TRADITIONAL THAI MASSAGE

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Traditional Thai Massage

Definition

Thai massage is the name of the traditional massage techniques of Thailand, used to alleviate personal discomfort and promote general well being.

..is developed in Thailand, and influenced by the traditional medicine systems of India, China, and Southeast Asia.
History of TTM

The founder of Thai massage and medicine is said to have been Shivago Komarpaj (Jīvaka Komarabhācca), who is said in the Pāli Buddhist Canon to have been the Buddha's physician over 2,500 years ago.

Drawings of acupressure points on "Sen" lines at Wat Pho temple in Bangkok, Thailand.
“Rural” and “Royal” traditions
Wat Pho temple in Bangkok

The center of the Royal Tradition of Thai medicine
The Shivaga Komaraphat Institute

A traditional medicine hospital in Chiang Mai, northern Thailand
Medical and Physiological principle

• The purpose of Thai massage is to bring wellness to the whole body system, via the manipulation of the energy lines, encouraging health promotion.

• There are 72,000 lines (sen)

Theory

The 10 ‘sen’ or energy lines that run through the body. By stimulating these, the masseur can alleviate suffering and bring strength and harmony back to the body.
Physiological & psychological effects

- Increases blood circulation and removes waste products.
- Relaxation of muscle tissue and relieving pain.
- Increases the range of motion of the joints.
- Alleviates disorders of the digestive system as well, by helping with constipation, relieving the tension of the visceral organs.
- Psychologically the patient feels warmth and touching, general relaxation and a deep sense of overall well-being.
### Anatomical

- **Elements and the sen**

<table>
<thead>
<tr>
<th>Element</th>
<th>Physical processes</th>
<th>Psychological and spiritual processes</th>
<th>Corresponding Sen</th>
</tr>
</thead>
<tbody>
<tr>
<td>Earth</td>
<td>Skin, muscle, bone, connective tissue, fat</td>
<td>Lethargy, fatigue, obesity</td>
<td>Itha</td>
</tr>
<tr>
<td>Water</td>
<td>Blood, eyes, body fluids, urine, semen</td>
<td>Stagnation, stubbornness</td>
<td>Sahatsarangsi, Tawaree</td>
</tr>
<tr>
<td>Air</td>
<td>Respiratory system, intestines, sexuality, Aging, mobility</td>
<td>Stress, anxiety, psychological disorders</td>
<td>Kalatharee, Sumama, Lawusang, Ulanga, Nantakawat, Kitcha</td>
</tr>
<tr>
<td>Fire</td>
<td>Body temperature, circulation, metabolism, infection</td>
<td>Aggression, tension, violence,</td>
<td>Pingala, Kalatharee</td>
</tr>
</tbody>
</table>
Energy line or “Sen sib” (ten lines)

This energy is known as Sanskrit

1. Ittha
2. Pingkhala
3. Sumana
4. Kalathari
5. Sahatsarangsi
6. Thawari
7. Lawusang (Chanthapusang)
8. Ulangka (Rucham)
9. Nanthakrawat
10. Khitchanna
1). Sen Ittha

Starts at the navel, runs down the front of the left thigh, turns left at the knee, ascends the back of the left thigh, ascends the left side of the spine (in laminar groove), finishing at the left nostril.
2). Sen Pingkhkhala

Same as Ittha but right side.
3). Sen Sumana

Starts at the navel, run straight up and **inside the throat**, finishing at the **base of the tongue**.
4). Sen Kalathari

Starts at the navel and divides into 4 branches. Two travel up to the shoulder and down the middle of the arms to the hand, branching out to the tips of each finger. Two travel down the lower part of the body, through the middle of the legs to the feet, branching out to the tips of each toe.
5). Sen Sahatsarangsi

Starts at the navel, descends the inner left leg, turns at the ankle and runs back up the body, through the throat and finishes at the left eye.
6). Sen Thawari

Same as Sahatsarangsi but right side.
7). Sen Lawusang (Chanthapusang)

Starts at the navel, runs up through the throat and stops at the left ear.
8). Sen Ulangka (Rucham)

Same as Lawusang but right side.
9). Sen Nanthakrawat

Two lines. One starts at the navel and travels to the urethra (Sen Sikhini). The other starts at the navel and runs to the anus (Sen Sukhumang).
10). Sen Khitchanna

Similar to Nanthakrawat. Starts at the navel and descends to the sex organs; penis (Sen Pittakun) or the vagina (Sen Kitcha).
Interviewing the Client

Client profile form

Client Profile Form

Name: ___________________________ Age: ________

Telephone: ___________________________ or Email: ____________

When and how do you prefer to be contacted?

What is (are) your primary complaint(s) or symptom(s)?

What is (are) your secondary complaint(s) or symptom(s)?

What is the history of these complaints?

Do you have, or have you had, any of the following (check all that apply):

___ high blood pressure
___ low blood pressure
___ high cholesterol
___ heart/circulatory disease
___ organ disease
___ chronic indigestion
___ peptic ulcer
___ chronic constipation
___ irritable bowel

___ high stress
___ nervousness/anxiety
___ diabetes
___ frequent headaches
___ fatigue/weakness
___ hormone imbalance
___ irregular menstruation
___ cancer
___ other: ___________________________

If you have a history of health problems of any kind, or if you are currently on any medications, please elaborate:

Are you now, or could you be, pregnant? Please explain:

Please describe your eating habits:

Please describe your caffeine/nicotine/alcohol/drug intake:

Please describe your exercise habits:

Please include any additional information you feel would be helpful on reverse.
Preparation

The massage recipient changes into loose, comfortable clothes and lies on a mat or firm mattress on the floor.
The four principles of Thai massage

1. Always start from the extremities of the body (laterally), work towards the core of the body (medially)
2. Always start from the bottom (the feet) and towards the top (the head)
3. Always perform meridian work first, then joint mobilization, then Yogic stretching
4. Give balance massage. Steps you perform to one side, you should perform to the other.
Basic techniques

Hand techniques
- Palm press
- Palm circles
- Thumb press
- Finger press
- Finger circles
- Forearm roll
- Elbow press
- Advanced press
- Thai fist
- Thai chop
Kinds of Massage

1. Stretching massage
2. Energy lines massage
3. Acupressure massage
The Order of Basic Massage

1) Lying on the back
   Feet, Ankles, Leg, Stomach, Chest and arms

2) Lying on the side
   Energy lines of legs

3) Lying on the stomach
   Feet and legs, Lower back, Spine, and Shoulder

4) Sitting
   Arms, shoulders, Head, and Neck
Duration

The duration of treatment is the choice of the receiver – it could be anything from half an hour to 3 hours. Generally, 2 hours is ideal, as it allows for full body treatment.
The pain threshold p. 29

The spectrum of pressure
Body mechanics

1. Always keep your back straight
2. Your strength comes from your legs and hips, not your arm or back
3. Translate body weight though straight elbows, wrists, and fingers
4. When you need increased leverage, bring your center of gravity (your waist) up over the client
Contraindications

- Pregnancy
- Inflammation
- Muscle injuries and bone fractures
- Joint dislocation and skin diseases
- Cut, wounds and fungus
- Menstruation
- Venous problems (varicose veins, thrombosis, etc)
- Heart condition (unstable hypertension, pacemaker)
Practical Sessions

Basic sitting positions

1. Sit down
2. Sit on heels
Basic sitting positions

3. Sit up

4. Sit half-kneeling
Practical Sessions

Hand positions

1a. Thumb press (TP)  1b. Thumb circle (TC)
Hand positions

2. Double thumb press (DT)

3. Cross thumb press (CT)

4. Side thumb press (ST)
Hand positions

5a. Facing thumb touching (FTT)

5b. Facing thumb apart (FTA)

6. Finger circle (FC)
Hand positions

7a. Heel press (HP)  7b. Double heels press (DHP)
Hand positions

8a. Palm press (PP)  8b. Double palms press (DPP)
Hand positions

9a. Elbow press (EP)  9b. Elbow circle (EC)
Hand positions

10a. Arm press (AP)

10b. Arm circle (AC)

10c. Arm roll (AR)
Practical Sessions

• Feet
• Legs
• Arms
• Back
• Neck
Massage in Missoula, Montana
5 STEPS

1. Stretch warm up (stabilize @ hip + foot) 3x
2. Palm press "walking" warm up 3x
3. Thumb press "walking" (skip knee)
   - line 1 3x
   - line 2 3x
   - line 3 3x
4. Repeat step 2 (3x)
5. Repeat step 1 (3x)

INNER LINES
4 focus on ER

OUTER LINES
4 focus on IR