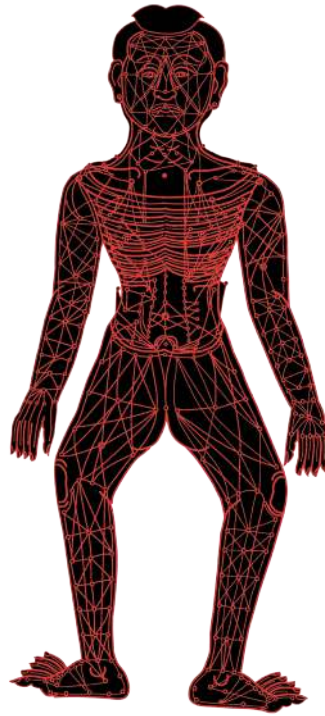


Ancient Thai Massage Healing With Prana



FOURTH EDITION
(SECOND PRINTING)

by

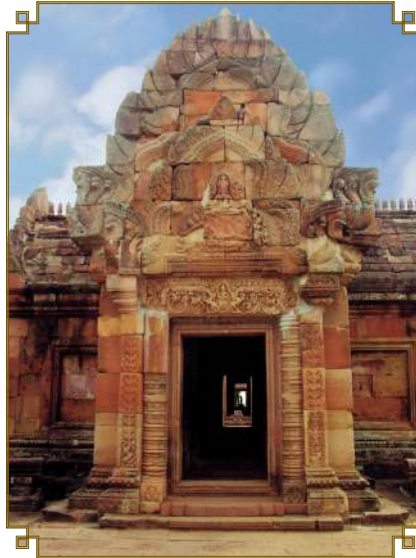
Jan Kanchanoo
Chaithavuthi Muangsiri



Chiang Mai, Thailand

Ancient Thai Massage Healing With Prana: Fourth Edition

Table of Contents



	<i>Page</i>
List of Figures in Chapters 1-16.....	XII
List of Tables in Chapters 1-16.....	XIII
Forewords	
By Professor Prawase Wasi, M.D., Ph.D.	XIV
By Associate Professor Sudhee Sudasna, M.D.	XV
Acknowledgements.....	XVI
Preface.....	XX
Chapter 1 Sen Sib Prana in Thai Massage.....	3
The Sen Sib Manuscript.....	4
Theory of Sen Sib.....	5
The Three Important Sources of Sen Sib Channels.....	5
Characteristics of Sen Sib.....	6
Relationship of Sen Sib to Ayurvedic and the Origin of Sen Sib.....	6
Becoming Sen Sib.....	7
The Origins of the Names of the Sen Sib.....	8
Effect of Sen Sib in Thai Massage.....	10
Names Used and How to Locate Sen Sib.....	11
Tracing Sen Sib.....	14

Chapter 2 Relationships of Sen Sib to Diseases and Bodily Conditions	27
Sen Sib Massage Treatment	28
Understanding Sen Sib and Bodily Organ	29
Understanding Lom the Thai Way	29
Sen Sib and Lom Treatment the Thai Way	30
Diagnosis Guidelines of Illness and Condition According to Sen Sib Theory	30
Characteristic of Sen Sib Obstruction	31
Diagnosis Method According to Sen Sib Theory	31
The Treatment Study on Sen Sib Obstruction	31
Lom and the Modern Treatment	33
 Chapter 3 Prana : The Life Force - Chakras: The Center of Life Current	 36
Life Force or Life Energy or <i>Prana</i> , in Sanskrit, <i>Lom Pran</i> in Thai, <i>Chi</i> in Chinese, and <i>Qi</i> in Japanese ..	37
<i>Prana</i> —Life Force, the Vital Force of the Body	37
Chakras— the Centers of Life Current	38
The Relationship between Life Force and Respiration—Breath	41
Life Force and the Nervous System	41
Maintaining an Even Flow of <i>Prana</i>	41
Meditation is the Ultimate Gateway to the Life Force	42
Is Proof of the Existence of Life Force Possible?	42
 Chapter 4 The Reality of Prana and Thai Massage	 44
The Elements of Life to Man	45
The Life Force Within	45
Pulling the Life Force from the Cosmic	46
Massage Brings <i>Prana</i> to the Recipient	46
How Does Thai Massage Affect <i>Prana</i> ?	47
The Outcomes of Thai Massage for Healing with <i>Prana</i>	47
 Chapter 5 The Elements of Life and Ancient Thai Anatomy Theory	 48
The Basic Healing Theories in Thai Massage	49
Ancient Anatomy Theory According to Thai Traditional Massage	49
The Four Elements of Life: <i>Earth, Water, Fire, and Air</i>	49
Indication of “Tard Chao Ruan” to a Person	52
Geography Versus Tard Chao Ruan	53
Suitable Food to Tard Chao Ruan	53
Sickness Caused by a Deficiency of Elements	54
Healing Tard Chao Ruan	55

Chapter 6 Energy Blockage Relief: Free Flow of Prana	57
The Life Force Within	58
Free Flow of <i>Prana</i> Essential for Healing.....	58
What are Blockages?.....	59
What Causes Blockages?.....	59
Signs of Blockages.....	60
Tom Tam Healing System.....	60
Huatuojiagi Techniques.....	61
How to Detect Blockages?.....	61
Removing Blockages.....	64
Using Thai Massage to Remove Blockages.....	64
More Techniques in Removing Blockages.....	65
Rules to Follow When Performing Massage to Remove Blockages.....	66
When Not to Remove the Blockages.....	66
Side Effect in Blockage Relief.....	66
When to Start Massage Again and How?.....	67
How Often to Remove Blockages?	67
Reminder on the Issue of Blockages.....	67
 Chapter 7 Getting to Know Thailand.....	 70
The Background of this Unique Country and Her People.....	71
Migration Mapping of the Ancient Tai.....	72
The Long Road to Thailand Today.....	73
Sukhothai Era King Ramkhamhaeng and Thai Script	73
Ayutthaya Era King Narai the Great	75
War with Burma: The Lost of the Glorious Capital	75
King Taksin the Great, The Victory of Siam.....	76
Chakri Dynasty, Thailand the Present Day	76
 Chapter 8 History of an Ancient Healing Art	 79
The Origin, Background and Development of Thai Massage and Thai Traditional Medicine	80
Doctor Jivaka Kumar Bhaccha.....	81
Evidence in the History.....	82
Thai and Chinese Massages	83
Thai Massage and Indian Vedic Teachings.....	84
Indian Massage and Sen Sib.....	85
Yogi Exercise.....	86
Thai Massage and Thai Traditional Medicine Through the Ages.....	88
Ayutthaya Era.....	88
Thonburi Era.....	89
Chakri Dynasty.....	89
The Development of Thai Massage and Thai Traditional Medicine.....	89

Watpho	89
Wat Ratchaorot.....	90
King Nangklao Father of Thai Traditional Medicine	91
Ancient Thai Massage Text Tablets.....	92
Yogi Exercise.....	92
King Chulalongkorn: Impact on Thai Traditional Medicine	93
The First Revival of the Royal Medicinal Texts	94
Prince Dumrong Rachanupap: His Role in Health Care	95
Phraya Pitsanu Prasartved: <i>Tumra Paetsart Songkrau</i>	95
King Vajiravudh.....	96
Prince Chumbhon Kedudomsak.....	96
King Bhumibol Adulyadej: Health Care in the Present Time	97
Professor Huesca Singh Gate: Ayurvedic College.....	98
Dr. Pennapa Subchareon: A Physician with Firm Belief in Thai Traditional Medicine	98
The Modern Era	99
Thai Massage Revival Project: The Creation and Outcome of the Project.....	99
Objectives of the Project	99
Guidelines for Setting Standards in the Foundation of Thai Massage.....	100
The Outcome of the Thai Massage Revival Project Research.....	100
Scientific Study on Therapeutic Thai Massage.....	102
Laws and Standards in Thai Massage.....	104
Accreditation of the Thai Massage School.....	105
Advisors and Teachers in the Thai Massage Revival Project	106
Organizations in the Thai Massage Revival Project	107
Chapter 9 Thai Traditional Medicine & Types of Thai Massage.....	108
Thai Traditional Medicine and Thai Massage in the Modern Era.....	109
The Return of Natural Healing Based on National Regulations.....	109
National Institute of Thai Traditional Medicine	110
Thai Traditional Medicine—The Ancient Art of Healing.....	110
Ancient Training.....	111
Modern Training of the Ancient Healing.....	112
Standard Alternative Health Care.....	112
The Thai “Bone” Doctor and Ancient Beliefs	114
Therapeutic Thai Massage: The Healing Touch.....	115
Types of Thai Massage—the True Meaning	116
Royal Thai Massage and the Public Health Department.....	116
Characteristics of Royal Thai Massage.....	116
Folk Thai Massage and the World.....	117
Characteristics of Folk Thai Massage	118
The Thai Massage Revival Project and What Type of Massage to Use?	119

Chapter 10 The Holistic Benefits of Thai Massage	121
Thai Massage Benefits to the Community	122
The Benefits of Thai Massage to Health Care	122
The Benefits of Thai Massage for Prevention of Illness	124
The Benefits of Thai Massage for Rehabilitation: For Stroke Elderly and Disabled Patients	124
For Physically and Mentally Challenged Children	126
The Status of Blind Persons in Thailand.....	128
Thai Massage and the Blind Practitioner.....	128
The Holistic Benefits of Thai Massage on Body, Mind and Spirit	128
Healing Benefits in Thai Massage—the Research Studies.....	130
Luesri Dadton—Yogi Exercise – Benefits and the Research	131
 Chapter 11 Thai Local Wisdom Healing.....	134
Yu Fai; Yam Khang; Tok Sen; Herbal Ball; Herbal Spa.....	135
The Lanna Thai Local Wisdom Healing Revival Project.....	135
Postnatal Care for New Mother or ‘Yu Fai’ in Thai.....	136
Thai Massage and Herbal Ball Application for Postpartum Care	137
Postpartum Care Applied Thai Local Wisdom Abdominal Salt Pot Compress	137
The Ingredients and the Preparation of the Salt Pot.....	138
Treatment and Application.....	138
Nang Tharn—Heated Seat Therapy, the Original Thai Local Wisdom for Postpartum Treatment.....	139
The Benefits and Application.....	140
Herbal Sauna to Enhance the Return of the Uterus to Normal Size.....	140
The Holistic Healing of Thai Local Wisdom in Postpartum Care.....	142
Yam Khang—Foot on Fire Massage, Thai Local Wisdom	143
The Origin and the Whereabouts of Yam Khang.....	143
The Healing Approach.....	144
The Benefit from the Treatment.....	144
The Tools and the Technique.....	144
Different Version of Yam Khang	145
Tok Sen: the Massage with Vibration and Sound Therapy.....	145
The Healing Approach.....	146
The Benefit from the Treatment.....	146
The Techniques.....	146
Thai Massage and Herbal Ball Application—the Great Pair.....	147
Benefits of Herbal Ball Application to Thai Massage	147
 Chapter 12 Prayer: It’s Meaning and Ethics in Thai Massage	150
Prayer in Thai Massage.....	151
Regulations and Ethics of Thai Massage Practitioners.....	153
Professional Ethics in Thai Massage	153

Foreword

Prawase Wasi, M.D., Ph.D.

Thai massage is to promote good health. Health is not only a matter of absence of diseases, but it means total wellbeing, physically, mentally, socially and spiritually.

When you feel well, it is because your being is well balanced. Ill feeling of any kind occurs from loss of balance, be it of any dimension. Thai massage promotes and restores balance of your system, body and mind as well as social and spiritual. Massaging releases muscles from their mounted tension which causes pain and discomfort, leading to relaxation, feeling of happiness and even bliss. Researches have shown lowering of blood pressure and tranquility associated with massaging. And no wonder why people fall asleep while being massaged.

There is a social dimension during massage. Compassion and goodwill of the care givers, as well as the politeness and the respectful touching, uplift the spirit of the people being cared for. It enhances faith in goodness. In reality every human being has a seed of goodness buried deep in the heart. Prevailing materialism in the world masks the seed from growing. Massaging with compassion and goodwill will set the seed free to grow into goodness trees that cool the world.

The massage which may seem to be a small business, can bring vast result. It does not heal only body and mind, but it also brings spiritual development. And spiritual development is limitless.

“Ancient Thai Massage Healing with Life Force” by Jan Chaithavuthi & Kanchanoo Muangsiri is beautifully written and illustrated with compassion and goodwill. It illustrates all the points I mentioned above. I wholeheartedly recommend this book to all who seek health and goodness.

May all of you be blessed for the best of being humane human. May the spirit of compassion and love heal the world.

Prawase Wasi, M.D., Ph.D.

Professor of Medicine Emeritus
24 October 2011

Professor Prawase Wasi, M.D., Ph.D.

Professors Prawase Wasi received numeral national and international awards. He is not only awarded a National Outstanding Person and National Outstanding Researcher awards of Thailand, but also honored by Thais to be the Noble Man of the country. Thai people know him as a kind, honest and intellectual citizen that when he speaks, people listen, what he writes, people read and follow.

He founded numbers of foundations and organizations

to improve lives and wellbeing of mankind and to lead the country to the right direction. His involvement in alternative and Thai Traditional Medicine set up momentum from Folk Doctor Foundation to National Health Foundation, and the most impact to Thai Massage is his work as a chairman of the historical Thai Massage Revival Project in 1985.

Professor Wasi continues to be active in writing and working toward the goodness of the country and humanity.

Foreword

Sudhee Sudasna, M.D.

*T*his is probably the most complete and educative English language textbook of “Thai Massage” ever published. Besides, it has been written by native Thai experts who have had many long years of practice, teaching and research experiences in this field.

In this book, the history of Thai Traditional Medicine and Thai Massage are thoroughly reviewed, dating back from their origins in Buddhist era until the present time.

The philosophy and basic theory of Thai massage, especially “Sen Sib” are clearly and attractively presented.

As a surgeon in practice of Orthopedics and Physical therapy for 40 years, the parts of the content that most interest me are the correlation of the usage of Thai massage to body systems of modern medicine, and the emphasis on contraindications and cautions in applying Thai massage. These are rationale that Thai massage can be practised as a supplement in many orthopedic conditions with effectiveness and safety. Moreover, from experiences of many physical therapists and my own, it can be confirmed that, in appropriate disease-conditions, the combination of physical therapy and Thai massage give excellent clinical results.

Last but not least, the last chapter of the book is on the practice of Thai massage, with plenty of beautiful, precise and well-demonstrated illustrations.

Overall, this book is of great value to all who are interested in Thai massage, especially students, physical therapists and massage practitioners. It is also worth to have in the library for the sake of preserving and making available as a resource for study.

“Massage is a healing practice, not just for pleasure and relaxation”

Sudhee Sudasna, M.D.

Orthopedic consultant
22 October, 2011

Associate Professor Sudhee Sudasna, M.D.

Dr. Sudhee Sudasna is well-respected in the orthopedic field of Thailand. He received a medical degree with honor from Chiang Mai University in 1966. His Orthopedic Residency was in Albany Medical Center and Shriners Hospital for Crippled Children, USA. He holds a Diploma from the American Board of Orthopedic Surgery.

Dr. Sudasna was a prominent and dedicated associate

professor (Orthopedic Surgery and Anatomy) at the Department of Orthopedic Surgery, Faculty of Medicine, Chiang Mai University for nearly 30 years. He was the first to start hip & knee replacement in northern Thailand, and the first to start microvascular & replantation surgery in Thailand.

Associate Professor Sudasna is an orthopedic consultant at Chiang Mai Ram Hospital and is also a lecturer.

Chapter 1

Sen Sib: Prana in Thai Massage

The Sen Sib Manuscript

King Rama III ordered that details of the theory and practice of Thai massage be inscribed on sixty marble tablets. The inscriptions were in the form of human drawings showing the flow of the life energy, known in Thai as Sen Sib, or the ten channels. They also showed the pressure points vital to combating physical ailments.

The doll-like inscriptions are shown in front and reverse postures, side-by-side with text in verse, explaining the energy lines and pressure points. The sixty marble tablets still remain

until today and can be seen along the eaves of the roof at the monastic building named *Sala Lai* in the grounds of Wat Pho.

More permanent text was inscribed on the marble tablets for Thai traditional medicinal prescriptions and placed alongside other buildings in the grounds of Wat Pho. Additionally, similar inscriptions were also made and kept at another temple called Wat Ratchaorot. The tablets gave instructions on how to use Thai traditional medicine to identify the causes of and give treatments for physical ailments.



Sala Lai, Wat Pho, Bangkok



Mural Tablets at Sala Lai

Sen Sib Ten Channels

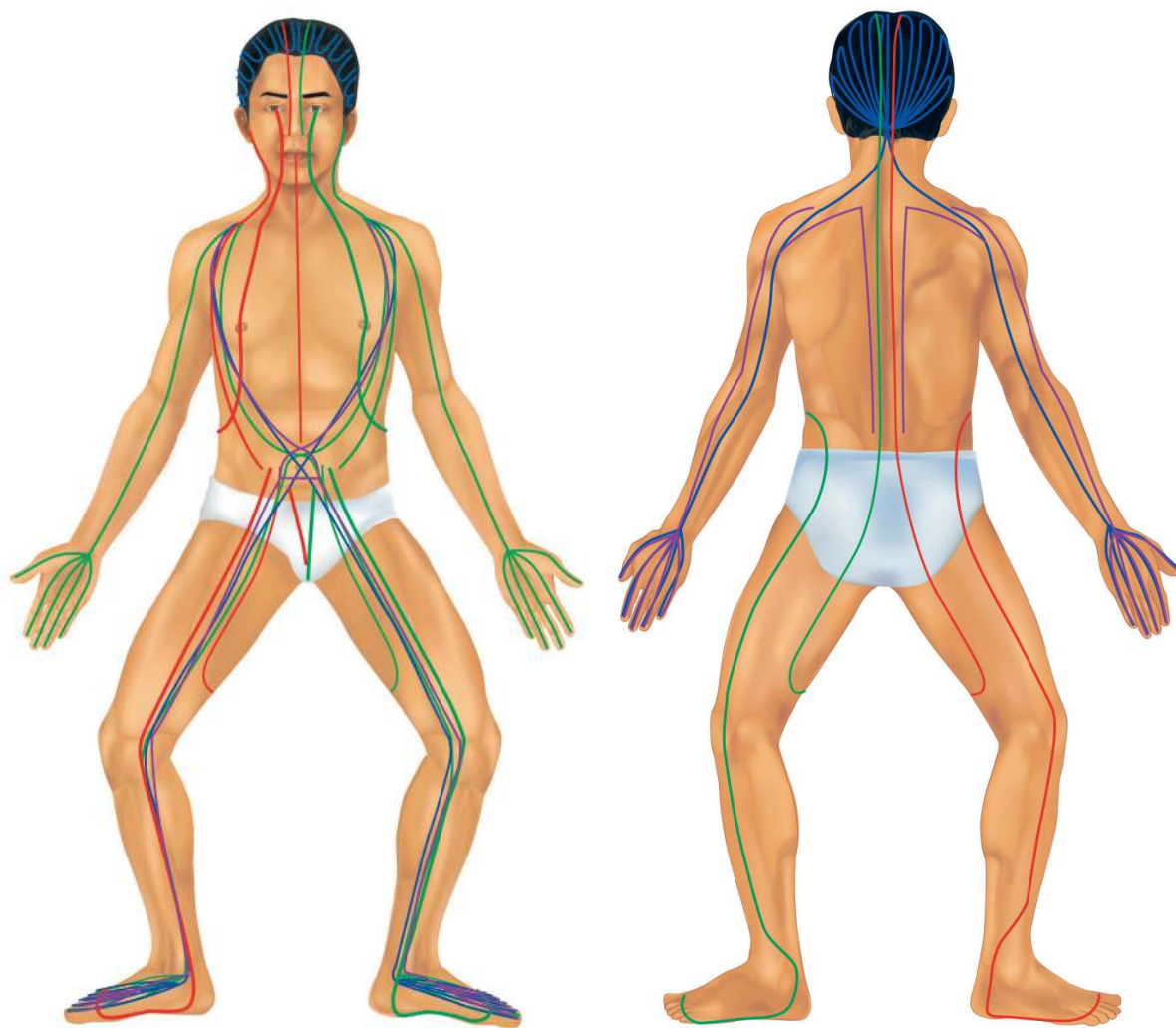


Table 2-1. Sen Sib; Winds; Symptoms Related to Sen Sib ⁸

No:	Names from all 3 sources	Names of Wind and (accompanying Wind)	Symptoms Related to Sen Sib Effect from one or more Lom
1	Ida	1. Lom Janthagala (Lom Pagang) (Lom Sannibat) 2. Lom Phahi (Lom Phahitawad) 3. Lom Sattawat	- Severe headache, dizziness, night blindness, eye ache, fever, seizure-twitched mouth, nerve-sensation on face, spinal pain: due to burning fire inside the body mixed with bile – often happen in the evening, may die if last 7 days. - Lethargic, unconscious similar to Keelback snake bite. - Hands-feet trembling: due to excessive sweet food intake or eating 4-5 times/day.
2	Pingala	1. Lom Suriyagala (Lom Sunthagala) (Lom Pagang) (Lom Sannibat) 2. Lom Phahi 3. Lom Rattanawad	- Red flush face, severe headache from morning to noon, eye ache, teary, seizure-twitched mouth, stuffy nose, runny nose, sneeze – often happen on Thursday. - Unconscious similar to Blue Krait snake bite. - Ache and tired over the body, burning in the stomach, urged to eat raw food: due to eating same type of food.
3	Summana Sushumna	1. Lom Chiwasadom 2. Lom Darntakhun (Lom Maha Assadom) 3. Lom Thagron 4. Lom Batjit	- Frozen tongue and jaw, lethargic, slurred speech, unable to speak. - Chest tighten, chest pain – often happen on Sunday. - Restlessness. - Confused, slurred speech, forgetful, violent, shivering, chest tighten, vomit without content, difficulty eating, want to vomit when smell food.
4	Ganlataree Gandhari	1. Lom Ganlataree 2. Lom Niyom Hassarangsi 3. Lom Hadsarangsi (Lom Sannibat)	- Entire body's numbness, shivering cold: due to eat wrong type of food such as Thai noodle, sticky rice, nuts – often happen on Sunday, Monday. - First occurrence may become unconscious.
5	Hadsarangsi Sahadsarangsi Hadsaluedee	Lom Akniwattakhun (Lom Jakkuniwat)	Eye socket pain, dizziness, unable to open eyelids: due to eat too much sweet-fattening diet- often happen on Friday.

Chapter 3

Prana : The Life Force Chakras : The Center of Life Current

Life Force or Life Energy or *Prana*, in Sanskrit, *Lom Pran* in Thai, *Chi* in Chinese, and *Qi* in Japanese

The ancient teachers believed that *Prana*, or the life force, had a vital effect on the body and mind. The Vedas, the sacred scriptures of ancient India, have served as the fundamental wisdom of life and creation record for all mankind. Indian rishis have long taught the meaning of life force, or *Prana*. For example, Paramahansa Yogananda wrote in his sacred book “*The Second Coming of Christ: The Resurrection of the Christ Within You: A revelatory commentary on the original teachings of Jesus*” (Self-Realization Fellowship, 2004, page 1589):

“Sparks of intelligence finer-than-atomic energy that constitute life... In essence, condensed thoughts of God; substance of the astral world... and life principle of the physical cosmos. In the physical world, there are two kinds of *Prana*: (1) the cosmic vibratory energy that is omnipresent in the universe, structuring and sustaining all things; (2) the specific *Prana* or energy that pervades and sustains each human body through five currents or functions... the five functions are crystallization, circulation, assimilation, metabolism, and elimination.”¹³

Prana – Life Force, the Vital Force of the Body

Wherever *Prana* is, there is life. *Prana* – life force has certain centers in the body. It lives in the heart and in the spinal centers. The highest center is between the eyes. The flow of *Prana* in corresponding with the flow of Cosmic Energy or the vital force of the body is downward along the spine.¹⁴

Life force supplies energy directly to the brain. The energy, cosmic energy, emanates from outside the body and enters the brain via the medulla oblongata—the lower portion of the brain stem—and keeps the body cells charged with life. The body requires food, oxygen and water but we can survive only when these substances are filled with the life force that is actively present in the body. Life force is the intelligence power that enables it to convert food matter into different forms of bodily tissues and others. It converts these foods, oxygen and sunshine into living energy. The life energy that transforms food into energy is the real sustainer of life. When man’s body, mind and soul energy are low, they can only be recharged by cosmic energy.¹⁵



Chapter 4

The Reality of Prana and Thai Massage

The Elements of Life to Man

The human body is composed of life elements. Ancient Vedic scriptures mentioned five elements while Buddhist scriptures mentioned four elements with the exclusion of the ether.

Vedic teachings stated that the five fingers on the hand also represent the five vibratory elements of the “Cosmic Intelligent Vibration” that maintain the structure of creation. In detail, the thumb represents the *earth* element—the grossest vibratory element. It is the thickest of all. The index finger represents the *water* element. The middle finger represents the *fire* element, which is why it is the longest. The ring finger represents the *air* element and the little finger represents the *ether* element, which is very fine.²⁵



Fingers representation of the five elements

The Live Force Within

Energy comes from two sources; one directly from the cosmic ether while the other is derived in directly from food and oxygen. Both are concentrated in the center of the brain and flow into the entire body through the six subtle centers in the spine (Chakras). Thus the centers in the brain and the spine send energy through the nerves to all the vital and sensory and motor parts of the body. So, each part of the body such as the heart, eyes, nose, mouth, navel, hands, and feet can emanate current.

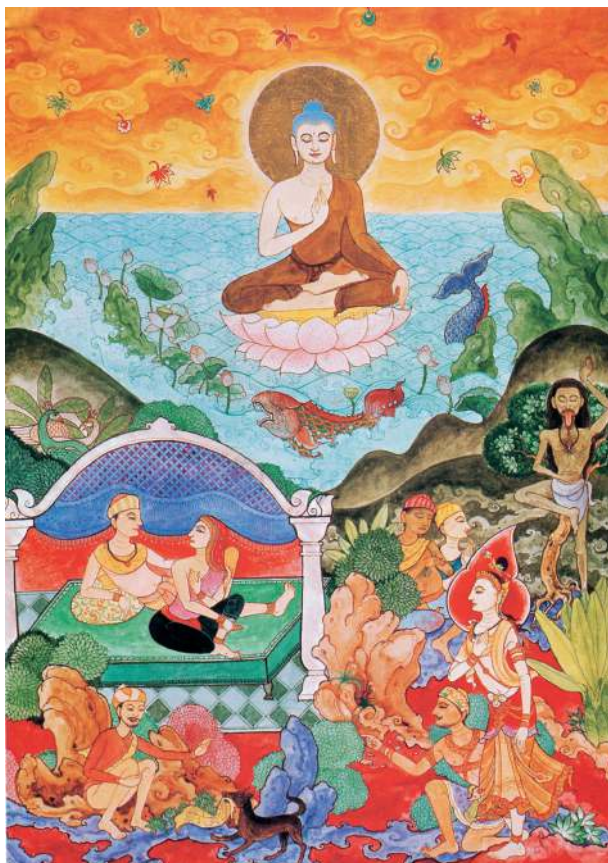


Chakras along the spine



massage improves circulation and helps maintain the right temperature for the body thus benefiting the fire element.

A balanced union of all four fundamental elements of life is the key to maintaining good health. An imbalance of one or the others may cause illness. *Earth* needs *water* to keep moist; *air* is to maintain its shape and support movement; and *fire* is to generate heat to keep it from degenerating. *Water* flows within the *earth* and relies on *air* for circulation. *Air* clings to *water* and *earth* for its movement. *Fire* radiates energy to keep all elements in a healthy state. All four elements must be in harmony and in balance to assure wellness. Any blockage of Sen Sib may be due to a lack of balance between these elements of life.



A painting depicting the Lord Buddha's teaching on cycle of life³³

Indication of “Tard Chao Ruan” to a Person

Each person has one's own dominant element according to date of birth, called Tard Chao Ruan. Tard Chao Ruan has an important role to play in one's health.



A Painting of Tard Chao Ruan Diagnosis Chart base on the elements of life³³

The dominant element expresses its characteristics to different figures of a person's owner as follows:

Earth element person: a person with this dominant has a large figure, a darker complexion, is hairy, has a loud and clear voice, strong joints and big bones, a big body and healthy organs, is thorough, friendly and kind and loving peace.³⁴

Water element person: a person with this dominant has a healthy figure and organs, proportionate body shape, good and firm complexion, watery sparkling eyes (in Thai = sweet eyes), a firm walking gesture, black shining hair, eats slowly, does activity slowly, can

Blockages occur when the body's communication system in the brain, nerves and organs are impaired. The basic theory of the Tom Tam healing system is similar to the teaching of Paramahansa Yogananda in that the brain is the power-battery house that supplies the energy with its various names: life force, bioelectricity, *Chi*, *Prana*, or *Lom Pran* through nerve fibers. The energy or bio-signal flows from the brain downward through the spinal cord and spreads throughout the body through the spinal nerves.^{36,37}

The life force then flows from the top to the lower part of the body. Tom Tam compares the brain to the central computer system and that all energy is conducted from the brain. When there is a blockage along this path, the energy will have difficulty passing through a nerve or an energy pathway.

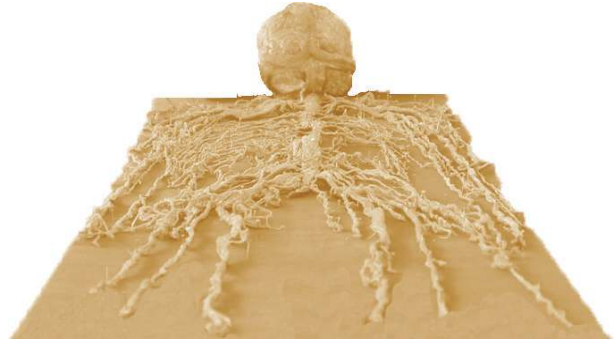
The main teaching of the Sen Sib theory in Thai massage is also to enable the life force to flow freely throughout the body along the Sen Sib pathways. The ancient Thai teachers explained that the blockage theory was similar to the ten Ayurvedic Channels and that illnesses were caused by blockages when the *air* element was unable to flow freely along the energy pathways.

Though the channels and the symptoms may not be the same, the theory of blockages is very similar in both teachings. However, they do not emphasize the flow from the top downward.

What are Blockages?

A blockage area can be found along the spinal column, which is the most common blockage area. Areas of blockages are the head, neck and back muscles along spinal column. To picture the blockage areas think of the brain and the spinal

cord that covers the head, neck and the center of the back.^{36, 37}



Brain, spinal cord and 31 pairs of spinal nerves

Most people are not aware of the condition of their neck and back until some physical illnesses occur such as a cancer, a brain tumor, heart disease, high blood pressure etc. Then, through examination by a massage practitioner who has knowledge of blockages release, a lump, a knot, a spinal problem or pain and sensitivity to touch in the blockages area may be identified.

What Causes Blockages?

There are many things that can obstruct *Prana's* pathways. It can be from our own doing such as poor posture in daily activities. It is very important to sit and stand with the back straight to enhance the flow of *Prana* in the spine and prevent the vertebrae from misalignment in the long term. Neck and spine curvature may also result from muscle tension along the spine and push the spine out of shape. Stress and tension can create knots in the muscles along the neck, shoulders and back and press on the nerve's roots impeding the flow of the life force to the body cells and organs causing malfunction.^{36, 37}

Here are the example X-ray of the reversed cervical curvature due to muscle spasm or contraction and compare to the nearly normal cervical curvature X-ray film.

Chapter 7

Getting to Know Thailand

A Brief History of Thailand

The Background of this Unique Country and Her People

The origin of the Thai race has long been a subject of controversy for both Thai and foreign historians alike. Wide-ranging research covering many disciplines including history, linguistics, biology, anthropology, as well as archeology, has been conducted on this complicated issue.

In the early days, researchers proposed that Tai-speaking peoples inhabited vast areas covering the southern part of China, especially Guangdong and Guangxi Provinces, as well as the southern part of Yunnan Province (Sipsong Panna and Turhong). Several Tai ethnic groups have also been identified in northern Vietnam, Laos, the Shan State of Burma, and Assam. They all live in clans and continue to lead their traditional way of life. While some of the Tai ethnic groups specialize in highland agriculture, others thrive on rice growing in the river-valley basins.⁴²

Historians and histo-linguists now tend to believe that the Tai race most probably originated in Guangxi Province in the People's

Republic of China, and that they are ancestors of the Thais in Thailand, the Shan in Burma, and the Lao in Laos. The migration of the Proto-Tai-speaking people from their homeland in Guangxi took place around 250 B.C. and diverged into two separate branches. The larger of the two groups, the Proto South-Central Tai (PSCT) speakers migrated to Bathuk (now in North Vietnam) around 800 A.D. era. Under Vietnamese pressure, they moved in a southwest direction to Sipsong Chuthai between 900 and 1000. The second, smaller group migrated from Bathuk to the juncture between northern Thailand, Laos and Burma, and subsequently into Assam. One branch of the larger group in Sipsong Chuthai continued their migration into Laos and settled in Luang Prabang while the other followed the Ou River into the Nan and Yom river basins in Thailand. All these migrations continued in a gradual process. The Tai settlers in the Yom river basin were to give rise to the flourishing Sukhothai Kingdom and culture. It was King Ramkhamhaeng of Sukhothai who ushered in a period of territorial expansion, and invented the Siamese script in A.D. 1283.⁴²



Chapter 8

History of an Ancient Healing Art

The Origin, Background and Development of Thai Massage and Thai Traditional Medicine

The Origin

The origin of Thai massage is interwoven with the history of the Thai people and the development of their unique culture and traditional values. Historical evidence in the form of court archives and official records dating back to the Ayutthaya period documents the existence of departments of Thai massage organized to serve the royal family in the palace. However, this does not mean the practice of Thai massage began during the Ayutthaya period.³⁵

To begin a discussion of Thai massage it is necessary to take a look at the overall concept of Thai traditional medicine as well as the relationship between medicine and Buddhism.

Thai traditional medicine is composed of four branches:³

1. Thai traditional medicinal healing
2. Midwifery
3. Orthopedic medicine
4. Thai traditional massage

Thai traditional medicine and how the different branches were utilized by the Thai people can be traced throughout the history of Thailand. The Thai way of life and methods of healing are entwined with Buddhism and the sense of spirituality, as well as individual wellbeing.

The majority of Thais follow Theravada Buddhism. The appearance of Buddhism in the region which eventually became known as Thailand predates the arrival of the Thais. Merchant routes crisscrossed the region and became paths for the dissemination of religious teachings by Indian and Chinese traders. Another channel for the introduction of religious teachings to the Thais was the journeys of Thai scholars directly to Sri Lanka and India in quest of knowledge.



Monks praying at a temple

Thai Health Promotion Foundation (THPF). THPF is fully supported by the tax funding to raise awareness of the public on health issues. Their tool is providing education to the people and Thai massage is included as benefit to health.

The Health and Development Foundation's task is gathering knowledge and data from practitioners, teachers, specialists, educators, local wisdom folks and put them in to text books and apply them to training throughout the country. They are the strong platform for Thai massage to shine and express the true image of a noble healing.



Samples of research and books by Health and Development Foundation (HDF)

Laws and Standards in Thai Massage

Regulations for Practicing Thai Massage

In previous years the Thai government has issued several laws to ensure safety for the public in health care services. These have been updated to keep abreast of changes in society, the nation and the global situation. The most recent law is the Ministerial Regulation to include Thai massage as a branch of Thai traditional medicine, Ministry of Public Health B.E. 2544, issued on 1 February 2001 and must follow

the same standards of practice.⁵⁵

The government set out a decisive plan to promote the development of the health care industry in response to local and international demands to ensure a high standard of quality service. The initiative covers health care, health and beauty services, and the development of health care products including the use of herbs in Thai traditional medicine and Thai massage.

The Ministry of Public Health, in response to the government's policy, set out to standardize the spa, massage and beauty industry providers and massage practitioners. This initiative was launched in 2004.

*The Standards to Practice Thai Massage Consist of:*⁵⁶

1. Qualification of business establishment.
2. Qualifications of business provider.
3. Qualifications of service provider (massage practitioner).
4. Quality of service provided.
5. Quality of safety in service provided.

The business establishment must have undergone inspection and met strict requirements. The service provider must obtain a professional permit from the Ministry of Public Health to perform service in the approved business place. To obtain a permit, the service provider must meet one of the two requirements. To have at least one year massage experience and pass the written and practical examination set by the Public Health Department Committee; or complete training at an authorized Thai massage school in accordance with the curriculum approved by the Public Health Department.

Chapter 9

Thai Traditional Medicine & Types of Thai Massage

Thai Traditional Medicine and Thai Massage in the Modern Era

The Return of Natural Healing Based on National Regulations

In 1977, the World Health Organization (WHO) sponsored an international conference on indigenous medicine. The following year, WHO urged its member nations to utilize the benefits from native medicinal plants in their primary health care systems. Since then, the Thai government has supported Thai traditional medicine as part of national policy. This alternative healing choice, along with Thai massage, would later gain much more credibility in the eyes of the Thai public.

However, the modernization of the health care system created a demise and stagnation in the field of Thai traditional medicine. Laws and regulations setting standards of care and safety for the public were necessary to control health care services being provided in non-formal settings such as temples and local communities. To help Thai traditional medicine, particularly Thai massage, gain greater acceptance in modern society, improved standards and safety practices were implemented along with an increase in training and education required for practitioners in formal settings.

Since July 2004, the Thai law requires licen-

ses to practice Thai massage for health. The Thai Public Health Department has undertaken a major revamping of regulations in order to certify Thai massage curriculum for government-approved Thai massage schools to conduct training for massage therapists to acquire licenses. The law now requires all practitioners of Thai massage to obtain proper training from approved schools; or attend intensive training and pass a written and practical examination on Thai massage techniques.⁵⁵ (See more details of law and license requirements in “Thai Massage Revival Project: The Law and Standards for Thai Massage”, chapter 8.)

Nevertheless, several techniques of Thai massage are currently being practiced. The variations in techniques may be attributed to the differences and vagueness which occurred during knowledge transfer by oral tradition from one person to another. The teachings may vary according to the unique methods, preferences, and interpretation of a particular teacher. However, the basic tenet of the flow of life force or *Prana* is common to all schools. (See chapters 1 to 5.)

Chapter 10

The Holistic Benefits of Thai Massage

The Holistic Benefits of Thai Massage

The physical body, which is relaxed and calm, can enjoy peace and wellbeing. This can be achieved in two ways, firstly, by means of meditation and relaxation techniques, and secondly through massage. This book is a study of Thai massage, therefore, it emphasizes on giving and receiving Thai massage accurately and in accordance with the natural laws of the human anatomy and *Prana*.

Thai Massage Benefits to the Community

Thai culture is rooted in family's closeness. Thais practice massage in their homes and use it with family members as part of their living. Massage improves bonding within the family. It has long been a tradition that children massage the elders, and the elders help one another when there is a need to soothe and relieve aches and pains. Human touching increases the sense of love and caring between giver and receiver. This is an alternative method for showing love to one another as Thais are neither used to, nor are comfortable with direct expressions of love and affection by overt touching.



People learned to massage each other at a local health center

An exchange of massage as a gesture of love and compassion brings harmony to the family. The circle of wellness spread from family to neighbors, to community and embraces all.

The Benefits of Thai Massage to Health Care

Thai massage helps the recipient maintain health and wellness. It is an ancient tool used to combat common ailments, increase the effectiveness of body movement and benefit the physiological system. It also helps in longevity due to a strengthening of the body's immune systems and a balance of life energy.



The practitioner applies Tok Sen on the shoulder



Tok Sen on the back

Thai Massage and Herbal Ball Application—the Great Pair

Herbs remedy is the key ingredient in Thai traditional medicine. However, the use of it requires medicinal knowledge and the obtaining of the herbs which may be untimely to offer massage. Herbal ball is the answer and a quick fix for all concerned. The application of The herbs being used does not require Thai Traditional Medicine license and the availability is within reach unlike the herbs medicine applied orally.

Benefits of Herbal Ball Application to Thai Massage

It is a complementary treatment with Thai massage and Thai traditional medicine since the ancient era. The direct means are the heat and the compression that bring direct relief and indirect results. The treatment with herbal ball reduces chronic inflammation on muscle ligament and joints, improves spasticity, enhances elasticity on muscle, releases stiffness on muscle and joints, eliminates pain and stimulates circulation to boost healing.

The characteristics of the herbal ball that provide several benefits to healing stem from the herbs properties; the temperature of about 40-45°C and this type of heat can penetrate the skin about 1 centimeter from the surface.⁸⁷

Herbal ball application alone can yield impressive benefit to the recipients as shown in these studies:



Herbal ball ingredients



Herbal ball compress on the back



The altar for teacher salutation at a Thai massage school



Students of Thai massage attending the sacred teacher prayer ceremony



The altar for grand teacher prayer at Wat Nong Yanang
with large Bai Sri at both sides in the front

The most common prayers are to the following Great Ones:

1. Prayer to Lord Buddha
2. Prayer to the teachers
3. Prayer to Doctor Jivaka Kumar Bhaccha
4. Sincere respect to His Majesty King Piya Maharaj, another honorable name for King Rama V (meaning our beloved king). The prayer to the King as the Father of Thai Massage is presented herewith in this book.

*See Pali Prayer at the last 2 pages.
This is easily-located for the convenient of students
who wish to pray prior to giving massage.*

Chapter 13

Good Quality Thai Massage: Safe, Polite and Effective

“Life is really simple, but we insist on making it complicated.”

~ Confucius

*I*n former times in Thailand, a massage session was performed anywhere such as in the living room of a massage practitioner’s (Mor Nuad) home, on a veranda, on the lift—up bamboo seating in front of the house where neighbors pass by greeting each other, chickens are feeding their chicks, etc.



Thai massage given in front of an elderly Mor Nuad’s home in a North Eastern village



Therapeutic massage to a worker at a village’s massage clinic

Mor Nuad knew his/her neighbors, and their jobs which caused aches and pains. He/she even knew their dominant elements (Thard Jao Ruan) and suggested suitable foods in order to improve the ailments. They were neighbors and regular clients. The treatment was the non—formal model and involved less interviews than nowadays.

BENEFITS FROM THAI MASSAGE

In connection with the skeletal system, massage helps improve movement of bones, joints, ligaments, and connective tissues. It also promotes circulation and helps joints to function smoothly. Stimulation through stretching positions enhances proper skeletal alignment and flexibility.⁹⁵

Furthermore, massage helps build stronger bones, improve better body posture and movement in daily living similar to exercise. A massage can generate muscle relaxation around the neck, back and along the spine. Consequently it improves the shape of the spine.⁹⁶ Thai massage combined with application of Thai herb increased the healing effect to the degenerative knee and reduced the knee pain.⁹⁷

III: The Muscular System

Muscles are mostly connected to bones and they work together to allow movement in the body. This combination also refers to as the musculoskeletal system. Besides connecting to bones, muscles are also components of organs such as blood vessels, respiratory and digestive tracts.⁹²

There are three types of muscle tissue, each with its own distinct characteristics:^{41,92}

1. **Skeletal muscle** is voluntary with over 600 of them making up nearly half of our body weight. Most are attached and connected to bones and many of them are attached to the bones by tendons.
2. **Smooth muscle** is involuntary and situated mostly at the walls of internal organs and blood vessels. When smooth muscles contract they produce internal mobility of the organ. The contraction of smooth muscle is slow but may remain contracted for a long time.
3. **Cardiac muscle** is involuntary and situated only at the walls of the heart. The contraction of cardiac muscle is intermediate and the ability to remain contracted is the same.

MORE ON MUSCLE CONTRACTION

Skeletal muscles contain nerve and blood vessels. They can create a force but only in one direction. The skeletal muscles are under voluntary control and will contract when there is stimulation from neurons sending impulses to them. The muscle will relax when there is no more stimulation from the nerve impulses. When these muscles contract they also compress on capillaries which are the microscopic blood vessels inside muscular tissues that bring oxygen and nutrients to the blood circulation and remove waste products from the system. The muscle contraction affects lymph vessels as well, thus improves the flow and enhances the body's immune system. The contraction also produces heat which it releases from muscle metabolism.⁴¹

The autonomic nervous system has control over contraction of certain smooth muscle cells when it stimulates the contraction and relaxes with control from parasympathetic nervous system.

FUNCTION

The functions of muscles are:^{41, 93}

1. Create movement from one place to another.
2. Produce internal mobility by contraction of smooth muscle.
3. Muscle contractions produce and release heat to maintain body temperature.
4. Muscle contractions compress and stimulate movement of blood circulation and lymph flow.
5. Maintain body and joint stability in various positions.

Contraindications and Precaution Conditions

1. Injury or inflammation of muscles

Do not massage the area.

Reduce the discomfort by applying a cold compress to the injured area if it occurred within a period of less than 72 hours, or to the inflamed area if it is red and feels warm when touched. When the injury becomes chronic and shows no sign of trauma such as bruising or swelling, massage with caution or follow physician's instructions on where to massage.

2. Bone fracture or joint dislocation

Do not massage the area.

Perform first aid if possible on acute injury and refer to physician immediately. With permission from the attending physician, during healing process, massage with caution.

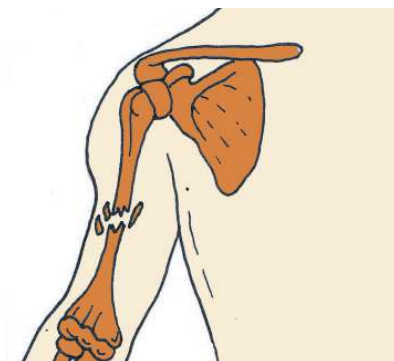


Figure 15-1. Bone fracture

3. Severe ache and pain

Do not massage / massage with caution.

The decision to massage depends upon the practitioner's evaluation of the cause of pain. Some useful guidelines are shown below:

If findings show that the pain is related to muscle and not nerves, massage with caution. If findings show that it is nerve related, massage is not advisable. To prevent further harm,

do not massage when the findings are unclear. Advise the recipient to seek medical help.

4. Fever from any causes

Do not massage.

Fever may cause body soreness as a result of muscle inflammation. Massage will exacerbate the inflammation. It may also spread infection if the fever is caused by bacteria. The practitioner may, however, gently massage on recipient's hands, face and head to relax and offer relief and support to the recipient.

5. Acute non severe illnesses i.e. cold, flu, sore throat, diarrhea etc.

Do not massage.

Respiratory conditions are contagious to the practitioner and those around the setting. The conditions are also contraindications to receiving massage because muscles may be sore; the recipient may have a fever and should preferably receive appropriate care and rest. In the case of diarrhea, massage will not help alleviate the symptoms but will result in more discomfort for recipient.

6. Headache

Massage with caution in non-severe conditions.

When a recipient exhibits severe headache do not massage because it may be caused by serious conditions and medical help should be sought.

Do not massage in the case of migraine headache.

It will aggravate the symptoms. The recipient should take his/her own medical prescription and rest in a quiet atmosphere. Massage can be administered before the onset of migraine to prevent it or afterward for relaxation.



Why does Massage Start from the Left Side?

The ancient teachers and yogis believe the left side is the weaker one. Thus, it should be given priority attention. However, if the right side needs priority attention due to pain, massage should commence on the right side.

Arranging the Recipient's Position

Proper positioning of the recipient for Thai massage will promote comfort during the session. Chapter 17 gives precise details about the recipient's and the giver's position. Chapter 13 explains how to provide good quality Thai massage using all factors concerned. Readers should keep this matter in mind and follow the example given in this book. Use common sense and compassion to keep the recipient comfortable and arrange proper alignment and positioning.



Support the recipient's body with bolster and pillows in prone position



Pillow adds comfort in seating position

Hands Movement Techniques and Application

Thumb Press

Thumb press to apply pressure directly to the muscle is often used for therapeutic purposes. If the pressure is accurate, the muscle will relax, otherwise, it will contract. When pressing, the rhythm should be smooth and not jerking. An experienced practitioner will be able to observe the recipient's reaction if the pressure is painful. One way to observe this is from the facial expression. Another is tensing up of part of the body due to pain or discomfort. When these reactions occur, the pressure must be reduced.

A receptive practitioner can sense tissue resistance and can feel and know how much pressure to apply. An experienced practitioner can adjust the pressure accordingly so that it is not so deep that it creates pain and damages the tissue. After holding for a slow count of 1-2-3 (called "Kab" in Thai), the pressure should be gradually released.



Thumb Press

Lesson Table of Contents

Chapter 1	Sitting and Hand Positions.....	213
Chapter 2	Head Massage.....	219
Chapter 3	Neck Massage.....	223
Chapter 4	Shoulder Massage.....	224
Chapter 5	Facial Massage.....	227
Chapter 6	Back Massage: The Key to Relieve Blockages.....	234
Chapter 7	Back Massage: Face Down Position.....	242
Chapter 8	Arm Massage.....	257
Chapter 9	Abdominal Massage.....	270
Chapter 10	Leg Massage.....	274
Chapter 11	Stretching Massage.....	297
Chapter 12	Closing Massage.....	312

NOTE

This part of the book covers the practical aspects and is intended for use under a teacher's supervision. The authors and the publisher of this book are not responsible (as a matter of product liability, negligence or otherwise) for any injury resulting from this book. Some activities described in this chapter may be too strenuous for some people. The reader should consult a physician prior to applying such techniques.

REMARK

For better understanding when following the sequences, chapter 17 used Figure on each photo consecutively and they are not coincide with Figures applied in chapters 1 to 16 for anatomical drawing.





Technique 2: Head Massage 5 Pressure Points

Figure 34 Sit half-kneeling. Supporting hand holds recipient's forehead gently, but firm.



Figure 36 Raise knee to support recipient's back. Thumb press with thumb pointing down. Support forehead more firmly.



Figure 35 **Diagram of Head 5 Pressure Points**

Point 1: At center on the border of the skull.

Point 2: An inch from Point 1 to the left side.

Point 3: An inch from Point 2.

Point 4: An inch from Point 1 to the right side.

Point 5: An inch from Point 4.

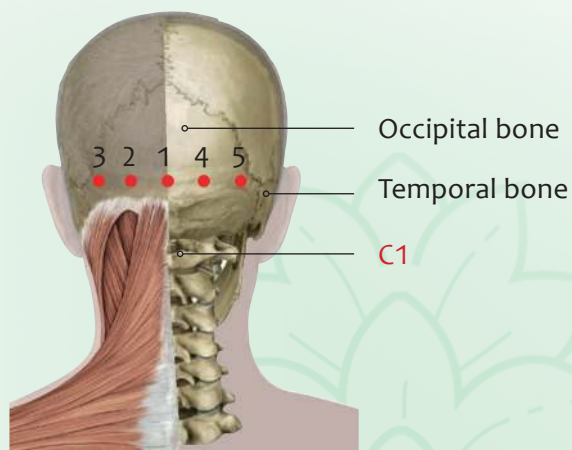


Figure 37 **On the Actual Body**



Sen Sib 1, 2, 4 (Rama II)



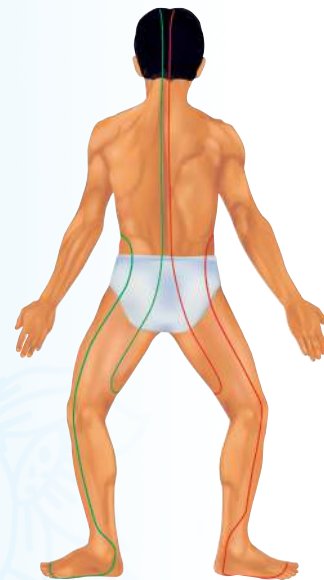
Hip Massage

Figure 95 Change to sit up position. Use lower arm to elbow press. Follow gently with elbow circle on the entire hip while supporting hand rests on recipient's shoulder.



Figure 96 **Hip Massage Variation**

For a thin recipient or a person with sensitive hip muscle, use arm press. Follow with arm circle, then arm roll gently on the entire hip.



Sen Sib 1,2,5,6

Thigh Stretch

Figure 97 Change to sit half – kneeling.
Fold recipient's leg.



Figure 98 Upper hand grasps the foot while lower hand holds the knee.



Figure 99 Use lower palm press on top of the foot (not the toes). Move back from recipient's knee to gain balance. Lifting knee off the floor a little and bring to the side. Watch for recipient's tolerance and flexibility. Hold for 5 seconds.



STRETCHING EFFECT

1. Quadricep femoris (front thigh)
2. Sartorius
3. Adductor longus
4. Gracilis
5. Tibialis anterior
6. Extensor digitorum longus



Figure 138 Knees lock on thigh joining the buttocks. Grasp recipient's both arms and lock hands. Gently turn recipient's arms to rotate the shoulders in proper alignment.

**STRETCHING EFFECT**

1. Rectus abdominis
2. Biceps brachii
3. Deltoid
4. Pectoralis major
5. External oblique abdominal

CAUTION

DO NOT PERFORM ON A PERSON WITH SPINAL CONDITION!

Figure 139 Ask recipient to inhale. Lean back and pull recipient's arms while exhaling. Perform slowly and gently. Observe recipient's flexibility and how far back giver can lean while pulling. Hold for 5 seconds. Next, lower recipient down slowly.



Figure 219 **Line 2 Inside Upper Leg**
Sit down sideways.



Figure 220 **Diagram of Line 2**
Inside Upper Leg

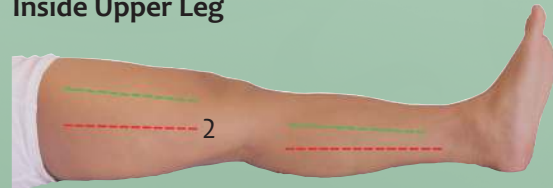
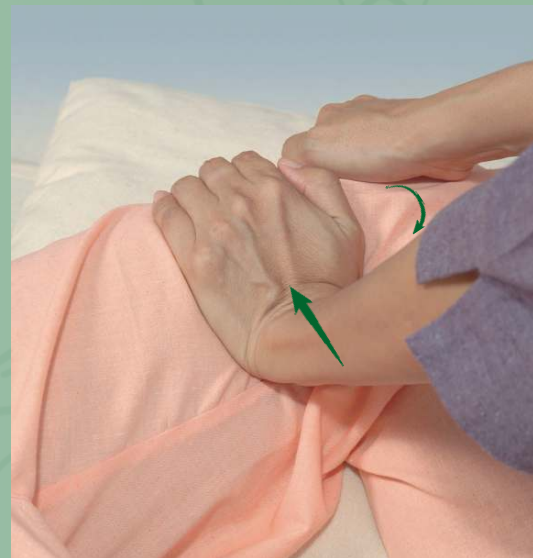


Figure 221 Inside hand lower palm press
sideway by pushing while supporting hand
pulls recipient's knee inward slightly.
(Push & Pull)





Position 2: Folded Leg to Number “4”

Figure 271 Stand behind recipient's legs while holding ankles. Use right knee to push recipient's left leg at the knee crease to fold over the straight leg. Move to the side. Keep recipient's right leg straight and rest in the upper arm (not on the shoulder). Place one hand on recipient's knee and the other hand on the dorsal of the foot to keep the leg folded and to balance the giver.



Figure 272 Knee press on Line 3 inside upper leg (mid thigh). Giver lifts the foot off the floor to increase pressure. Start below the knee to near the buttock.

STRETCHING EFFECT

1. Quadriceps femoris
2. Gracilis
3. Hamstring group
4. Gluteus maximus



Figure 291 Ask recipient to inhale. Bring recipient's head down gently while ask recipient to exhales. Lower the knee to rest on recipient's right lap at the same time.



Figure 292 Location of knee locked on thigh. Apply enough pressure only to stabilize the knee.



STRETCHING EFFECT

1. External oblique abdominal
2. Serratus anterior
3. Trapezius
4. Gluteus maximus
5. Cervical vertebrae
6. Thoracic vertebrae
7. Lumbar vertebrae
8. Pectineus
9. Latissimus dorsi
10. Quadratus lumborum

NOTE

Keep recipient in the same arm position. Giver raises the left knee in half-kneeling position and performs the same techniques from Figures 289–293 for the right side.

Figure 293 Keep arms straight, slowly swing recipient to the left side and return gently. Observe recipient's resistance.

Stop if recipient resists.



Position 9: Arm and Shoulder Stretch

Figure 298 Recipient's arm position remains the same as in Position 8. Place left thigh against the muscle along the spine on the left side of recipient's back to support. Both hands hold at the front of recipient's elbows.



Figure 299 While recipient exhales, giver leans back, pushes lightly on recipient's left back muscle along the spine with the left thigh, pulls recipient's arms backward gently and lifts up slowly. Observe recipient's tolerance. Release gently.



STRETCHING EFFECT

1. Serratus anterior
2. Deltoid
3. Pectoralis major
4. Trapezius (middle, lower division)
5. Triceps brachii
6. Teres major
7. Latissimus dorsi

NOTE

Switch to use the right thigh to support recipient's back on the right side and perform the same technique.