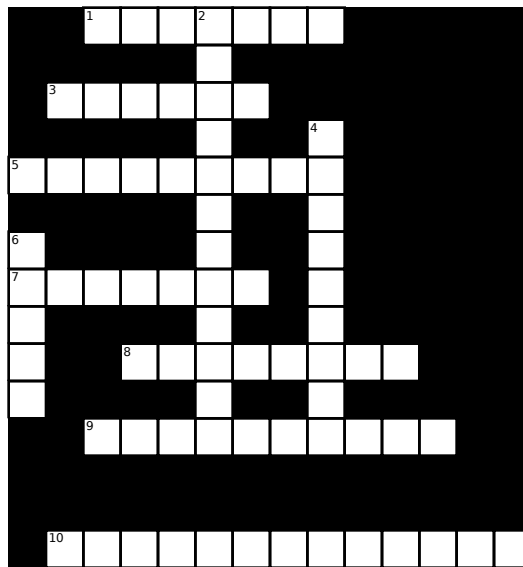


10 Sen Lines

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Across

- 1 Starts in right ear and travels down the right side of the throat into the chest, through the right nipple then turns inward ending in the solar plexus region. Indications: Deafness, ear disease, tinnitus, cough, facial paralysis, toothache, chest pain, gastrointestinal disorders, insomnia, itching under the skin
- 3 Starts at the tip of the tongue, travels down the throat and chest to the solar plexus region. Indications: asthma, bronchitis, chest pain, heart disease, spasm of the diaphragm, nausea, cold, cough, abdominal pain, mania, daydreaming
- 5 Starts at the navel and divides into four branches running along the inside of each arm and leg. the arm branches go through the abdominal and chest regions and across the shoulders down the arm and out to the end of each finger. The leg branches travel through the inguinal area down the leg and out into each toe. Indications: indigestion, hernia, jaundice, whooping cough, arthritis of the fingers, shock, rheumatic heart disease, cardiac arrhythmia, angina pectoris, epilepsy, schizophrenia, hysteria, back and spinal pain
- 7 Starts in the right eye and moves inside the head, through the throat, descending down the right side of the chest and abdomen, down the outside of the leg, crossing under the arch of the foot and up the inside of the leg, across the inguinal area and to the navel. Indications: Facial paralysis, toothache, red, swollen eyes, cataract, fever, manic depression, gastrointestinal disease, urogenital disease, numbness of the legs, hernia, jaundice, appendicitis
- 8 Starts in left ear and travels down the left side of the throat into the chest, through the left nipple then turns inward ending in the solar plexus region. Indications: Deafness, ear disease, tinnitus, cough, facial paralysis, toothache, chest pain, gastrointestinal disorders
- 9 Runs from the navel to the penis in men (Sen Pitakun) Runs from the navel through the uterus into the vagina in women (Sen Kitcha) Indications: This line balances the libido
- 10 Starts in the left eye and moves inside the head, through the throat, descending down the left side of the chest and abdomen, down the outside of the leg, crossing under the arch of the foot and up the inside of the leg, across the inguinal area and to the navel. Indications: Facial paralysis, toothache, red, swollen eyes, cataract, fever, manic depression, gastrointestinal disease, urogenital disease, numbness of the legs, hernia

Down

- 2 This one is actually two lines (a and b) a starts at the navel, descends through the urethra (Sen Sikhini) b starts at the navel, descends through the colon ending at the anus (Sen Sukhumang) Indications: Hernia, frequent urination, female infertility, impotence, premature ejaculation, irregular menstration, uterine bleeding, urinary retention, diarrhoea
- 4 Starts in the right nostril, travel up and back inside the head, down the back of the neck, down the back, across the buttocks, along the lateral aspect of the leg to the knee and crosses to the medial aspect of the front of the leg and stops one thumb length from the navel on the right side. Indications: headache, stiff neck, sinus problems, urinary tract disorders, back pain, knee pain, liver and gall bladder pain.
- 6 Starts in the left nostril, travel up and back inside the head, down the back of the neck, down the back, across the buttocks, along the lateral aspect of the leg to the knee and crosses to the medial aspect of the front of the leg and stops one thumb length from the navel on the left side. Indications: headache, stiff neck, sinus problems, urinary tract disorders, back pain, knee pain