

“Winds in Traditional Thai Yoga, *Reusi Dat Ton*”

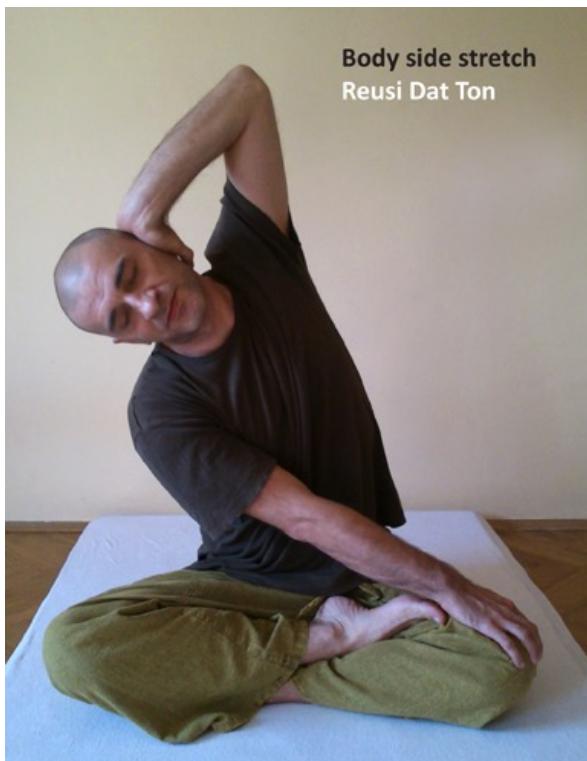
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Reusi Dat Ton or Traditional Thai Yoga is a unique self-care system from Thailand. It consists of: Breathing, Neuromuscular Locks, Chanting, Visualization, Meditation, Self-Massage, Joint Mobilization, Poses and Exercises. It originates from a Buddhist Tradition and uses the *Pali* language in describing some of its theories and techniques. It is distinct from Modern Indian Hatha Yoga, which is primarily a Hindu Tradition and uses the *Sanskrit* language.



Images courtesy Danko Lara Radic, Founder, Traditional Thai Therapy, Belgrade

Reusi Dat Ton is the root of the physical therapies in Traditional Thai Medicine. Practicing it can give one a deeper understanding of Traditional Thai Massage, (Nuad Boran) and its related practices. These practices were discovered and developed in conjunction with a Traditional Medical understanding the human body. This understanding includes theories of The Elements (Earth, Water, Fire, Air and sometimes Space,) Breath, the Mind, Winds or “**Lom**” and Lines or “**Sen**” in Thai. Its aim is to improve ones meditation practice, promote health and prolonging life. Some of the Benefits of **Reusi Dat Ton** practice include: a reduced need for food and sleep, less pain, and reduced “**Dukkha**” or discomfort. **Reusi Dat Ton** practice helps to manage the digestive fire “**Akkhi**” in Pali or “**Agni**” in Sanskrit and manage the Winds or “**Lom**.”

“**Lom**” According to The Royin Thai Dictionary (<http://www.royin.go.th>)

Lom or Wind is defined as:

- (1) One of the four elements of the body, being earth, water, fire, wind. If the wind in the body fluctuates in an abnormal way it will give rise to various ailments; e.g. to faint.
- (2) The breath “the wind that enters disappears to nourish the heart” e.g. exhaustion of breath and the end of breath, both refer to death.
- (3) Movement in the atmosphere.
- (4) The name of a certain type of disease with multiple symptoms, e.g. dizziness, blackout, nausea. If the symptoms are severe it may lead to loss of consciousness or even death, e.g. sustained unconsciousness, paralysis.

“Lom” or Wind in Traditional Thai Medical Theory

In Traditional Thai Medical Theory, all movement is ***Lom*** or Wind. It does not exactly correlate with the Chinese term ***Qi (Chi)***, or the Indian term ***Prana***.

Gross Winds include: respiration, blood circulation, digestion, muscular contraction, nerve impulses, the movement of hormones, interstitial fluids, transfer of nutrients into cells, electrical impulses etc.

Subtle Winds include: mind, consciousness and emotions.

“Sen” According to The Royin Thai Dictionary

<http://www.royin.go.th>

Sen or Line is defined as:

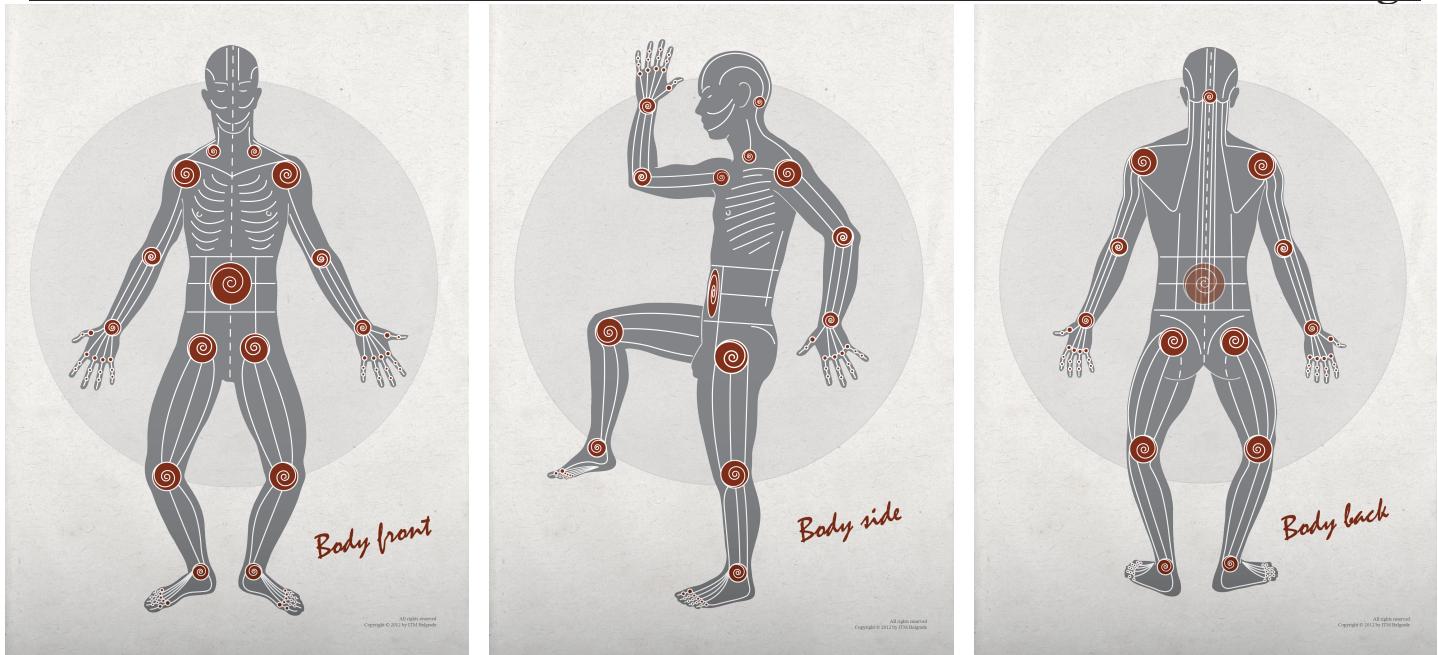
- (1) An object that has the characteristics of a wire, rope, pathway, line, column, or row that isn't limited in length; e.g. a strand of hair, a strand of fur, a blood vessel.
- (2) Blood vessels, sinews, ligaments, tendons and nerves.
- (3) A mark along the earth's surface that forms a line, e.g. the horizon.
- (4) A method of measurement: 20 “wa” equals 1 “sen.”
- (5) (In Mathematics) An object that has length, and not width or thickness.

“Sen” or Lines in Traditional Thai Medical Theory

Sen is a Line or Channel. ***Sen*** are physical pathways by which “Wind flows” (movement occurs) through the body. They do not exactly correlate with Chinese ***Meridians*** or Indian ***Nadis***.

Sen include: tendons, ligaments, nerves, arteries and veins and some muscle and fascia structures.

Sen Lines and “Wind Gates” of Northern Thai or “Lanna” Massage



Charts courtesy Danko Lara Radic, Founder, Traditional Thai Therapy, Belgrade

Techniques for managing “Winds” in “*Reusi Dat Ton*” include:

Breathing Exercises

Self-Massage

Joint Mobilization

Poses and Exercises

Breathing Exercises



Breath is the link between the Subtle Winds of the Mind and Gross Winds of the Body. Breathing Exercises are good for Digestion “*Akkhi*” in Pali or “*Agni*” in Sanskrit, the Winds (Subtle Energies), “*Lom*” in Thai, Longevity, Meditation Preparation and Spiritual Health.

“In Reusi Da Ton and Buddhist Medicine one retains the inhaled breath while in the postures rather than exhaling. This helps to keep the body strong and healthy. All the critically important structures of the physical body are in the center; Spinal Cord, Inferior Vena Cava, the Heart and other Organs, etc. Many of these structures are channels. Proper Breathing brings the Winds into this Central Wind Channel, which maintains homeostasis, the life force, etc. In terms of the Subtle Winds, this is your Wisdom Channel or Central Channel. When the Winds enter and remain within the Central Channel your Wisdom grows.”

Reusi Tevijjo

Self-Massage



Reusi Goputra
for Arm Discomfort



Self-Massage techniques can be done for general prevention to maintain the natural, smooth and stable flow of wind throughout the body. Self-Massage can also be used as needed in any specific problem area by working specific lines, channels, layers and tissues to heal, tone, regulate and smooth unhealthy, erratic or deficient Wind. Self-Massage primarily works on the Gross **Sen** such as Trenches, areas between muscles and or bone structures, creating space, and allowing for **Lom** (Wind) in the **Sen** (Lines) to flow freely and function properly.

Joint Mobilization



“For Bad Wind in the Neck”



For Hip Mobility

Much as city traffic can become jammed and congested at street intersections, wind often gets stuck in the joints or intersections of bones. Joint Mobilization exercises help to expel the stuck winds from the joints. Joint Mobilization also increases the synovial joint fluid, which increases lubrication and prevents wind from getting stuck in the first place.

Poses and Exercises



Reusi Dat Ton includes hundreds of different physical postures and exercises. Traditionally, the exercises and poses were used as a basic physical practice tool teaching one how to manage the flow of Wind, **Lom**, in the Channels, **Sen**, helping one to center the mind and improve one's meditation practice. While practicing the exercises, one may concentrate on how the Breath and Wind circulates through the Channels and is carried to different parts of the body. After much practice, one may eventually be able to mentally control the Winds in the body while simply sitting or meditating, without the need to practice the physical postures.

David Wells, C-IAYT, works as a Yoga Therapist in an Integrated Pain Management Clinic and provides Continuing Education for Yoga Teachers, Yoga Therapists and Massage Therapists. He received Thai Massage and Thai Yoga, **Reusi Dat Ton**, certifications from The Wat Po School of Traditional Thai Medicine in Bangkok and The Thai Massage School of Chiang Mai, under the authorization of The Thai Ministry of Education and studied with actual Reusis. He also received Advanced Yoga Teaching Certifications in India.
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