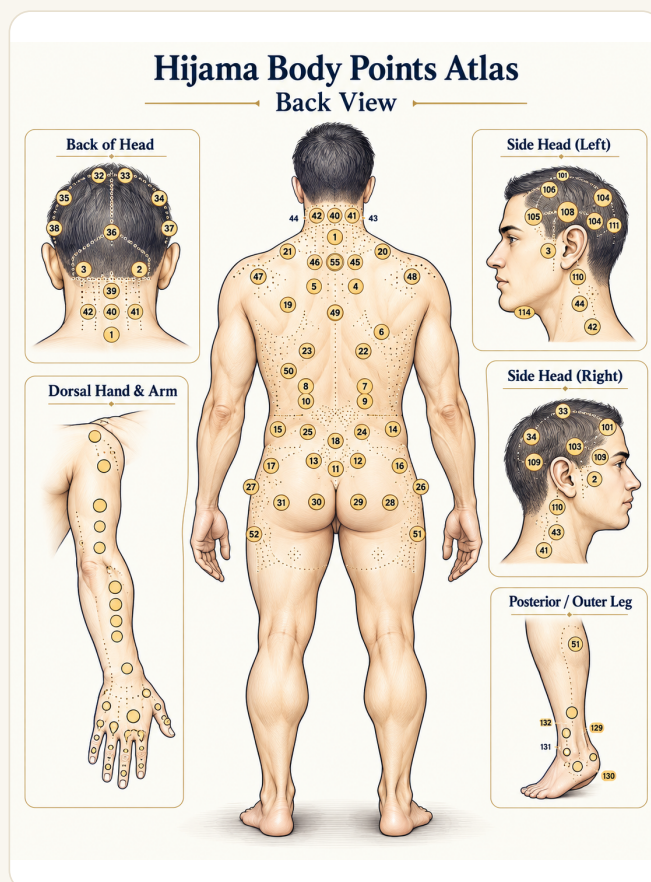
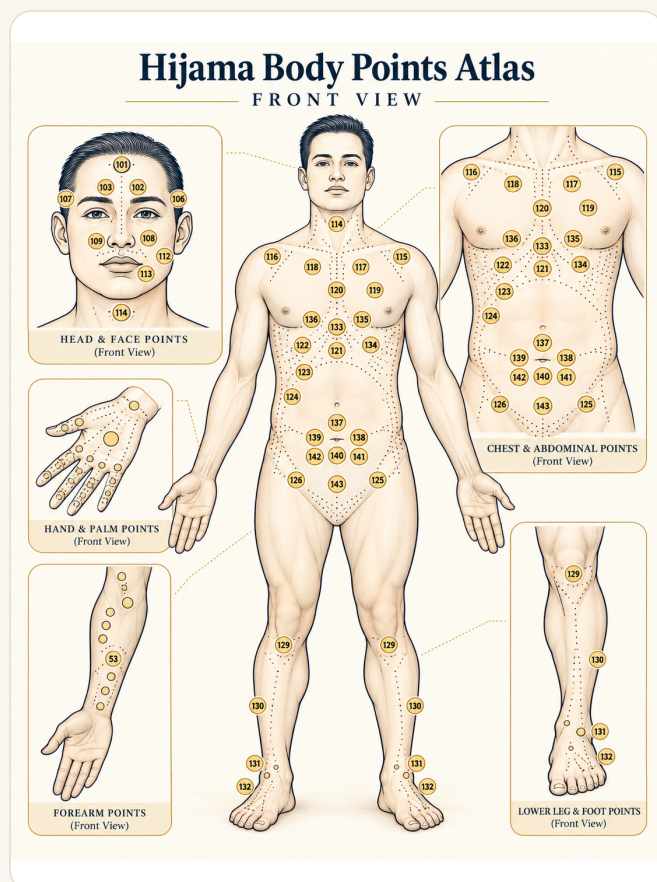


EDUCATIONAL REFERENCE ATLAS

Hijama Points Atlas

Body Points, Charts & Cupping Locations

A visual guide to common Hijama body regions, traditional point charts and Sunnah-related cupping locations, with clear safety and evidence distinctions.



Prepared for Hijama UAE

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HIJAMA POINTS ATLAS

How to Use This Atlas

This PDF is designed as an educational reference. It separates traditional chart locations, Sunnah-related locations and modern clinical assessment.

01

Traditional Atlas Points

Numbered points are practical chart references. They may come from traditional Hijama teaching systems and are not automatically clinically validated treatment points.

02

Sunnah-Related Locations

Hadith sources generally describe anatomical locations by name. Modern numbers are only approximate atlas mappings and are not part of the Hadith.

03

Clinical Selection

Point selection should consider anatomy, symptoms, skin condition, medical history, treatment type and individual safety assessment.

Important - This Is Not a Disease-Treatment Map

A point appearing on a traditional chart does not prove that cupping at that location diagnoses, treats or cures a specific disease. Condition-specific claims require separate clinical evidence.

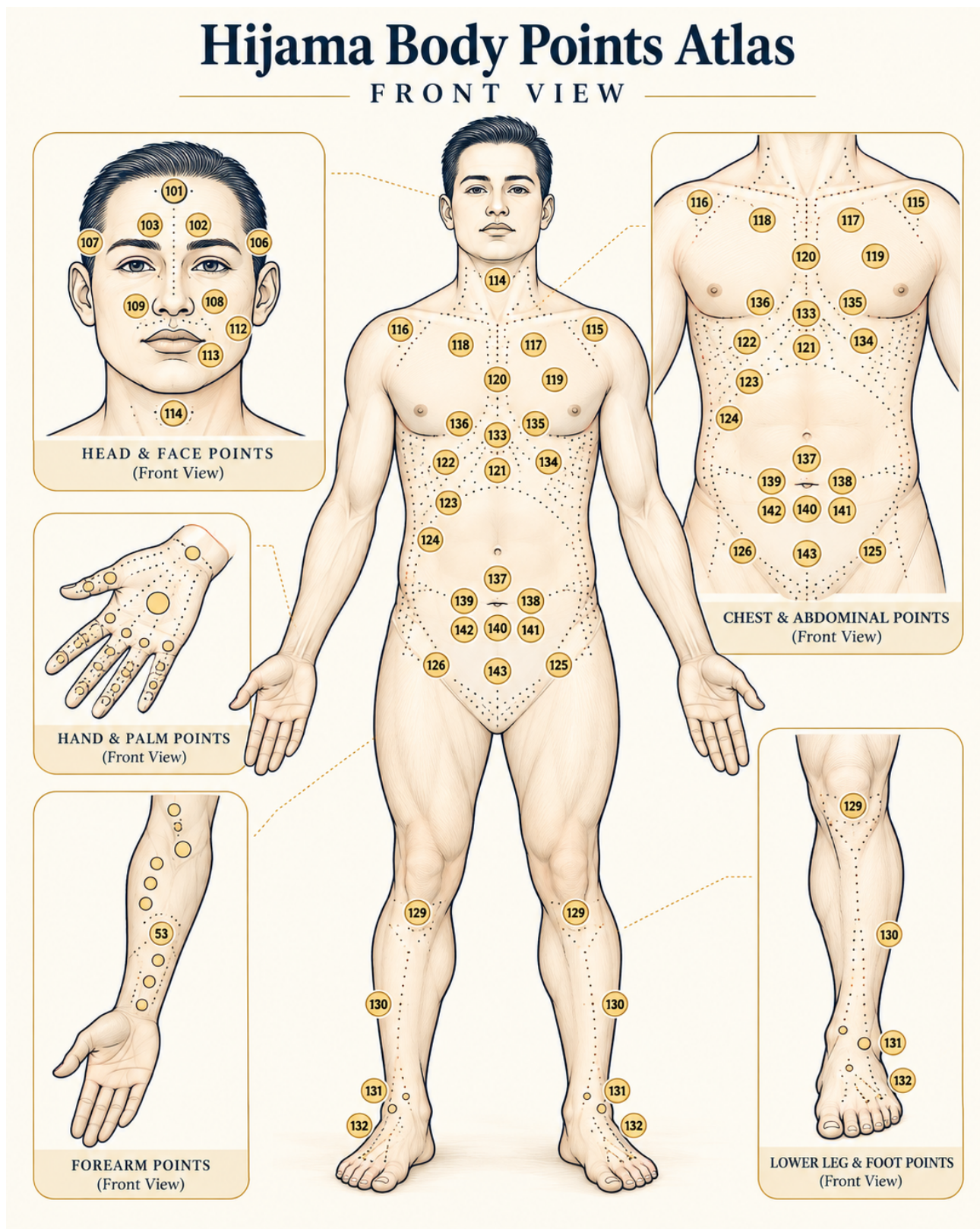
How to Read the Point Numbers

- 1 Use the number to locate the approximate chart position, then confirm the anatomy.
- 2 Do not assume the same point is appropriate for every person or every condition.
- 3 Head, neck, groin and other sensitive regions require additional anatomical caution.
- 4 Wet cupping requires appropriate infection-control procedures and sterile single-use equipment.

HIJAMA POINTS ATLAS

Full Body Atlas - Front View

Front-view chart showing commonly referenced Hijama points across the head, chest, abdomen, upper limbs and lower limbs.



Atlas Note

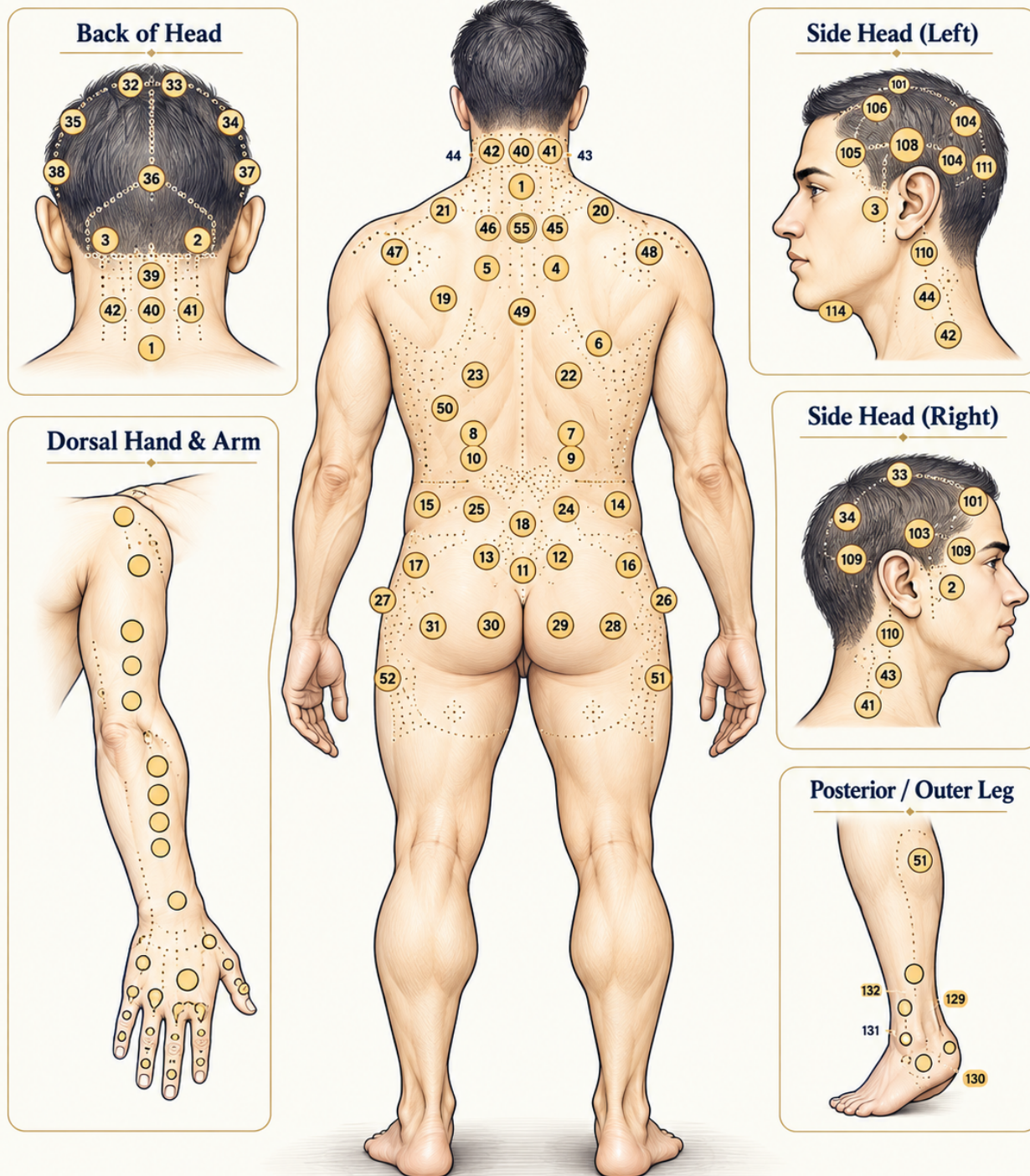
The displayed numbers are chart references. They should be used for orientation and education, not as automatic prescriptions for specific diseases.

HIJAMA POINTS ATLAS

Full Body Atlas - Back View

Back-view chart showing posterior head, neck, upper back, lower back, gluteal, arm and lower-limb reference locations.

Hijama Body Points Atlas Back View



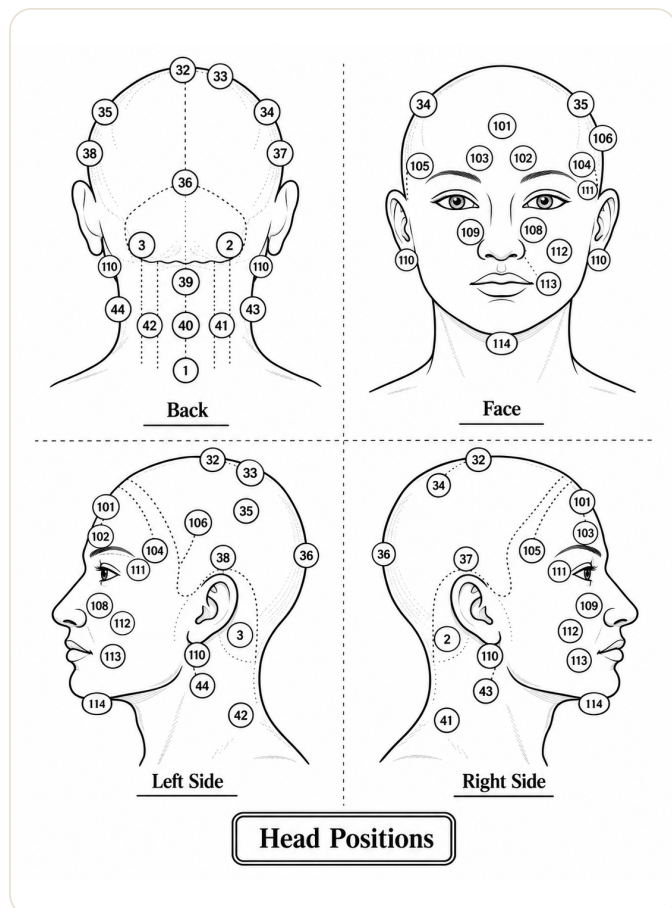
Atlas Note

Traditional charts vary between schools and practitioners. Anatomical assessment should take priority over chart numbering.

HIJAMA POINTS ATLAS

Head & Neck Hijama Points

Traditional chart locations around the scalp, face and neck. Head and neck cupping requires careful anatomical assessment.



2-3

Upper neck / occipital sides

Bilateral upper-neck locations near the skull base.

101

Central forehead

Frontal midline / forehead reference.

102-103

Inner brow region

Locations above the inner eyebrows.

104-105

Lateral brow region

Lateral brow / frontal-temporal reference.

106

Lateral scalp

Approx. above the ear on the lateral scalp.

107

Lateral cheek

Cheek / facial reference location.

108-109

Sides of nose

Paranasal / facial reference areas.

110

Below ear

Periauricular / upper neck reference.

111-113

Eye-cheek-lip region

Traditional facial chart references.

114

Under chin

Submental reference region.

32

Crown of head

Central upper scalp.

34-35

Temporal/posterolateral scalp

Bilateral posterolateral scalp.

37-38

Above ears

Bilateral lateral scalp.

40

Posterior neck midline

Central posterior neck.

43-44

Lateral neck

Side-of-neck traditional references.

33

Frontal scalp

Near frontal hairline.

36

Occipital center

Central posterior skull region.

39

Occipital prominence

Traditional posterior-head reference.

41-42

Posterior head / neck

Bilateral posterior neck references.

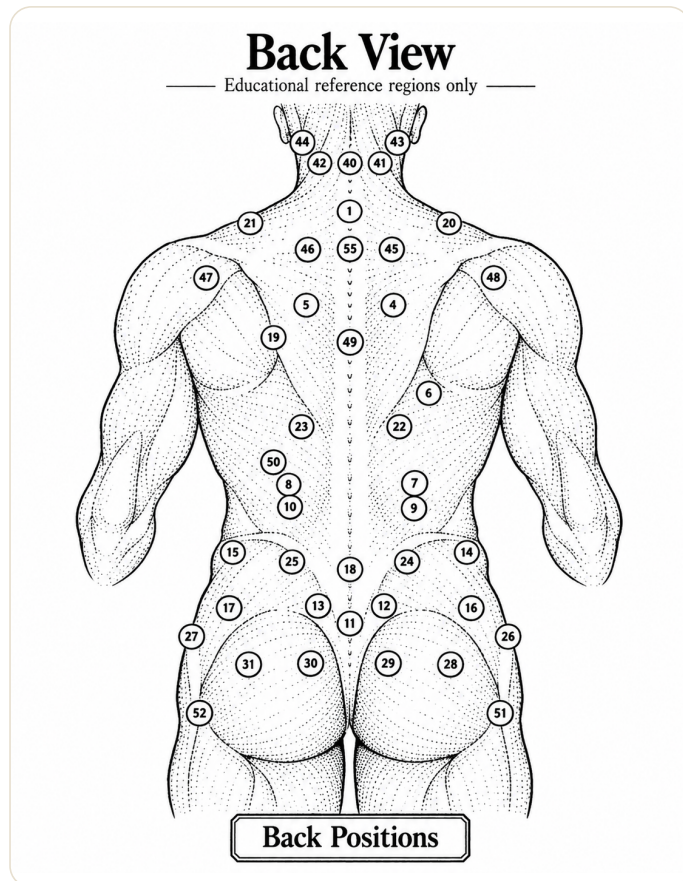
Clinical Note

These are traditional reference locations. A chart does not prove that a point treats a specific disease. Head and neck cupping should consider vascular, neural and other sensitive structures.

HIJAMA POINTS ATLAS

Back & Shoulder Hijama Points

Posterior thoracic, lumbar, shoulder and pelvic reference areas shown in traditional Hijama charts.



1

Upper back / base of neck

Central upper-back reference.

20-21

Posterior neck-shoulder region

Bilateral upper shoulder references.

45-46

Upper thoracic region

Locations above upper thoracic points.

55

Under shoulder

Posterior shoulder reference.

4-5

Upper thoracic points

Between upper ribs / scapular region.

47

Left shoulder

Traditional left posterior shoulder reference.

48

Right upper rib

Traditional right posterior rib reference.

49

Between scapulae

Central interscapular region.

19

Left thoracic region

Traditional left posterior thoracic reference.

6

Right posterior rib

Traditional right lower thoracic reference.

7-8

Mid-back

Traditional middle thoracic references.

9-10

Kidney region

Traditional bilateral lower thoracic references.

14-17

Posterior lower-back corners

Traditional posterior chart grouping.

11

Lower lumbar

Central low-back reference.

26-27

Iliac sides

Lateral pelvic / iliac reference areas.

22-23

Lower rib region

Bilateral reference near rib endings.

50

Mid-back reference

Posterior mid-back location.

24-25

Upper lower-back

Bilateral lumbar reference areas.

18

Central lower back

Midline lumbar reference.

12-13

Paraspinal lower back

Bilateral low-back references.

28-31

Upper gluteal region

Traditional upper-buttock reference locations.

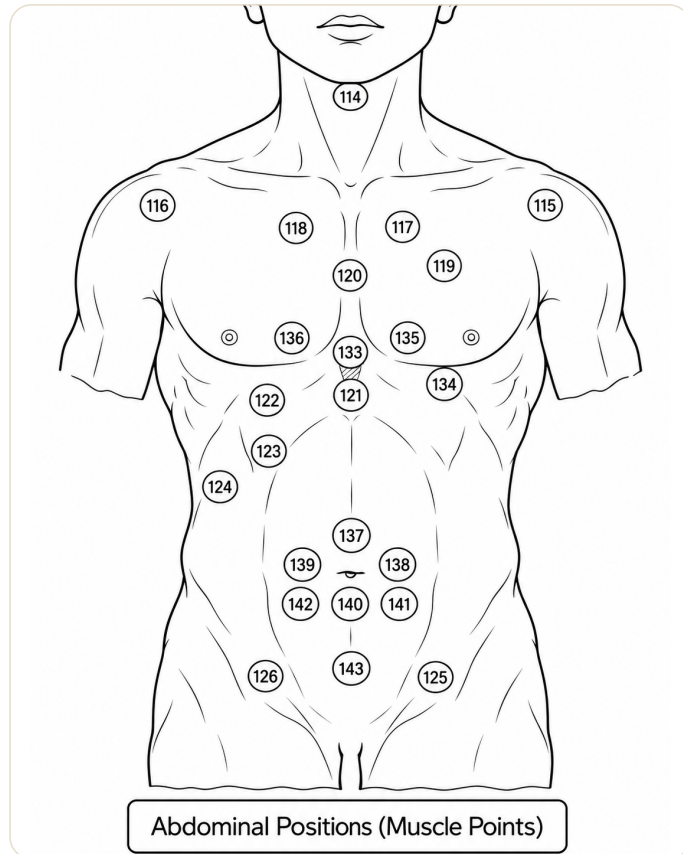
Clinical Note

Associations between these chart locations and internal organs or named conditions are traditional associations, not proof of diagnosis or treatment effect.

HIJAMA POINTS ATLAS

Chest & Abdominal Hijama Points

Traditional anterior chest and abdominal chart locations, shown for anatomical orientation and educational reference.

**115-116****Outer clavicle / shoulder**

Below the outer ends of the clavicles.

117-118**Inner clavicle / upper chest**

Below the inner clavicular regions.

119**Left upper chest**

Traditional left upper-chest reference.

120**Sternum / mid-chest**

Central sternum reference.

121**Upper stomach region**

Immediately below the lower sternum.

122-124**Right upper abdomen**

Traditional right upper-abdominal chart references.

125-126**Lower abdomen / groin border**

Between lower abdomen and upper thigh.

133**Upper stomach region**

Near lower sternum above upper stomach.

134**Left submammary region**

Beneath the left breast.

135-136**Inner chest region**

Medial chest references on both sides.

137-140**Umbilical region**

Above, beside and below the umbilicus.

141-142**Lower lateral umbilical region**

Right and left lower central abdomen.

143**Suprapubic region**

Lower midline abdomen above bladder region.

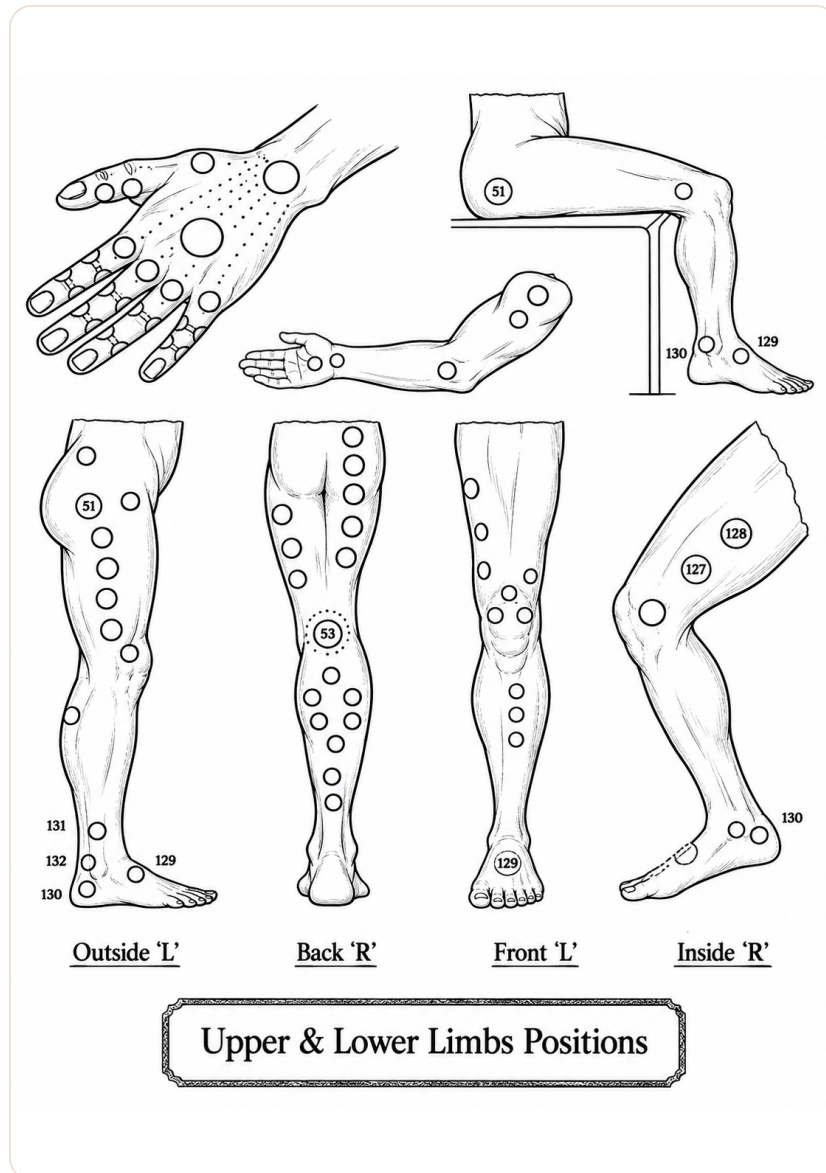
Clinical Note

Chest and abdominal cupping should consider skin condition, underlying anatomy and clinical context. Traditional organ associations on charts are not validated diagnostic maps.

HIJAMA POINTS ATLAS

Upper & Lower Limb Hijama Points

Traditional limb reference locations across the thigh, knee, ankle and foot.

**51-52****Outer thigh / femur region**

Located on the outer aspects of the thighs along the femur region.

53-54**Posterior knee region**

Located around the inner posterior part of the knee.

127-128**Inner thigh region**

Located on the medial side of the thighs.

129**Dorsum of the foot**

Upper / dorsal foot reference shown in the chart.

130**Heel / ankle sides**

Inner and outer sides of the heel and ankle.

131**Outer lower leg above heel**

Approx. 5 cm above the heel on the outer side.

132**Outer ankle / lower leg**

Traditional lower outer-leg / ankle reference.

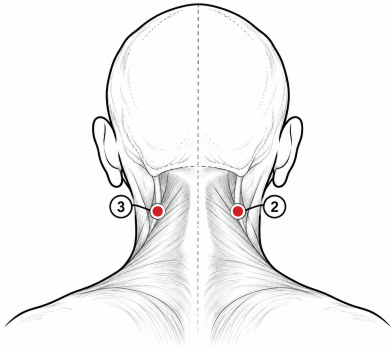
Clinical Note

Some traditional charts associate lower-limb points with swelling, varicocele or other complaints. These associations should not be interpreted as clinically validated treatment protocols.

HIJAMA POINTS ATLAS

Sunnah-Related Hijama Locations

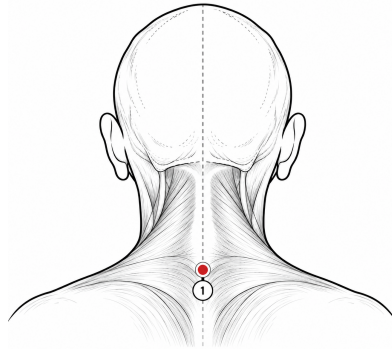
Hadith literature identifies anatomical locations by name. The numbered points below are modern atlas references used only to illustrate approximate areas.



Al-Akhda'ayn

Modern chart: Points 2 & 3

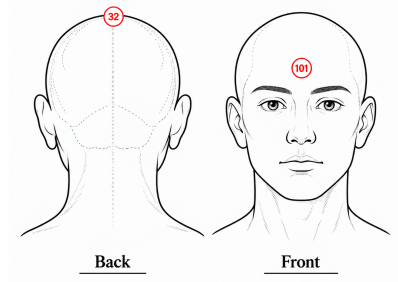
Two bilateral upper-neck locations. Reported together with Al-Kahil in Hadith collections including Jami' at-Tirmidhi.



Al-Kahil

Modern chart: Point 1

Upper central back near the base of the neck and between the shoulders. Reported with Al-Akhda'ayn.



Head Cupping

Modern chart: Points 32 & 101

Authentic reports establish cupping on the head. The specific point numbers shown are modern chart references, not Hadith numbering.

Important Distinction

The Sunnah identifies cupping locations by anatomical description. Mapping these locations to modern numbered charts is an anatomical interpretation; the numbers themselves are not part of the Sunnah or Hadith.

Other Reported Locations

Other locations such as the hip and dorsum of the foot are also reported in Hadith literature in the context of a particular pain or injury. A reported location should not automatically be treated as a universal routine point for everyone.

HIJAMA POINTS ATLAS

Safety, References & Online Atlas

Use this atlas as an educational guide. Safe Hijama practice should prioritize anatomy, clinical assessment and infection control.

Safety & Areas to Avoid

-  Infected, inflamed or damaged skin
-  Open wounds or recent surgical sites
-  Prominent varicose veins or major superficial vessels
-  Areas of significant swelling or unexplained masses
-  Fractures or acute traumatic injuries
-  Highly sensitive anatomical regions where deeper structures may be at risk
-  Any site considered unsuitable after individual assessment
-  Wet cupping without sterile, single-use equipment and appropriate infection control

Safety Note

A point shown on a Hijama chart should never override anatomical safety, medical history, current symptoms or individual clinical assessment.

Selected References

1. National Center for Complementary and Integrative Health (NCCIH). Cupping.
2. Al-Bedah AMN, et al. Cupping Therapy. StatPearls / NCBI Bookshelf.
3. Choi TY, et al. Evidence Map of Cupping Therapy. Journal of Clinical Medicine. 2021;10(8):1750.
4. Jami' at-Tirmidhi 2051 - Al-Akhda'ayn and Al-Kahil.
5. Sahih al-Bukhari 5700-5701 - head cupping in the context of pain / headache.



ONLINE ATLAS

Scan for the updated web version

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Educational reference only • Last reviewed October 2026