Practical 4: Customized Full-Body Kalari Uzhichil Routine

Practical 4: Customized Full-Body Kalari Uzhichil (60-min)

Learning objective

Synthesize learned strokes, marma awareness, and gentle mobilizations into a safe, fluid 60-minute routine tailored to the client's constitution (prakṛti) and current doṣa imbalance.

1) Pre-session: space, safety, consent (3-5 min)

- Room & hygiene: 26–30°C, draft-free; warm oil; clean linens; non-slip flooring; short nails, no jewelry; hand hygiene.
- Contraindication screen (do not proceed or modify):
 - Fever, acute infection, open wounds/skin disease, DVT/untreated varicosities, recent fracture/surgery, uncontrolled HTN, severe cardiac/renal disease, active cancer care without physician OK, first trimester pregnancy (avoid abdomen throughout pregnancy), acute disc prolapse/radiculopathy, severe neuritis.
- **Consent & draping:** Explain benefits/risks, pressure scale (0-10), areas included/excluded; obtain verbal (and written in clinic) consent; maintain professional boundaries.
- Therapist body mechanics: Neutral spine, hip-driven weight shift, forearm use for long strokes, avoid thumb overuse.

2) Micro-consultation & plan (5 min)

A. Quick intake (ask ≤5 focused items)

- 1. Primary concern & pain map (VAS 0-10)
- 2. Daily strain pattern (desk work, sports, long standing)
- 3. Sleep, appetite, bowels (for doṣa cues)
- 4. Heat/cold preference
- 5. Red flags from screen above

B. Doşa snapshot (signs today)

- **Vāta**1: dryness, coldness, variable pain, insomnia, anxiety, cracking joints.
- Pitta1: heat, redness, irritability, tight muscles with burning quality.
- Kapha 1: heaviness, stiffness, edema, lethargy, sluggish bowels.

C. Goal for this session (1 sentence)

e.g., "Reduce mid-back stiffness and calm Vāta; improve neck ROM."

3) Taila (oil) selection & prep (2-3 min)

Warm to skin-safe (~40-45°C). Patch test if sensitive skin.

• Vāta-predominant: Sesame base; *Dhanvantaram taila*, *Mahanārāyaṇa*, *Bala-Aśvagandhādi*. Add gentle heat fomentation post-strokes if trained.

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WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

- **Pitta-predominant:** Coconut/ghee base; *Pinda taila, Chandana-bala-lakṣādi*. Keep room cooler; avoid vigorous friction.
- Kapha-predominant: Sesame/mustard blend (if tolerated); Kottamchukkādi, Sahacarādi. Use brisk strokes; keep pace lively.

(Use locally available classical/proprietary oils per institute protocol.)

4) Techniques palette (Kalari Uzhichil)

Keep contact continuous; match rhythm to client breath.

- Thādavu (long gliding): palms/forearms, proximal↔distal, sets tissue tone, distributes oil.
- Mardana (kneading): heels of hand/thenar; muscle bellies (paraspinals, thighs).
- Pīḍana (compressions): sustained, broad—never on bony prominences.
- Utsāhana (lifting/rolling): gentle tissue lift on calves, forearms.
- Spanda/Vibhrama (vibration/shaking): end of a segment to down-regulate.
- Marma sparśa (marma contact): brief, graded pressure—see caution below.
- Sukha-sanchalana (gentle mobilizations): pain-free joint circles, traction, oscillations.

Marma caution (avoid deep pressure): Hṛdaya (precordium), Nābhi, Basti (suprapubic), Śaṅkha/Āpāṅga (temples/eye canthus), Sthapanī (glabella), Kṣipra (web of thumb), Talahridaya (palm/sole centers). Prefer **light contact** (3-5/10) for 1-3 breaths.

5) The 60-minute flow (with timing)

Suggested total = 60 min (includes intake & closure).

• Intake 5 min → Hands-on 50 min → Closure 5 min.

A) Prone sequence (25 min)

- 1. Feet & calves (6 min)
 - Thādavu from heel→knee (x3 each leg)
 - Mardana on gastrocnemius/soleus
 - o Marma light contact: **Indrabasti**, **Gulpha** (2 breaths each)
 - Ankle circles (3 each direction)
- 2. Hamstrings & glutes (5 min)
 - o Broad forearm glides; knead attachments near ischial area (no direct pressure on ischial tuberosity)
 - Hip oscillations; gentle IR/ER with knee flexed
- 3. Back (thoracolumbar) (10 min)
 - Forearm Thādavu sacrum→shoulders (x6)
 - Mardana paraspinals; avoid spinous processes
 - Scapular borders friction (soft)
 - o Marma: Katikataruna (PSIS region) light contact
 - Prone sacral rocking synced to exhale
- 4. Posterior shoulders & neck (4 min)
 - Upper trapezius compress-release
 - Shoulder circumduction (pain-free arc)
 - $\circ\,$ Occipital hold, breath cueing

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B) Supine sequence (25 min)

5. Feet & shins (4 min)

- Thādavu toes→knee; Talahridaya (sole center) light contact
- Ankle pumps; subtalar mobilization

6. Quadriceps & hips (6 min)

- Long glides; kneading on vasti
- o Hip traction (gentle); FABER/FIR pattern mobilizations (within comfort)

7. Abdomen (optional, 3 min; avoid in pregnancy or discomfort)

- Very light clockwise circles around navel (no deep pressure on Nābhi marma)
- o Diaphragmatic breath cueing

8. Chest & arms (5 min)

- o No pressure on precordium (Hṛdaya). Work pectoral edges, intercostal spaces lightly
- o Arms: thādavu wrist→shoulder; mardana forearm; wrist/finger circles
- o Palm marma (Talahridaya) light contact

9. Anterior neck & face (optional, 3 min)

- Light strokes along SCM (ear→clavicle)
- o Avoid deep work on throat; temples only feather-touch
- o Finish with forehead effleurage

10. Integration (4 min)

- Bilateral arm/leg holds; gentle limb traction
- Stillness hold at ankles, then crown (non-directive)

C) Closure (5 min)

- Remove excess oil with warm towel.
- Seated neck/shoulder re-check; cue 3 slow breaths.
- Re-rate key symptom (VAS change).

6) Pressure, pacing, breathing

- Pressure scale: Aim 4-6/10 for most tissues; 2-3/10 over sensitive areas; never exceed client's ceiling.
- Pace: Vāta—slow/warm; Pitta—moderate/neutral; Kapha—brisk/activating.
- Breath pairing: Glide on exhale; pause on inhale for mobilizations.

7) Post-massage advice (2-3 min)

- Warm water sips; light, warm meal after 30-60 min; avoid cold drafts/bath for 2-3 hours.
- Home care: 5-7 min gentle joint circles, diaphragmatic breathing at night; local warm compress if Vāta stiffness;
 cool rinse next morning for Pitta.
- Follow-up cadence (typical, adjust to case):
 - Vāta-dominant pain/stress: 2×/week for 2–3 weeks, then weekly.
 - $\circ\;$ Pitta tension: weekly, emphasize cooling; add guided relaxation.
 - o Kapha stiffness: weekly or 2×/week initially with brisker routines.

8) Documentation (SOAP) + self-evaluation

SOAP template (copy for logbook):

• S: "Mid-back stiffness 7/10; desk job; sleeps 6h; prefers warmth."

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- O: Guarded thoracolumbar fascia, cool distal limbs; BP 126/78; no red flags.
- A: Vāta↑ in śleşma sthāna (back) with Kapha stiffness; aim to warm, lengthen, calm.
- **P:** 50-min Uzhichil per flow; oil: *Mahanārāyaṇa* warmed; pressure 4-6/10; marma contact—Katikataruna, Indrabasti, Talahridaya (light); HEP: breath + joint circles; review in 1 week.

Self-evaluation rubric (rate 1-5):

- 1. Flow continuity (no "breaks" in contact)
- 2. Doșa-appropriate pace/pressure
- 3. Marma safety and accuracy
- 4. Client comfort (breath, face, feedback used)
- 5. Body mechanics & stamina
- 6. Time management (kept 60 min)
- 7. Outcomes (VAS change, ROM, relaxation)

Reflection prompts (write 3-4 lines):

- What one adjustment next time would improve results?
- Which segment consumed extra time and why?
- · How did client breathing change during the session?

9) Assessment checklist

- Contraindication screen & consent done
- Proper draping & warming of oil
- Doşa-aligned oil and pacing chosen (justify)
- Demonstrates thādavu, mardana, pīḍana, mobilizations safely
- Correct marma caution (names + light contact only)
- Continuous flow & therapist ergonomics
- Clear post-care + documented SOAP

10) Common errors to avoid

- · Overworking upper traps/low back with pointy thumbs
- Deep pressure on abdomen/chest/temples
- Cold oil, cold room, or abrupt transitions
- Ignoring client breath/facial cues
- Skipping intake or post-care

Quick review (teach-back)

- If today's client shows **Vāta** 1, name **two** changes you'd make to oil and pacing.
- Point to **three** marma where only light contact is appropriate.
- Which two mobilizations would you keep for a desk-worker with shoulder tightness?

If you'd like, I can turn this into a printable one-page checklist and a 60-min wall-chart timing card for your clinic/LMS. Want it as a PDF or PPT?

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