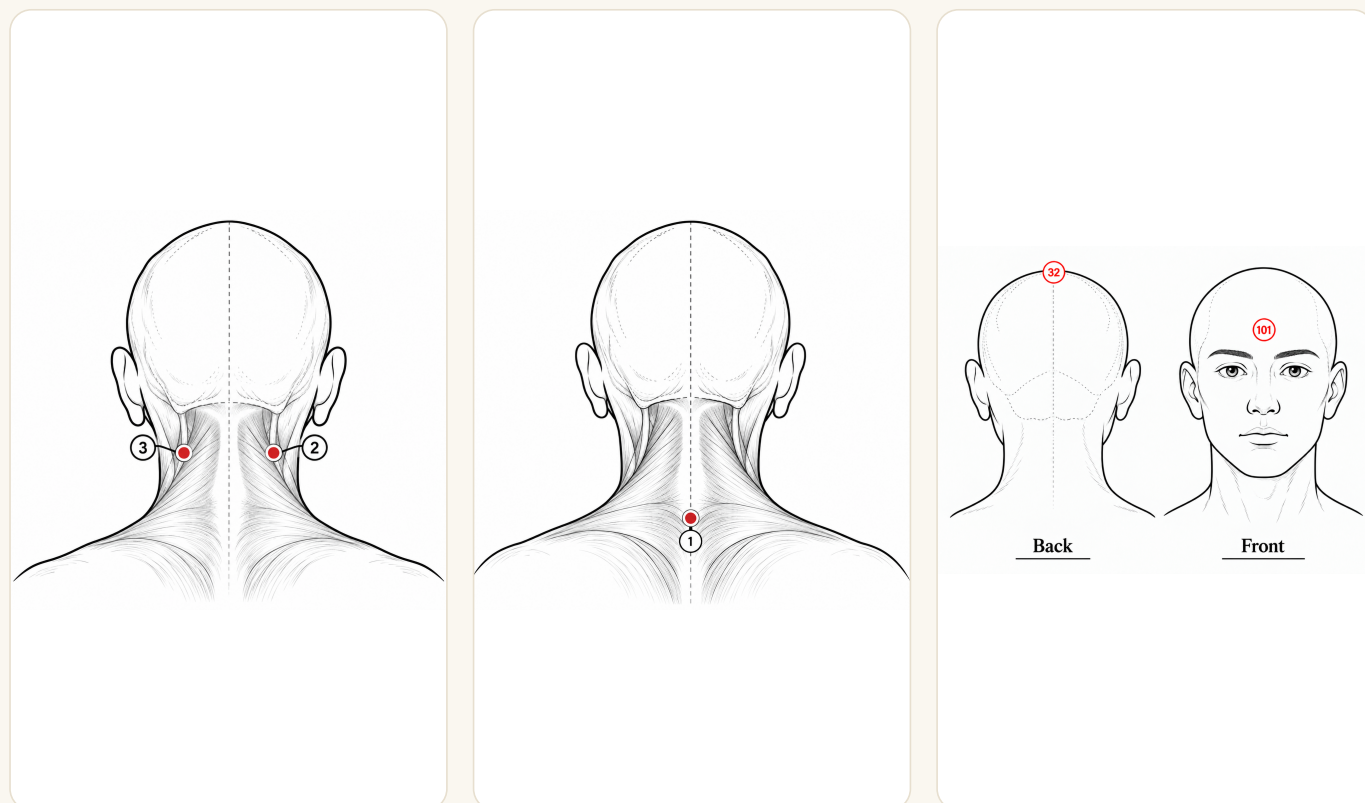


FREE EDUCATIONAL PDF GUIDE

Hijama Sunnah Points

A Visual Guide Based on Hadith

A concise guide to the main cupping locations reported in Hadith, with a clear distinction between anatomical names in the narrations and modern Hijama chart numbers.



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Educational reference only • October 2026

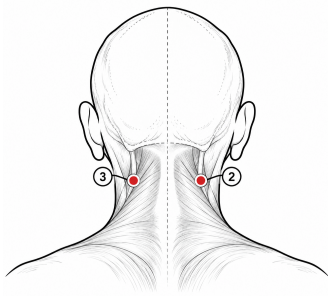
Main Sunnah Hijama Locations

The strongest recurring reports relate to Al-Akhda'ayn, Al-Kahil and cupping on the head. Modern point numbers are used here only as visual references.

MODERN CHART: POINTS 2 & 3

Al-Akhda'ayn

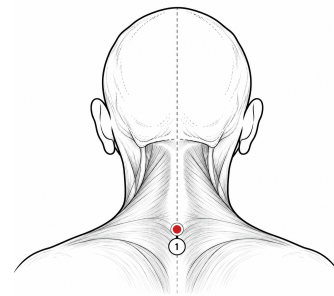
Two bilateral upper-neck locations. Hadith reports mention Al-Akhda'ayn together with Al-Kahil. The numbers 2 and 3 are modern atlas labels, not Hadith terminology.



MODERN CHART: POINT 1

Al-Kahil

Upper central back near the base of the neck and between the shoulders. It is reported together with Al-Akhda'ayn. Point 1 is a modern chart reference only.

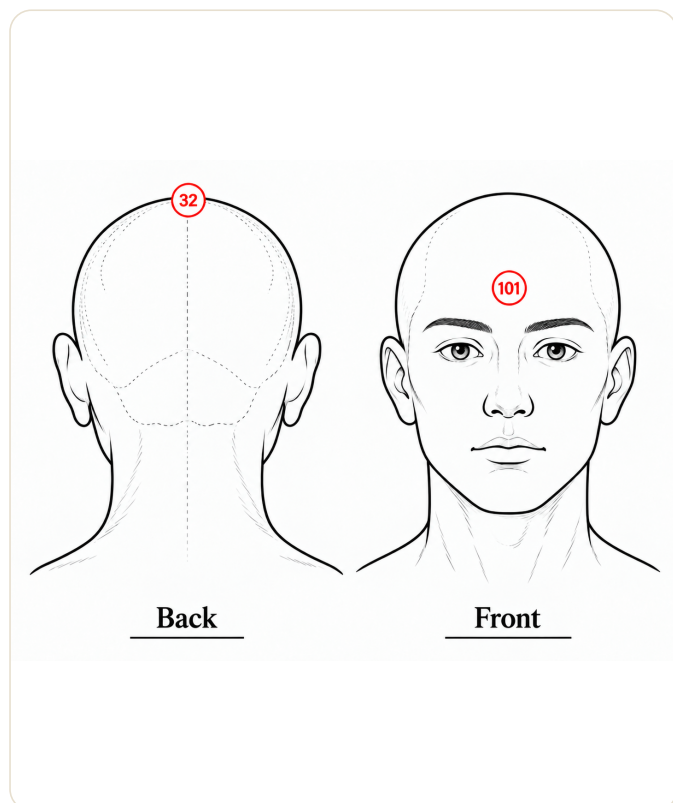


Key Principle

Hadith literature identifies anatomical locations by name. A modern numbered point can illustrate an approximate region, but the number itself should not be described as part of the Sunnah.

Head Cupping and Other Reported Locations

Authentic reports establish cupping on the head. Other locations, including the hip and dorsum of the foot, are also reported in specific contexts.



Head Cupping

Cupping on the head is reported in authentic Hadith sources. In the atlas used on hijamauae.com, Points 32 and 101 are modern visual references for head and forehead locations; the Hadith does not identify these locations by number.

Important Distinction

Head cupping as a Prophetic practice is stronger evidence than any claim that a specific modern numbered head point is universally prescribed in the Sunnah.

Other Reported Locations

REPORTED LOCATION

Hip Region - Al-Warik

Cupping on the hip is reported in Hadith literature in relation to a specific painful condition. This does not make the hip a universal routine Sunnah point for every person.

REPORTED LOCATION

Dorsum of the Foot

Cupping on the upper surface of the foot is also reported in relation to pain or injury. It should be understood in its original context rather than as a fixed point for all conditions.

How to Interpret Sunnah Hijama Points

This guide separates reported Prophetic cupping locations from later numbering systems and condition-specific traditional claims.

1. Hadith location vs chart number

Al-Kahil, Al-Akhda'ayn and head cupping are described by anatomical location in the narrations. Numbers such as 1, 2, 3, 32 and 101 are modern atlas references.

2. Reported does not mean universal

A location mentioned in a Hadith may have been used for a specific complaint or circumstance. That does not automatically establish a routine point for every person or every condition.

3. Sunnah evidence is not the same as disease evidence

A point can be authentically reported as a Prophetic cupping location without proving that the same point treats a particular disease. Condition-specific effectiveness requires separate clinical evidence.

4. Safety still comes first

Head, neck and other sensitive regions require careful anatomical assessment. Wet cupping should use appropriate infection-control procedures and sterile single-use equipment.

Selected Hadith References

1. Jami' at-Tirmidhi 2051 - Al-Akhda'ayn and Al-Kahil.
2. Sahih al-Bukhari 5700-5701 - cupping on the head in the context of pain/headache.
3. Sunan Abi Dawud 3863 - reported cupping on the hip in the context of injury/pain.
4. Sunan Abi Dawud 1837 - reported cupping on the dorsum of the foot while in Ihram.

Educational Note

This PDF is an educational reference. It does not replace medical assessment, and it should not be used as a standalone treatment protocol.