

## 4. Contraindications and precautions

WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

#### **Contraindications and Precautions**

(When to treat, when to modify, and when to refer—so every session is safe)

# 1) Why this matters - the "safety first" lens

Manual therapy changes circulation, nerve tone, heat, and fluid movement. In Kalari Uzhichil we also touch marma (vital junctions), use heat (kizhi/steam), and apply medicated oils. Each can help—or harm—depending on the client's state. A clear rule set prevents adverse events and protects both client and therapist.

#### Simple decision rule -

- Treat when findings are stable and low-risk.
- Modify when risk is local, mild, or controllable.
- Defer/Refer when red flags suggest medical evaluation first.

# 2) Absolute contraindications - do not treat now; refer

These conditions raise risk beyond safe manual practice.

**Systemic/medical** - high fever; suspected **DVT/PE** (hot, swollen calf with pitting edema, breathlessness); **unstable cardiac** symptoms (chest pain, new palpitations, syncope); **recent stroke/TIA** signs; **acute abdomen** (severe, unexplained abdominal pain); **uncontrolled hypertension**; severe shortness of breath; **major trauma**, suspected fracture/dislocation; **intoxication**.

**Infectious/dermatologic - cellulitis**, widespread contagious skin disease, **active shingles** over the region, sepsis signs.

Local sites - fresh surgical incision, open wound or ulcer, deep burn, active thrombophlebitis, active bleeding.

Session rule - if you suspect any absolute condition, stop and refer—do not "work around it."

## 3) Relative contraindications - treat with modification

Proceed only with adjustments and clear consent.

## Circulatory/vascular -

- Varicose veins no deep or cross-fibre pressure directly over veins; use light distal-proximal glides around them; consider limb elevation.
- Controlled hypertension or stable heart disease calm pacing, avoid strong chest/neck pressure; monitor comfort.

#### Neurological/metabolic -

• **Diabetes (esp. neuropathy)** – avoid hot kizhi/steam on areas with reduced sensation; check skin before/after; avoid heavy friction at insulin sites.

<sup>©</sup> Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.

# AYURVED BHARATI® WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

- Migraine/epilepsy avoid flashing lights, strong scents; work in quiet, predictable rhythm.
- Radicular pain (nerve root) without red flags gentle nerve-glide strokes only; no hard end-range loading.

#### Musculoskeletal -

- Osteoporosis/long-term steroids avoid Chavitti or deep elbow work on ribs/spine; prefer palm/forearm glides.
- Acute sprain/strain (0-72 h) no deep pressure or heat; use cooling oil, distal lymph flush, support/bandhana.
- Post-surgical (healed) or scars respect maturation; start with feather-light work and graded depth.

#### Lymph/oncology -

- **Diagnosed lymphedema** only if trained in MLD; light skin-stretch, compression and exercise sequence per protocol.
- Active cancer under care follow oncology team guidance; avoid deep local pressure over tumours or ports.

#### Other -

• Pregnancy (see below), hernia, gastro-reflux (work with head elevated), anticoagulant therapy (no aggressive friction; expect easy bruising), allergies/asthma (patch-test oils; avoid strong aromas).

# 4) Pregnancy precautions - by trimester

**General** - obtain consent; keep sessions shorter, cooler, and side-lying after mid-pregnancy. Avoid deep abdominal/pelvic marma work throughout.

Trimester	Avoid	Safer choices
1st	Abdominal/kizhi heat; strong steam; deep sacral pressure	Gentle full-body glides; light lymph support
2nd	Prolonged supine (vena cava compression)	Side-lying with cushions; calm chest/leg work
3rd	Deep calf/popliteal pressure; overheating	Light distal→proximal leg glides; ankle pumps; brief cool rests

# 5) Modality-specific precautions

#### Marma work -

- Agni marmas (Hridaya, Nābhi, Basti, Ādhipati) no vertical hard pressure; use broad, breath-timed holds.
- Sūkṣma marmas (neurovascular) Ani, Indrabasti, Mātrikā—use oblique, graded contact; avoid sustained compression on arteries or nerves.

#### Heat therapies (kizhi/steam) -

- Avoid on **acute inflammation** (<48-72 h), neuropathy-insensate skin, active varicosities, uncontrolled hypertension, high Pitta/fever, and during pregnancy abdomen/pelvis.
- Keep oil/bolus at therapeutic—not scalding—temperatures; test on therapist's forearm each cycle.

#### Chavitti (foot pressure) -

 Contraindicated with osteoporosis, frail elders, pregnancy, uncontrolled BP, and recent fractures. Use palm/forearm alternatives.

#### Medicated oils & pastes -

• Allergy screen/patch-test for sesame/coconut or herbal contents; avoid camphor-rich oils near infants,

<sup>©</sup> Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

pregnancy, or asthma triggers.

• Do not microwave oils; discard rancid batches; keep room ventilated for scent-sensitive clients.

# 6) Practical intake and on-table safeguards

**Before session** – brief health update; check for new meds (anticoagulants, steroids), recent illness, and skin changes. Ask last meal time (avoid heavy post-prandial work).

**Vitals cues (non-diagnostic but helpful) -** resting HR > 120, marked dizziness, or visible distress → **defer**. If a home BP reading is **very high** and symptomatic (headache, chest tightness), advise medical check instead of therapy.

**During session -** use a **pain ceiling ≤ 5/10**; watch for breath-holding, pallor, cold sweat, nausea, radiating "electric" pain—**these are stop signs**. Reduce depth, switch to broad contact, or end the session.

**After session -** assist to sitting slowly; offer water; caution against intense heat, alcohol, or hard exercise for a few hours, especially after heavy oil/heat work.

# 7) When to stop immediately

• New chest pain, severe shortness of breath, sudden neurological signs (weakness, slurred speech), suspected DVT signs, syncope, or allergic reaction (hives, wheeze). **Activate emergency care** and document.

# 8) Documentation, consent, and scope

Obtain **informed consent**, especially for work near sensitive regions (abdomen, chest, inner thigh). Document findings, client feedback, techniques used, and any adverse responses. Work **within training**; collaborate with physicians/physios when conditions are complex.

# **Summary Tables**

## A) Absolute vs Relative Contraindications

Category	Examples	Action
Absolute	DVT/PE signs, high fever/infection, unstable cardiac/neurologic events, acute abdomen, major trauma, open wounds	Defer & refer
Relative	Varicose veins, controlled HTN, diabetes/neuropathy, osteoporosis, pregnancy, anticoagulants	<b>Modify</b> depth/heat/position; obtain consent

## B) Modality-Specific "Do / Don't"

Modality	Do	Don't
Marma (Agni)	Broad breath-timed contact	Hard vertical pressure
Marma (Sūkṣma)	Oblique, short holds	Long artery/nerve compression
Kizhi/Steam	Check temp each pass	Use on acute inflammation/neuropathy
Chavitti	Use on robust tissues	Apply on osteoporosis/pregnancy
Oils/Pastes	Patch-test; fresh warm oil	Use known allergens/overheat oils

<sup>©</sup> Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only. Unauthorized reproduction, distribution, or commercial use is strictly prohibited.



#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

## C) Pregnancy Quick Guide

Trimester	Positions	Heat	Key Avoidances
1st	Any comfort	Minimal	Abdomen/pelvis depth, strong steam
2nd	Side-lying	Mild	Long supine, deep sacral work
3rd	Side-lying/seated	Mild/brief	Deep calf/popliteal, overheating

## D) "STOP" Signs During Session

	Sign	Likely meaning	Action
Elec	tric/radiating pain	Nerve irritation	Broaden contact; reduce depth; reassess
Dizz	iness, cold sweat	Autonomic drop	Lay supine, legs slightly elevated; monitor
Sudo	den redness/heat flare	Inflammatory spike	Cool compress; end heat; lighten work
Che	st pain/neurologic signs	Medical emergency	Stop and call emergency services

## E) Safety Checklist (pre-session)

Item ✓/X

Health update, meds, allergies reviewed Skin check over planned areas Informed consent confirmed (incl. sensitive regions) Oil selected & patch-tested if needed Emergency contacts accessible; first-aid kit ready

## **Key take-aways**

- 1. Know your red flags—when in doubt, defer and refer.
- 2. Modify, don't force—adjust depth, heat, tempo, and position to match the client's state.
- 3. **Marma demands restraint**—broad, breath-timed contact near vital nodes; oblique, graded touch near neurovascular points.
- 4. Clear consent and documentation are part of safe therapy, not bureaucracy.
- 5. Your calm attention is preventive medicine—it catches risk early and keeps every session safely effective.

<sup>©</sup> Ayurvite Wellness Pvt Ltd. All rights reserved. This PDF is for personal use only Unauthorized reproduction, distribution, or commercial use is strictly prohibited.