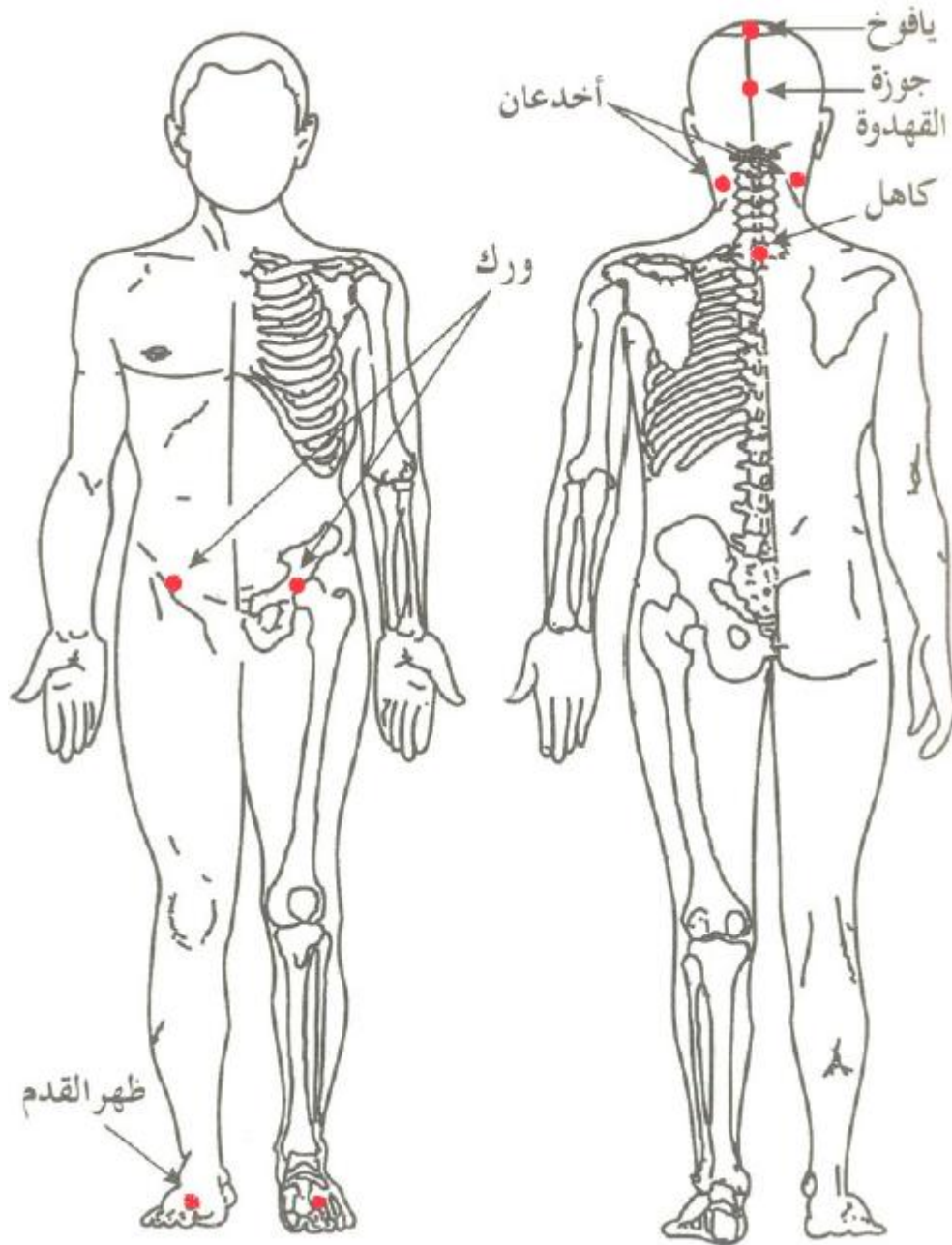


## Sunnah Points

There are total 9 points of the body where Prophet Muhammad (SAW) performed hijamah. These are the sunnah points of Hijamah.



In Ghazwah Khyber while our beloved Prophet Muhammad (SAW) was poisoned, he took Hijamah at 3 points on the KAHIL, we feel that a cup was applied behind the heart (at the left of KAHIL), & the third was either a little bit lower to this point OR on the right side of KAHIL, Allah Knows the best.

ذكر عبد الرزاق، عن معمر، عن الزُّهري، عن عبد الرحمن بن كعب ابن مالك: أَنَّ امرأةً يهوديةً أَهدتْ إِلَى النبي ﷺ شاةً مَصْلِيَةً بِخَيْبَر، فقال: "ما هذه؟" قالت: هَدِيَّةٌ، وَحَدِرْتُ أَنْ تقولَ: مِنَ الصَّدَقَةِ، فلا يَأْكُلُ منها، فأكل النبي ﷺ، وأكل الصحابةُ، ثُمَّ قال: "أَمْسِكُوا"، ثم قال للمرأة: "هل سَمَمْتَ هذه الشاةَ؟" قالت: مَنْ أَخْبَرَكَ بهذا؟ قال: "هذا العظم لساقها"، وهو في يده، قالت: نعم. قال: "لِمَ؟" قالت: أردتُ إن كنتَ كاذباً أَنْ يَسْتَرِيحَ منك النَّاسُ، وإن كنتَ نبياً لم يَضُرَّكَ، قال: فَاحْتَجَمَ النبي ﷺ ثلاثةً عَلَى الكاهِلِ، وأمرَ أصحابه أَنْ يَحْتَجِمُوا؛ فَاحْتَجَمُوا، فماتَ بعضُهم.

Abdul Razzaq narrated that, "A Jewish woman brought to Prophet Muhammad (SAW) a roasted sheep that she had poisoned, while he was in Khyber. Our beloved Prophet asked, 'What is this, She said, a gift, being careful not to say that it was from charity so that he would not eat it. Prophet Muhammad (SAW) and Sahabah (his companions) ate from the sheep, then our beloved Prophet said, "Stop eating". He said to the woman, 'Did you poison this sheep?' She said, "Who told you that"? He said, this bone,' meaning the ewe's leg that he had in his hand. She said, "Yes". He said, 'Why?' She said, I thought that if you were a liar, the people would be relieved from you. However, if you were a true Prophet, it would not harm you.' Prophet Muhammad (SAW) then used Hijamah thrice on the KAHIL (upper part of his back) and commanded that his Companions do the same. Yet, several of them died."

”وفى ”سنن ابن ماجه“ عن عليّ: ”نزل جبريلُ على النبي ﷺ بحجامة الأُخْدَعَيْنِ وَالكَاهِلِ

Narrated by Ibn Majah, on the authority of Ali (RA) that angel JIBREEL advised Prophet Muhammad (SAW) for Hijamah at Akhda'ain (posterior jugulars) and KAHIL (upper back ~ between the shoulders).

عن أبي كبشة الأنماري أن النبي ﷺ ( كان يحتجم على هامته وبين كتفيه ) رواه بسند صحيح أبو داود، وابن ماجه

Reported by Abu Kabshah Al Anmari (RA) that Prophet Muhammad (SAW) took Hijamah on Haamah & between the shoulders (which is KAHIL)? Narrated by Abu Dawood & Ibn-e-Majah

وفي رواية عبد الله بن بحنة قال : احتجم رسول الله صلى الله عليه وسلم وهو محرم بلحي جمل في وسط رأسه ، “ أي ما فوق اليافوخ فيما بين أعلى القرنين “ – صحيح البخاري

Reported by Abdullah Bin Bujainah (RA) that Prophet Muhammad (SAW) took Hijamah on the center of his head (Yafookh) and he was in Ehraam while his journey to Makkah. (Name of the place where they stopped is mentioned as Lahyi Jamal)

”و روى الطبراني : ”عليكم بالحجامة في جَوْزَةِ الْقَمْحُدُوَّةِ، فَإِنَّهَا شِفَاءٌ مِنْ اثْنَيْنِ وَسَبْعِينَ دَاءً“.

”Use Hijamah (wet cupping) on the Qamahduwah (above the nape cavity), for it cures seventy two kinds of ailments”. (Narrated by Tabraani)

”وفي ”سنن أبي داود“ من حديث جابر: ”أَنَّ النَّبِيَّ ﷺ احتجم في وَرْكَه من وِثْيٍ كَانَ بِهِ“.

Abu Dawood narrated that Jabir (RA) said that Prophet Muhammad (SAW) used Hijamah (wet cupping) on his hip because of a debilitation he suffered from.

عن أنس رضي الله عنه : ( أن رسول الله ﷺ احتجم وهو محرم على ظهر القدم من وجع كان به ) وراه أبو داود في سننه

Prophet Muhammad (SAW) also took Hijamah on the hip & top of his foot, which explains that Hijamah at the painful area is also recommended by Tibb-e-Nabawi.

Reported by Anas (RA) that (while in Ehraam), Prophet Muhammad (SAW) took Hijamah on the top of his foot due to the pain in that area. Narrated by Abu Dawood