



## 14. Chest and abdomen techniques with safety guidelines

### Chest and Abdomen Techniques with Safety Guidelines

#### Introduction: The Sacred Core - Uras & Udara

The front of the torso, encompassing the chest (*Uras*) and the abdomen (*Udara*), represents the body's sacred core. This region is not merely a collection of muscles and organs; it is the seat of our deepest feelings, our vital breath, and our metabolic fire. The chest houses the heart and lungs, the domain of the *Anahata* (heart) *Chakra* and the center of *Prana Vayu*, the life force governing respiratory and cardiac function. Below it, the abdomen holds the entire digestive system (*Koshta*), the furnace of our digestive fire (*Agni*), and the seat of the *Manipura* (solar plexus) *Chakra*, our center of personal power and will.

Working on this vulnerable, soft anterior aspect of the body is one of the most profound and delicate aspects of *Kalari Uzhichil*. The techniques go far beyond muscular release; they directly influence organ function, balance vital energies, and can facilitate significant emotional release. Therefore, the practitioner (*Abhyangi*) must approach this region with the utmost respect, presence, and a deep understanding of the critical safety guidelines. This is a dialogue with the core of a person's being, and it must be conducted with intelligence and compassion.

#### 1. The Chest (*Uras*) Protocol: Opening the Heart Center

Tension in the chest is both a physical and an emotional phenomenon. The postural stress of modern life causes the pectoral muscles to shorten, rounding the shoulders and constricting the breath. Emotionally, the heart center is where we hold feelings of grief, sadness, and lack of connection. The goal of chest work is to create a physical and energetic sense of openness and expansion.

##### Anatomical and Energetic Focus

- **Anatomy:** The pectoralis major and minor muscles, the intercostal muscles between the ribs, the sternum (breastbone), and the rib cage.
- **Energetics:** To open and balance the *Anahata Chakra*, improve the circulation of *Prana Vayu*, and release emotional armor.

##### Techniques (Performed in Supine Position)

Proper draping is essential, exposing the sternum and pectoral muscles while respecting the client's modesty.

1. **Sternal Warming:** Begin by placing a warm, flat palm over the center of the chest to establish trust and warmth. Use fingertips to apply gentle, warming friction strokes up and down the length of the sternum.
2. **Pectoral Sweep:** This is the primary stroke for opening the chest. With a flat hand or soft forearm, apply a broad, sweeping stroke starting from the sternum and moving outwards over the pectoral muscle, towards the shoulder and into the armpit. The rhythm should be slow and expansive, synchronized with the recipient's exhale.
3. **Intercostal Spreading:** Using the soft pads of the fingertips, gently trace the spaces between the ribs, moving laterally from the sternum outwards. This releases the small muscles responsible for breathing and can dramatically increase respiratory capacity.
4. **Heart Center Hold:** Conclude the chest work by gently resting one or both hands over the recipient's sternum for several breaths. This is a purely energetic hold, providing a moment of still, reassuring contact that is deeply calming and allows the work to be integrated.

##### Key Marma Point

- **Hridaya Marma:** This vital point is located over the center of the sternum. It is the energetic controller of the



heart, lungs, and circulation of *Prana*. **It should never be struck or receive sharp, deep pressure.** All work over this *Marma* is done with a gentle, broad, palmar contact to soothe, balance, and open.

## 2. The Abdomen (*Udara*) Protocol: Stoking the Digestive Fire

The abdomen is the center of our metabolic health. In Ayurveda, all disease is said to begin with weak digestion (*Mandagni*). Abdominal massage directly stimulates digestive organs, enhances circulation, and balances the energies of assimilation (*Samana Vayu*) and elimination (*Apana Vayu*).

### Anatomical and Energetic Focus

- **Anatomy:** The abdominal muscles and the underlying digestive organs, particularly the large intestine.
- **Energetics:** To kindle *Agni* (digestive fire), balance the *Vayus*, and release emotional tension (fear, anxiety) often stored in the solar plexus (*Manipura Chakra*).

### Techniques (Performed in Supine Position with knees bolstered)

Having the knees bent and supported by a bolster is crucial as it softens and relaxes the abdominal wall, allowing for more effective and comfortable work.

1. **Initial Connection:** Always begin by resting both hands flat on the abdomen for a few moments. This act of “listening” with the hands is calming for the recipient and allows the practitioner to sense the state of the area.
2. **Clockwise Intestinal Massage:** This is the cornerstone of abdominal work. The strokes follow the anatomical path of the large intestine to support peristalsis. Using a soft, flat palm, begin on the lower right side of the abdomen, move up towards the rib cage (ascending colon), sweep across to the left side (transverse colon), and then move down the left side (descending colon). The pressure should be gentle initially and can be gradually deepened according to the recipient's comfort.
3. **Solar Plexus Release:** The solar plexus, located just below the point of the sternum, can be a site of significant tension. Use gentle, clockwise circles with the fingertips to soothe and release this area.
4. **Navel Center Work:** Use one or two fingers to perform very gentle circles directly around the navel (*Nabhi*), without pressing into it. This stimulates the *Nabhi Marma*, considered the origin point of all the body's energy channels.

### Key Marma Points

- **Nabhi Marma:** The navel center. It is a master control point for digestion and energy distribution throughout the body.
- **Basti Marma:** Located in the lower abdomen, over the pubic bone, corresponding to the urinary bladder. It governs the urinary system, elimination (*Apana Vayu*), and reproductive health. Pressure here must be broad, gentle, and respectful.

## 3. Critical Safety Guidelines & Contraindications

**This section is non-negotiable. Adherence to these guidelines is essential for professional and ethical practice.**

### Communication and Consent

- **Always** explain the process and purpose of chest and abdominal work before you begin.
- **Always** obtain explicit verbal consent.
- **Always** maintain open communication during the massage, checking in about pressure and comfort. If the recipient tenses up, the pressure is too much.



## Absolute Contraindications for Abdominal Massage

**DO NOT perform abdominal massage under these conditions:**

- **Pregnancy:** At any stage.
- **Menstruation:** Especially during heavy flow, as it can increase bleeding.
- **Immediately after eating:** Wait at least 2-3 hours.
- **Acute or unexplained abdominal pain, nausea, or fever.**
- **Hernia** (inguinal or umbilical).
- **Recent abdominal surgery.**
- During a flare-up of inflammatory conditions like **Crohn's disease, ulcerative colitis, or diverticulitis.**
- Presence of **cysts, tumors, or cancer** in the abdominal area.
- Severe **high blood pressure.**
- If an **IUD (Intrauterine Device)** is present, only the most superficial work is permissible.

## Precautions for Chest Massage

- Be extremely cautious with clients who have **pacemakers, recent heart surgery, or severe cardiac conditions.**
- Avoid direct pressure over **rib injuries or fractures.**
- Maintain the highest level of professionalism and respect for personal boundaries, especially when working near breast tissue. The focus is always on the sternum and pectoral muscles.

## Conclusion: Nurturing the Core of Being

The techniques for the chest and abdomen are among the most nurturing and potent in the *Kalari Uzhichil* repertoire. When performed with skill, sensitivity, and strict adherence to safety guidelines, this work can unlock profound physical and emotional well-being. It is a practice that requires the practitioner to be fully present, treating the recipient's core not as a set of muscles to be manipulated, but as a sacred space to be honored, opened, and balanced.