

The Story of Rue-si Dat Ton

Contorted Hermit Mount, is a health park near the South Vihara, Built during the reign of King Rama I, it was the center of medical science and knowledge from the Ayudhya period, reflected by statues of hermits or Rishi practising physical exercises. For Thais, a hermit is always treated as an important teacher. In former times, the statues were made of clay; but King Rama III changed them to stone, and only 24 statues are left now from the total of 80.

The contorted hermit was applied from Indian yogi. The artistic exercise postures are supposed to cure certain ailments of the person who practises it. The inscriptions of prosody framed on the cloisters columns are now kept in Sala Rai or Pavilions.



1. Relief of headache and giddiness

Sit on the haunches with the legs across (likes in a meditative attitude)

Join the palms together in front of the chest

Bend the head down and raise up slowly, then turn to the left and the right (2-3 times)

Stretch both arms above the head while inhale deeply

Press the palms together then exhale slowly while lower both hands down over the head

Repeat 3 times

Benefits

Exercising neck, shoulder and back muscles. Breathing meditation to improve the breath system and refreshing mind.



2. Relief bodily discomfort

Sit on the haunches with the legs across

Grasp both hands together between interlocking

Gently turn the palms out and stretch the arms forward

Twist the upper body to the left and the right while inhale deeply and exhale slowly

Stretch the arms over the head

Bend the upper body to the left and the right while inhale deeply and exhale slowly

Back to the starting position

Benefits

Relieving muscles and tendons. Flexing the waist, the arm, the shoulder and the back muscles. Releasing for the stiff shoulder, the shoulder blade pain and the hand & arm numbness.



3. Relief of throat sputum

Sit on the haunches with the legs across

Grasp the right hand on the left leg and press the left palm on the head tail

Push the left palm and turn the upper body to the right while inhale deeply

Exhale slowly and turn back to the straight position

Do again in the opposite direction

Repeat 5-7 times

Benefits

Exercising waist and neck muscles. Relieving throat sputum, indigestion and numbness.



4. Relief of knee and leg sprain

Stand upright, step the right leg back

Place the left hand on the left knee and the right hand on the waist

Bend down the left knee

Turn your head and shoulders to the right while deeply inhale

Slowly exhale and turn back to the straight position

Repeat again in the opposite direction

Benefits

It's simply position you can easy do it to relief knee, legs and back pain.



5. Relief chest and waist discomfort

Stand upright, step the right leg back

Place the right hand above the hip

Lift the left arm with the palm face upward and bend down the wrist

Bend the left knee down, slowly inhale and twist the left hand to the left while turn your head to the right

Exhale and turn back to the starting position the repeat again in the opposite direction about 5-7 times

Benefits

Flexing neck and shoulder muscles.



6. Relief of wata causing chest compression

Stand upright, step the right leg back

Stretch the left arm forward and point the index finger about your sight

Stretch the right arm backward and bend the wrist down

Deeply inhale and bend the left knee down

Slowly exhale while slowly rotate the right hand till the right index finger approach the left

Repeat again with the other side



7. Relief chest pain at cardiac region caused by gaseous distension

Stand upright, step the right leg back

Hold the left ankle with your left hand and slightly

Lift your face up while slowly inhale

Exhale and repeat on the other side 3-5 times



8. Relief of back pain causing leg discomfort

Stand upright then grasp the left foot with your left hand and place the right hand on the knee

Stretch the left leg

Inhale and bend the right knee down slowly

Exhale while straight the knee back to the starting position

Repeat again 3-5 times then starting again on the right leg



9. Relief of foot numbness

Stand upright on the right foot and grasp both hand on the left foot

Inhale while bend the right knee down slowly

Exhale and bend the kness down slowly

Exhale and straight the knees up



10. For longevity

Stand upright with both feet separate and point out

Place the right fist on the left fist in front of the chest

Inhale while stretching your chest

Exhale and bend the knees down slowly.

Repeat 9 times