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Nuad Bo'Rarn: Long Definition

Nuad Bo'Rarn (Traditional or Ancient Thailand Medical Massage) is a traditional form of body therapy that has been developed in the nation of Thailand (Ancient Siam). Historical references date this form of healing work as having originated approximately 2500 years ago with important influences from China and India. The Thai word 'Nuad' translates as massage, or more accurately as hands-on healing. The word 'Bo'Rarn' translates as ancient of antique.

Ancient Thai massage (Nuad Bo'Rarn) incorporates a system of rhythmic compressions to the client's entire body utilizing the thumbs, palms of the hands, soles of the feet, elbows and knees of the practitioner. In addition, numerous stretches (range of motion techniques) are incorporated into the treatment. An essential Ancient Thai massage is that it is practiced very slowly. It is the goal of the practitioner to work in a meditative state of mind and while in this elevated state of consciousness, to impart this quality of mind to the recipient. During the session, the recipient remains completely clothed in loose fitting clothing. Ancient Thai Massage is utilized with the client in four positions: supine, prone, lateral recumbent, and seated.

Nuad Bo'Rarn is based on an energetic paradigm of the human body. In Thai medical theory, the energy travels through the body on pathways, called "Sen". The "Sen" are similar to the meridians of TCM, but are not identical to the main meridians as described in TCM theory. Nuad Bo'Rarn constitutes one of four primary Branches of Traditional Thai Medicine. The other aspects include: nutritional medicine, herbal medicine, and spiritual practices.