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Sen Prathan Sib (The Body's Ten Major lines)

Sen Prathan Sib are the important body lines in Thai massage therapy. It is believed that there are 72,000 "sen" or lines in our body but there are only ten major lines.

Sen Prathan (the major lines) are important in medical treatment for they can tell whether our body functions properly or not, for example, body malfunction is caused from the blockage of energy lines. Thus, we can check if an illness is related to the malfunction of any major line and we can use appropriate massage therapy to suit the malfunction of such major line.

Sen Prathan Sib Structure

An old medical manuscript called "Tamra Roke Nithan Khamchan11" written by Phraya Witchayathipbordi (Glom), described Sen Prathan Sib as follows:

“Ten lines are mentioned to circle the navel
Like twinkling stars surrounding the moon.
Neatly lined two fingers in deep
Like tidy three lines”

This signifies that Sen Prathan Sib is located two fingers deep around a navel. These lines are arranged neatly out of its navel center. The same medical manuscript also described more about Sen Prathan Sib that

“Lines with holes	Blood flows along them
They are fine	you are healthy
Once disturbed	you suffer badly”

Some may imply from this poem that Sen Prathan Sib or major lines are blood vessels because they contain blood inside, while some may think they are ligaments or lines attaching muscles to bones.

If we carefully study them, however, Sen Prathan Sib does not refer to blood vessels or ligaments as we previously believed. After checking with modern anatomy, we found out that Sen Prathan Sib structure is not exactly the same as blood vessels or ligaments structures. In addition, we found that after using pressure-point massage on the ten major lines located around the navel, patients felt the flow of energy running in the direction being described in the manuscript.

Therefore, it is likely that Sen Prathan Sib is the direction of energy flow happening when each major line is being pressured.

The Relationship between Sen Prathan Sib and other fields of Thai medicine

Balavi - Traditional Thai Medicine explained that Thai medicine treatment includes medical doctors, pharmacists, maternal caretakers, and massage practitioners. These four groups of therapists are related in that medical doctors will diagnose and prescribe medicine, then, pharmacists will prepare the medicine. Maternal caretakers will take care of pregnant women, while, massage practitioners massage patients so that their body effectively receive herbal medicine. These masseurs are obliged to know well about Sen Prathan Sib.

For example, when a medical doctor diagnoses that so and so patient has a muscle pain, a pharmacist has to prepare herbal medicine but the pain may not go away. Thus, a masseur needs to massage in order to widen our body lines so that the medicine runs smoothly along the body and fully cures the pain.

Therefore, the study of Sen Prathan Sib is crucially important in traditional Thai medicine.

Sen Prathan (Major Line)	Starting Area	Ending Area
I-Tha	One - finger length on the left side of the navel	Left nostril
Ping Khala	One - fingers length on the right side of the navel	Right nostril
Summana	Two - finger length above the navel	Back of the tongue
Kantharee	One-finger length above the navel	fingers and toes
Sahasarangsri	Three - finger length on the left side of the navel	Left eye
Thawaree	Three - finger length on the right side of the navel	Right eye
Janthaphusang	Four – finger length on the left side of the navel	Left ear
Rusam	Four - finger length on the right side of the navel	Right ear
Sukhumang	Two-finger length under the navel on the left	Anus
Sigkhinee	Two-finger length under the navel on the right	Urinary passage