

## 23. Preventive health: Enhancing immunity and vitality

### Preventive Health in Kalari Tradition

#### Strategies for Immunity (**Vyādhikṣamatva**) and Vitality (**Ojas**)

##### 1 · Ayurvedic View of Immunity

In classical texts the body's resistance to disease is called **Vyādhikṣamatva** and rests on the quality of **Ojas**—a subtle essence distilled from perfectly digested food, balanced *doṣas*, clear channels (*srotas*), and a calm mind. Declining Ojas shows as fatigue, dull complexion, repeated colds; abundant Ojas reveals itself in bright eyes, stable moods, and quick healing.

##### 2 · How Kalari Methods Build Ojas

###### 1. Daily Oil Application (Self-Abhyanga & Uzhichil)

- Warm sesame-bala taila nourishes the skin barrier, a first-line immune screen, while rhythmic palm glides stimulate lymph flow—shuttling immune cells from gut to periphery.

###### 2. Marma Pulsing for Neuro-Immune Harmony

- Gentle holds on **Hṛidaya** and **Nābhi** synchronise vagal tone and enteric immunity; light spirals on **Talahrīdaya** (sole) ground anxiety that otherwise saps Ojas.

###### 3. Kizhi & Steam for Detoxifying Sweat Pathways

- Leaf-based **Ela-kizhi** followed by brief steam opens sweat glands, flushing metabolic wastes that clog *srotas* and burden the immune system.

###### 4. Chuvadukal Movement Drills

- Dynamic **Vatta** pivots and **Neeta** lunges pump interstitial fluid back to central circulation, preventing lymph stagnation and lowering systemic inflammation.

###### 5. Seasonal “Karkidaka” Rejuvenation

- During Kerala's monsoon the body's agni dips. A 14-day protocol—light diet, dashamūla steam, njavara-kizhi nourish—restores digestive fire and rebuilds marrow-level Ojas before winter pathogens surge.

##### 3 · Herbal Oils & Diet Synergy

Aim	Key Oil Ingredients	Companion Dietary Tips
<b>Baseline immunity</b>	Sesame + <b>Āsvagandhā, Bala</b> ( <i>Dhanvantaram taila</i> )	Morning glass of lukewarm water with ½ tsp <b>chawanprash</b>
<b>Respiratory defence</b>	Coconut-tulasi oil for chest glides	Warm <b>tulasi-ginger decoction</b> after session
<b>Anti-inflammatory reserve</b>	Dashamūla-sahacharādi blend for joints	Golden milk with <b>turmeric &amp; black pepper</b> at bedtime
<b>Post-illness rebuild</b>	Ghee-amla-bala drizzle applied to spine	<b>Moong-rice khichdi</b> with ghee, cumin, fresh amla

##### 4 · Breath & Mind Practices to Seal Gains

- Nādī-śodhana (5 min):** balances ida-piṅgalā channels, harmonising cortisol and melatonin cycles.
- Bhrāmari (9 humming exhales):** vibration enhances nitric-oxide release in nasal epithelium—an innate antiviral.
- Gratitude pause:** therapist and client rest palms over sternum for three slow breaths, anchoring Sattva that protects Ojas.

**5 • Weekly Immune-Vitality Routine (Self-Care Template)**

Day	Morning	Mid-day	Evening
Mon	Self-abhyanga + 8 <b>Aakka</b> steps	Warm water, small lunch	20-min Uzhichil focus on back
Tue	5-min Nāḍī-śodhana	Ginger-lemon drink	Slow <b>Neeta</b> lunges, foot oiling
Wed	Leaf <b>Ela-kizhi</b> on knees	Light khichdi	10-min belly clockwise glide
Thu	Dashamūla steam (5 min)	Tulasi decoction	Head-neck oil with <b>Sthapanī</b> hold
Fri	Plyo <b>Chātta</b> hops (20 reps)	Seasonal fruit bowl	Feather palm on sternum, gratitude journal
Sat	Long forest walk	Coconut water	Gentle ankle mobilisations
Sun	Rest, mild stretching	—	Warm sesame bath & early sleep

**Quick-Reference Benefits Matrix**

Modality	Direct Physiological Effect	Immunity Outcome
Warm oil glide	↑ skin lipid barrier, ↓ sympathetic tone	Fewer dermal infections, better sleep
Marma thumb hold	Vagal stimulation	Balanced cytokine profile
Kizhi heat	Micro-circulation boost	Faster antibody transport
Steam exit	Opens srotas, raises core temp	Pathogen die-off, clearer sinuses
Movement drills	Lymph pump, myokine release	Enhanced NK-cell activity
Breath/meditation	Cortisol regulation	Reduced viral susceptibility

**Key Points to Remember**

- Immunity is multi-layered;** Kalari addresses skin, lymph, gut, nerves and mind in one integrated arc.
- Ojas flourishes where digestion is clean, joints are free, breath is smooth, and thought is bright.**
- Consistency outranks intensity:** a daily 15-minute self-oil and breath ritual protects better than occasional spa marathons.
- Seasonal resets are essential:** leverage monsoon or spring for short rejuvenation programs before stress seasons hit.

Practised as a lifestyle, Kalari's blend of medicinal oils, precise touch, and intelligent movement keeps defence mechanisms vigilant while feeding the deep reservoir of vitality that Ayurveda calls **Ojas**.