

## 13. Back and spinal alignment massage sequences

### Back and Spinal Alignment Massage Sequences

#### Introduction: The Axis of Life - The Merudanda

In the sacred traditions of India, the spine is revered as the *Merudanda*, named after the mythical Mount Meru, the cosmic axis of the universe. This is not mere poetic analogy; it is a profound physiological and energetic truth. The spine houses and protects the spinal cord, the central superhighway of the nervous system, and in the subtle body, it is the conduit for the most important energy channel, the *Sushumna Nadi*, through which awakened life force energy, *Prana Shakti*, ascends.

The health, alignment, and flexibility of the *Merudanda* are therefore considered paramount to the health of the entire organism. A rigid, misaligned, or blocked spine impedes nerve communication, restricts the flow of *Prana*, and can be the root cause of a vast array of physical and mental ailments.

This chapter details the specialized *Kalari Uzhichil* sequences for the back and spine. The goal is not to perform aggressive chiropractic-style adjustments, but to systematically release the deep-seated muscular and fascial tension that holds the vertebrae in misalignment. Through intelligent, rhythmic, and targeted massage, we create the optimal conditions for the spine to find its own natural, healthy alignment.

#### 1. Therapeutic Goals of Spinal Uzhichil

The protocols for the back are designed to achieve several integrated outcomes:

- **Muscular Release:** To relax the superficial (e.g., trapezius, latissimus dorsi) and deep (e.g., erector spinae, quadratus lumborum) muscles of the back.
- **Postural Correction:** To lengthen and balance the paravertebral muscles, helping to restore the spine's natural 'S' curve.
- **Nervous System Regulation:** To soothe the sympathetic nervous system (fight-or-flight) and stimulate the parasympathetic nervous system (rest-and-digest) through rhythmic strokes along the spine.
- **Energetic Clearing:** To clear stagnation along the *Sushumna Nadi* and its flanking channels, *Ida* and *Pingala*, ensuring a free and balanced flow of *Prana*.

#### 2. Regional Protocols for the Back

The back is addressed in three functional regions, typically with the recipient in the **prone position**. Liberal application of warm medicated oil (*Thailam*) is essential.



##### a) The Lumbar Region (Kati): The Foundation of Support

The lower back bears the most weight and is a common site for pain (*Kati Shula*) and imbalance.

- **Techniques:**

1. **Longitudinal Strokes:** Begin with long, gliding strokes from the sacrum up to the mid-back on either side of the spine, warming the entire region.
2. **Cross-Fiber Friction:** Apply deep, short, back-and-forth friction strokes with reinforced fingers or thumbs across the thick erector spinae muscles, moving from the spine outwards. This is especially important over

the quadratus lumborum (QL) muscle, which connects the ribs to the pelvis.

3. **Sacral Work:** The sacrum is a key area. Use the heel of the hand or a soft fist to apply deep, circular pressure over the entire sacral bone, which helps to release tension in the sacroiliac (SI) joints.

- **Key Marma Points:**

- **Kukundara Marma (Bilateral):** Two points located in the depressions on either side of the spine at the level of the sacroiliac joints. They are critical for lower back stability, sciatic pain, and urogenital health. Stimulation is done with firm, steady thumb pressure.

### **b) The Thoracic Region (Prishta): The Area of Postural Strain**

The mid and upper back is where postural strain from slouching and desk work accumulates, leading to stiffness and restricted breathing.

- **Techniques:**

1. **Rhomboid and Trapezius Stripping:** Use thumbs, knuckles, or a soft forearm to apply deep stripping strokes between the spine and the scapula (shoulder blade). This targets the rhomboid and middle trapezius muscles.
2. **Scapular Release:** Work meticulously around the entire border of the scapula, helping to “un-glue” it from the underlying tissues and restore its free gliding movement.
3. **Intercostal Work:** With careful, gentle pressure, use fingertips to trace the spaces between the ribs, moving away from the spine. This releases the intercostal muscles and improves rib cage mobility for fuller breathing.

- **Key Marma Point:**

- **Brihati Marma (Bilateral):** Two points located on the back, level with the tip of the scapula, connecting the shoulders to the spine. They influence cardiac and pulmonary function.

### **c) The Cervical Region (Griva): The Bridge to the Head**

The neck is a delicate and vital area that requires great care and precision. The final, detailed work is often best done in the **seated position**.

- **Techniques:**

1. **Thumb Gliding:** With the practitioner standing behind the seated recipient, use thumbs to perform gliding strokes downwards along the cervical paravertebral muscles, from the base of the skull (*occiput*) to the top of the shoulders.
2. **Suboccipital Release:** Use fingertips to apply gentle, sustained pressure into the soft tissues just beneath the ridge of the skull. Releasing these small muscles is key to relieving tension headaches.
3. **Gentle Traction:** Place one hand on the forehead and the other at the base of the skull, and apply very gentle, steady traction to lengthen the cervical spine. **This is an advanced technique requiring supervision.**

## **3. Spinal Alignment Sequences**

These techniques are applied after the muscles have been thoroughly warmed and relaxed. The key is gentle, rhythmic persuasion, not forceful manipulation. **Never apply direct, heavy pressure onto the bony spinous processes of the vertebrae.**

1. **Paravertebral Channel Press:**

- **Technique:** With the recipient prone, the practitioner places their thumbs on either side of the spine in the muscular groove. Starting at the base of the neck, apply firm, steady pressure. Hold for the duration of a recipient's exhale, then release. Move down one vertebral level and repeat, continuing all the way down to the sacrum.
  - **Purpose:** This technique simultaneously balances the *Ida* and *Pingala* channels, signals the deep multifidus muscles to release their guarding tension, and encourages subtle vertebral self-correction.

2. **Spinal Rocking & Elongation:**



- **Technique:** Place the heel of one hand on the sacrum and the other hand across the upper thoracic region. Apply a gentle, rhythmic, rocking motion. This creates a wave-like effect up the spine, soothing the nervous system and decompressing the vertebral discs. Follow this by changing the hand position to opposite sides of the spine (e.g., right shoulder, left hip) and applying gentle, diagonal, stretching pressure.
- **Purpose:** This promotes global release and helps to “reset” the proprioceptive information being sent from the spinal muscles to the brain.

## Precautions and Contraindications

The spine is a sensitive structure. It is imperative to exercise caution. Avoid these protocols or proceed with extreme care in cases of:

- **Acute Disc Herniation:** Deep pressure can worsen the condition.
- **Vertebral Fractures or Severe Osteoporosis:** The bones are too fragile for pressure.
- **Spinal Fusions:** Avoid any mobilization in the fused area.
- **Acute Inflammatory Arthritis** (e.g., Ankylosing Spondylitis flare-up).
- **Malignancy** in the spinal region.

Always work within the recipient's comfort level and when in doubt, use a lighter touch.

## Conclusion: Restoring the Flow of Life

A *Kalari Uzhichil* treatment for the back and spine is one of the most profound therapies one can receive. It goes beyond simple relaxation. By systematically releasing the physical armor held in the back muscles and gently encouraging the *Merudanda* back towards its divinely engineered alignment, the practitioner helps to restore the structural integrity of the body and, more importantly, liberates the flow of life force along its central axis. A flexible, aligned spine is the foundation for a vibrant body, a calm mind, and a spirited life.