

The 100 Benefits of SomaVeda® Thai Yoga

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The 100 benefits of SomaVeda® Thai Yoga is the title of this article; however, as many of the benefits listed here contain more than one listed benefit? The are many more than a hundred! There are many times more than 100 benefit. It matters not whether we separate them according to traditional, anecdotal, or scientifically verified or documented literature and studies...

What research and benefits I have collected must be a drop in the bucket! At best, they represent the easiest to find or most commonly observed. In actual practice, the list is endless and ever-growing. Such is the possibility of the vital contribution to the world's health and well-being that this healing arts and its derivatives represent.

They are also known as Traditional Thai Medical Massage (*Ryksaa Thang Nuad Phaen Boran Thai*) or slang as "*Thai Massage*". SomaVeda® Thai Yoga, as a sophisticated, elegant, evolving, traditional, and well-researched Indigenous System of Natural Medicine, has many benefits.

It is essential in today's questioning and cynical world to experience and share the documented traditional outcomes and benefits of this practice with its ancient roots. Developed for thousands of years in the old traditional Buddhist and Ayurveda healing centers of South Asia, Thailand, and South East Asia, [Thai Traditional Medicine: Thai Traditional Massage and Thai Ayurveda continues to develop as an elegant, evolving internationally recognized traditional medicine.](#)

The primary benefits traditionally were spiritual, psychological, and emotional in nature. They are based on the concept of "*Promiiwiihan Sii*," or Four Boundless/ unlimited States of Mind and Being: Love, Compassion, Joy, and Equanimity. The secondary physical/ structural and practical, healing, and medical benefits of learning Thai Yoga and sharing and practicing as an expert are almost too many! Truthfully, we can say that learning Traditional Thai Yoga, as a genuine alternative medicine, is an excellent alternative to massage therapy or allopathic medicine in most instances.

Please note: when we say "Traditional Thai Yoga or a style such as SomaVeda® Thai Yoga," we mean styles or traditional based systems which incorporate the whole gamut of traditional remedies, including but not limited to: Spiritual, Mental- Psychological, Energy, and Frequency-based protocols, Emotional and physical... including biologic issues with an emphasis on all areas of life such as Mindfulness and Puja, Sacred Nutrition and eating strategies for medicinal food and balancing diets, use of all medicinal herbs and conjunctive strategies using foods, herbs, aromatics, minerals, salts, water & juices accompanied with both facilitated and self-meditation, Yoga (*Reusi Dotton*), Traditional Thai Physical Therapy (TPT/ TTPT), Traditional Chinese Tuina Massage "*Nuad Chin*," hands-on (*Marma-chikitsa*). One good example of a complex traditional

therapy is “*Nuat Prakhop Samun Prai*,” or Thai Herbal Compress/ Poultice or Herb – aroma therapy Balls conjunctive with Thai Yoga [Chirothesia](#) (hands-on).

Please Note! The list below needs to be more comprehensive and is growing daily as new scientific research comes to light!

General Benefits of Integrative Indigenous and Traditional Therapies Treatment adjuncts: Thai Yoga Therapy and or Thai Massage

Anecdotal Evidence- Including Experiential Evidence derived in Clinic and Private Practice Settings. Includes Illnesses and conditions described in stone; Wat Po Epigraphy’s located on the Temple grounds of Wat Po. Anyone can do it. Bangkok, Thailand (Circa 1763):

1. As good for the practitioner as it is for the receiver
2. Activates experience of Joy
3. Based on genuine Indigenous, Traditional, Native, Tribal, Familial, and or Natural spiritual and vitality-based medicine systems and philosophies. (Native American (North and South American), Traditional Thai Medicine, Classical Ayurveda, Traditional Chinese Medicine, Indian Naturopathy/ Homeopathy.
4. Can be done in groups and or in less than-private surroundings
5. It can be done virtually anywhere in any clinical or home environment
6. It can be done with no hands and or “Hands-Free.”
7. Can address and support treatment for infertility
8. It does not require special equipment
9. Helpful in reducing dependence and or eliminating psychiatric medications for various disorders.
10. Integrates mind, body, and spirit
11. Increases happiness and general well-being for receivers and therapists/ counselors alike.
12. Is by definition a form of Chirothesia / Laying on of Hands health care ([1](#))
13. Mostly anecdotal. However, new scientific research supports the knowledge, wisdom, and practical solutions for suffering, injury, and disease and the promotion and maintenance of well-being passed down directly to our practitioners and ministers through our elders through hundreds of generations.
14. Practically expresses loving kindness (*Promiiwihan Sii*)
15. Reduces toxicity and stagnation in breast tissue and surrounding areas.
16. Religious Practitioners May be legal to practice without a Medical and or Massage License ([1](#), [2](#), [3](#))
17. Supports community
18. Sharing facilitates nurturing and community values.
19. The practice can be an expression of compassion.
20. The practice causes little or no harm to the world’s ecosystem.

Scientific Documentation Evidence- Including Published Scientific Papers, Articles, and Referenced Clinical Research. (Not all inclusive- We are still collecting references)

1. Addresses nutritional and food issues and increases nutrient motility ([1](#), [2](#), [3](#), [4](#))
2. Traditional Thai Complimentary Foods and Diets contain complementary probiotic benefits ([1](#))
3. Analgesic Effect ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#), [9](#), [10](#))
4. Arterial Performance Improvement ([1](#), [2](#))
5. Bed Ridden Patient: Non-ambulatory with conditions/complications: e.g., bed sore, pneumonia, and urinary tract infection decreased ([1](#), [2](#))
6. Beneficial effect on Autistic Children's behavior ([1](#), [2](#), [3](#))
7. Boosts immune system and helps increase resistance to infection ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#))
8. Can facilitate and assist the release of afterbirth ([1](#))
9. Can be performed on a Portable Massage Chair ([1](#))
10. Chemotherapy Benefits: Reduces significantly pain, fatigue, nausea, depression, anxiety, and drowsiness ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#))
11. Chronic Neck Pain reduction ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#))
12. Decreases Spasticity and aids in rehabilitation in elderly stroke patients ([1](#), [2](#), [3](#), [4](#), [5](#))
13. Decreases Spasticity in Cerebral Palsy in children and adolescents ([1](#), [2](#))
14. Reduces Knee Pain in the elderly ([1](#), [2](#), [3](#), [4](#))
15. Decreases Lactic Acid and Blood Glucose Levels post-event Athletes ([1](#))
16. Improves athletic recuperation post-event improving autonomic modulation of heart rate and cardiorespiratory parameters ([1](#), [2](#))
17. Diabetes Type II: Assist and or may assist in management ([1](#), [2](#), [3](#), [4](#))
18. Effective in reducing Migraine Headache severity ([1](#), [2](#), [3](#), [4](#), [5](#))
19. Effective treatment for Repetitive Stress Disorders ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#))
20. Effective lymphatic Drainage modality, reducing and eliminating stagnant lymph, lymphadenitis/ lymphedema, and lymphadenopathy. (Acts as a Complex Decongestive Therapy/ Complete Decongestive Therapy: CDT is especially beneficial post-surgery)([1](#), [2](#), [3](#), [4](#))
21. Effective in treating TMJ (temporal, Mandibular Cranial, and Jaw Dysfunction) ([1](#))
22. Effectiveness of the court-type traditional Thai massage versus topical diclofenac in treating patients with myofascial pain syndrome in the upper trapezius ([1](#), [2](#), [3](#), [4](#), [5](#))
23. Effectiveness compared to acupuncture for myofascial back pain. An excellent complement to acupuncture treatment. ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#))
24. Enhances the function of the parasympathetic nervous system and other stress-related variables ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#))
25. It is famous for its relaxation effect ([1](#))
26. Equally helpful for infants, geriatrics ([1](#), [2](#))
27. Facilitates Birth and Delivery, May reduce Postpartum hemorrhage after vaginal delivery ([1](#))
28. Flow practice improves cardiovascular fitness ([1](#), [2](#), [3](#), [4](#))
29. Preventive Intervention for Cardiovascular Disease and Associated Co-morbidities ([1](#), [2](#))
30. Helps with weight management (stimulates metabolic processes)(Traditional Thai Yoga, coupled with Traditional Thai Herbs may be applied for the prevention and or treatment of obesity or hyperlipidemia ([1](#), [2](#), [3](#), [4](#), [5](#)) [6](#), [7](#))

31. Helps normalize blood sugar levels ([1](#))
32. Hypertension Treatment: Antihypertensive ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#))
33. It is an excellent way for patients to be more active and engaged in an active lifestyle. ([1](#), [2](#))
34. Increase bone density, reabsorption, and formation by stressing connective tissue and "bending the bones" ([1](#), [2](#))
35. Increases lean muscle mass ([1](#), [2](#), [3](#), [4](#))
36. Improves cellular immunity in Colorectal Cancer patients receiving chemotherapy ([1](#), [2](#))
37. Improves Gait Speed and balance performance in the elderly, including trunk flexibility, especially for stride length of maximal gait speed, gait cycle duration of maximal gait speed, single-leg-stance test, time-up-and-go test, and sit-and-reach test ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#), [9](#))
38. Improves balance in children ([1](#))
39. Increases tendon and connective tissue extensibility. Strengthens extensor and supports ligaments in breast tissue, thus correcting sedentary/ non-ambulatory based atrophy and decrepitude. ([1](#))
40. Improves physical fitness, performance, injury, and fatigue recovery in athletes ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#), [9](#), [10](#), [11](#), [12](#), [13](#))
41. Improves Max VO2 improving aerobic performance and how much oxygen your body can absorb and use during exercise. It may improve respiratory function during respiratory illnesses. ([1](#), [2](#), [3](#))
42. Improves Sleep Performance and reduces Insomnia symptoms ([1](#), [2](#))
43. Increases relaxation and decreases anxiety and pain in [Scapulocostal Syndrome](#) patients ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#), [9](#), [10](#))
44. Increases tendon, connective tissue density, and elasticity ([1](#))
45. Increases Flexibility, range of motion, countermovement jump, and squat jump performance ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#))
46. Increases Oxygen Saturation (O2) in muscles ([1](#), [2](#), [3](#))
47. Increases range of motion and reduce resistance to movement (PNF) ([1](#), [2](#), [3](#), [4](#), [5,6](#))
48. Integrates and supports the proper alignment of all structural parts of the body without ballistics or force. (Non-ballistic, non-specific, facilitated, passive assisted, natural range of motion supporting nominal osseous structural alignment) ([1](#), [2](#), [3](#), [4](#), [5](#))
49. Low-impact exercise ([1](#))
50. Lowers low-density lipoprotein (LDL) cholesterol (" bad" cholesterol) ([1](#), [2](#), [3](#))
51. Lupus, autoimmune syndrome support and adjunct treatment and improves immune function ([1](#), [2](#), [3](#), [4](#))
52. Normalizes blood pressure (BP) (Reduces muscle tension)([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#))
53. It may alleviate oxidative stress and improve the antioxidant system ([1](#), [2](#))
54. May improve mental and emotional/ psychological/ neuro-emotional issues ([1](#), [2](#), [3](#), [4](#))
55. May reduce Postpartum Depression ([1](#), [2](#), [3](#))
56. Improves Lactation, Breastfeeding, nursing, and milk delivery. Traditional Thai Yoga Therapy reduces nursing-related pain and discomfort. Thai Yoga Therapy minimizes the time from delivery to milk secretion in postpartum mothers. It induces lactation. ([1](#), [2](#))
57. Decrease Breast Engorgement Pain, Breast Pain pre- and postpartum mothers. ([1](#))

58. More effective than OTC in the symptomatic treatment of Osteoarthritis pain ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#))
59. Osteoarthritis of the Knee: More Effective than Oral Ibuprofen (NSAID) for Joint Pain, Structural and functional failure of the synovial joints; degradation of articular cartilage but also a variable subchondral bone reaction, and alteration of other joint structures, including the synovial membrane, meniscus, capsule, ligaments, and periarticular muscle. The clinical features of OA include joint pain with activity, transient stiffness in the morning or after rest, restricted motion, joint crepitus, periarticular tenderness, bony swelling, and functional disability.: ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#))
60. It may improve activities of daily living, mood and sleep patterns, and pain intensity of stroke patients over time. ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#))
61. It may reduce the risk of some cancers. In other cases, edema may be an indication/ risk factor (Static Lymph and or site toxic)([1](#), [2](#), [3](#), [4](#), [5](#), [6](#))
62. Myofascial Pain Syndrome significantly reduced ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#), [9](#), [10](#), [11](#), [12](#), [13](#), [14](#), [15](#), [16](#))
63. Office Syndrome: Reduces symptoms: Office syndrome, i.e., Myofascial pain syndrome, is one of many problems that has been claimed and defined as "painful conditions with trigger points, local and referred pain, tenderness, referred autonomic phenomena" ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#), [9](#), [10](#), [11](#), [12](#))
64. Parkinson's: May improve limb muscle strength ([1](#), [2](#), [3](#))
65. Promotes health-related fitness, bone formation, and quality of life in menopausal women ([1](#), [2](#), [3](#))
66. Raises high-density lipoprotein (HDL) cholesterol (the "Good" cholesterol) ([1](#), [2](#), [3](#))
67. Reduces and eliminates active/ latent Trigger Points and equalizes/reduces areas of low oxygen, chronic inflammation, and high neurologic activity. ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#))
68. Reduces pain, particularly in soft tissue, joint, back, low back, and neck pain ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#), [9](#), [10](#), [11](#), [12](#), [13](#), [14](#), [15](#), [16](#), [17](#), [18](#), [19](#), [20](#), [21](#))
69. Reduces and or eliminates cystic and or fibrotic syndromes and corresponding nodules ([1](#))
70. Reduces Cervical Myofascial Pain Syndrome ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#), [9](#))
71. Reduces Symptoms of Myofascial Pain more efficiently than Conventional Medical Treatments ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#), [9](#))
72. Reduces symptoms of anxiety, stress, and depression ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#), [9](#), [10](#), [11](#), [12](#))
73. Reduces academic stress in students and learning environments ([1](#))
74. Subsides Pain of Chronic Tension-Type Headaches ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#))
75. Reduces risk of Heart attack ([1](#), [2](#), [3](#), [4](#), [5](#))
76. Reduces limitations and improves hand mobility for Scleroderma patients ([1](#), [2](#))
77. Reduces Trapezius- Upper Trapezius Myofascial Pain Syndrome ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#))
78. Respiratory Syndromes, Pneumonia and boost lymphocyte numbers significantly ([1](#), [2](#), [3](#))
79. Self-Foot Massage Benefits ([1](#), [2](#), [3](#))
80. Significantly reduces Peripheral Neuropathy in Diabetic Patients ([1](#), [2](#), [3](#))
81. Significantly reduces Chronic pain ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#), [8](#), [9](#), [10](#), [11](#), [12](#), [13](#), [14](#), [15](#), [16](#))
82. A subgroup of non-specific and or chronic LBP (Lumber Plexus Block)© patients: Effective for joint mobilization ([1](#), [2](#))
83. Stroke Patients: Improves motoric status and reduces the incidence of pressure sores in

- stroke patients ([1](#), [2](#), [3](#))
84. TTM Traditional Herbal remedies proven to kill Head and Neck Cancer ([1](#), [2](#), [3](#), [4](#), [5](#))
 85. Steamed Herbal Compress adjunct therapy reduces Myofascial Pain Syndrome ([1](#))
 86. Virtual cure for many soft tissue/ connective tissue disorders (Fibromyalgia, Carpal Tunnel Syndrome)([1](#), [2](#), [3](#), [4](#), [5](#), [6](#))
 87. Shoulder Pain, Frozen Shoulder & Joint Flexibility of Shoulder Joint ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#))
 88. Well-tolerated light-intensity exercise stimulus when prescribed as an exercise program for obese older adults, especially when combined with a Thai Vedic diet. ([1](#), [2](#), [3](#))
 89. It may improve Lower Urinary Tract Symptoms (LUTS) such as leaking urine, sudden and frequent urges to pee, weak stream or feeling like you can't empty your bladder, peeing involuntarily, and straining to pee. Traditional Thai Yoga (Traditional Thai Massage) may be equivalent to or more effective than Drug Tamsulosin: ([1](#))
 90. It may be more effective in the treatment of Chronic Constipation versus Senokot ([1](#))
 91. Compliment and or alternative to western allopathic physical therapy ([1](#), [2](#), [3](#), [4](#), [5](#), [6](#), [7](#))
 92. Dynamic Stretching ([1](#), [2](#), [3](#))
 93. Improves Range of Motion and reduces passive stiffness of injured Hamstring Muscles ([1](#), [2](#), [3](#), [4](#))
 94. Significantly reduces symptoms of paresis/ paralysis, improving the patient's sit-up, stand and walk ([1](#), [2](#))
 95. When practiced clinically, including using indigenous medicinal plants of Traditional Thai Medicine, there are many significant benefits: high efficacy in inhibiting lipid oxidation, scavenging of free radicals, and reduction of ferric ions. Furthermore, the pharmacological activity of alcohol extracts of Khlu leaves has demonstrated anti-inflammatory, antinociceptive, and anti-tuberculosis properties. In addition, a recent study reported that the crude aqueous extract of Khlu leaves could potentially be used as a new anti-cancer agent due to its ability to inhibit the proliferation and migration of human brain malignant glioma cancer cells (GBM8401) and human cervical cancer cells (HeLa cells). ([1](#))

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