

### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

## Unit 2: Traditional Kalari Approaches to Pain Relief

### PAPER 9 — Pain Management & Stress Relief Techniques

### Unit 2: Traditional Kalari Approaches to Pain Relief

(Key marma points • Pain-reducing strokes • Oil selection • Heat therapies (Kizhi) • Case-based protocols)

# Therapeutic map: how Kalari eases pain

Kalari Uzhichil reduces pain by combining three levers in a repeatable order:

- 1. Prepare the tissues (oil film, long glides, gentle decompression) → lowers nociceptor drive.
- 2. **Regulate** with brief, breath-timed **marma** contacts → segmental gating and autonomic settling.
- Integrate with midline sweeps and a seated finish → the nervous system keeps the gains.
  Use fewer, better marma points, keep contacts broad & oblique, and match oil/heat to the day's tissue state.

# 1) Key marma points for pain modulation

### Autonomic down-regulators (quiet the system):

- Sthāpanī (glabella), Śańkha (temple), Āvarta (supraorbital rim) feather-light holds for headache/over-arousal.
- Talahridaya (centre of palm/sole) distal "reset"; excellent close for any session.
- Vidhura (mastoid-ear sulcus) eases ear/sinus pressure; gentle only.

Safety: Head points are **sūkṣma**; use feather contact, no tapping or heat.

# Segmental musculoskeletal modulators (reduce local guarding):

- **Krikatikā** (occipital notch) suboccipital release for neck pain.
- **Aṃsa / Aṃsa-phalaka** (acromial complex / scapular plane) shoulder girdle reset.
- Kaţikā-tāruṇa (sacroiliac rims) lumbar/pelvic easing via traction.
- **Vṛhati, Pārśva-sandhi** (thoracic paraspinals / costovertebral rings) mid-back stiffness.
- Jānu (knee ring), Manibandha (wrist ring), Kūrpara (elbow ring) joint pain; treat as rings, not points.

## Distal channel clearers (support venous/lymph return):

Indrabasti (mid-calf corridor), Gulpha (ankle ring), Ūrvi (medial thigh bed), Ani (distal thigh), Kṣipra (web spaces).

Safety: Kukundara (sciatic notch) and  $\bar{\mathbf{U}}$ rvi (near femoral bundle) — work around, not into, neurovascular pits.

### Agni marmas (vital fields—regulatory only):

• Hṛdaya (precordial), Nābhi (umbilical hub), Basti (deep pelvic), Ādhipati (crown).

Rule: Broad, breath-timed rests only. No vertical pressure. No stacked heat.

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# 2) Application of specific Kalari strokes for pain reduction

Thirumu (long glides): distal→proximal, even tempo; hydrates fascia, engages A-beta touch fibers ("gate control"). Eduthu-thirumu (lift-knead): broad scoop with whole hand/forearm to dissolve density; avoid thumb pinches. Akam-thirumu (centering/inward): ring-wise draws tissue toward joint/sandhi; traction beats compression. Ring-work & traction: circle around Jānu/Kūrpara/Maṇibandha; gentle joint traction to unload nociceptors. Wave sweeps (rib/abdomen): cupped, exhale-timed waves soften sympathetic tone. Marma holds: 4-6 total, oblique vector, feather→light depth, 2-5 exhales each.

### Do / Don't

- Do: move from your legs, breathe with the stroke, stop at warmth + softening.
- Don't: jab vertical into joints, compress carotids, or "chase" hot pain with pressure.

# 3) Oil selection for pain-relief (tailams & blends)

Warming (uṣṇa) for cold, stiff, Kapha-Vāta tissue:

- Koţţamcukkādi (decongesting), Mahanārāyana (nourish + ease), Dhanvantaram (Vāta pacifying).
  Cooling (śīta) for hot, irritable, Pitta tissue:
- Pinda/Manjiṣṭhādi, Kṣīrabala (milk-processed) calm heat, soothe reactive skin.
  Local sprain/contusion (sub-acute cool): Murivenna around (not on) the lesion.
  Blends: sesame:coconut 2:1 for guarded but heat-sensitive tissue; +10-15% castor locally for dense peri-joint rings.

Dose levers: Concentration × Area × Time × Temperature. Raise one → lower another.

# 4) Use of heat therapies (Kizhi) for pain

**Podi Kizhi** (powder bolus) — drying/lightening; Kapha heaviness, morning stiffness.

**Ela Kizhi** (leaf bolus) — warming/penetrating; cold, sticky peri-joint stiffness (non-inflamed).

Navarakizhi (medicated rice bolus) — nourishing heat; Vāta dryness, chronic spasm with fatigue.

Contact temperature: ~42-45 °C at bolus face. Keep it moving.

**Sequence rule:** oil film  $\rightarrow$  mobilise  $\rightarrow$  **Kizhi around** the field (not on hotspots)  $\rightarrow$  short marma holds  $\rightarrow$  integrate.

Contraindications: acute hot swelling, fever, neuropathy with low heat sense, varicosities (direct heat), pregnancy (avoid abdomen/leg-deep heat), cardiac/respiratory instability.

Never stack heat + pressure over Hṛdaya, Nābhi, Basti, Ādhipati or carotid corridors.

# 5) Case-based protocols

### A) Posterior-chain low back pain (mechanical; Vāta-leading, cool/stiff)

**Goal:** unguard lumbar fascia, restore hip rhythm, settle system.

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### Plan (45-60 min):

1. **Open:** warm **Dhanvantaram** thin film; distal→proximal Thirumu along calves/hamstrings → sacral decompression.

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- 2. Mobilise: forearm glides on paraspinals; pelvic ring traction; optional Navarakizhi 8-10 min posterior chain.
- 3. Marma (3-4): Kaţikā-tāruṇa, Vrhati, Indrabasti, Talahridaya (sole) breath-timed.
- 4. **Integrate:** midline sweep; seated finish.

**Home:** 2×/day hip-hinge to wall (8 reps), 5-min easy walk + 4-in/6-out breathing.

### B) Neck stiffness / cervicogenic headache (Pitta-irritable; hot/tense)

**Goal:** decompress suboccipitals, reduce heat, calm autonomics. **Plan (35-50 min):** 

- 1. Open: coconut / Pinda thin film; parascapular Thirumu; no friction.
- 2. Mobilise: gentle Krikatikā decompression; scap clocks; avoid carotid compression.
- 3. Marma (4-5): Sthāpanī, Śaṅkha, Āvarta, Krikatikā, finish with Talahridaya (palm).
- Integrate: crown-light rest or palm-seal; seated exit.
  Home: screen breaks; nasal 4/6 breathing 3 min; two gentle chin-nod sets.

## C) Knee joint ache (Sandhigata Vāta with Kapha bogginess; non-hot)

**Goal:** decongest ring, improve slide, unload nociceptors.

Plan (40-55 min):

- 1. Open: thin sesame film; brisk calf Thirumu; Indrabasti corridor flush.
- 2. Mobilise: ring-work around Jānu; ankle traction; optional Podi/Ela Kizhi 6-8 min around joint.
- 3. Marma (3-4): Jānu (ring), Ūrvi (soft holds, avoid pulse), Gulpha, finish Talahridaya (sole).
- 4. Integrate: seated knee/ankle pumps.

**Home:** sit-to-stand  $2\times8$  (pain  $\leq 3/10$ ), calf raises  $2\times10$ , short walks.

Red flags for all cases: sudden neuro loss, night pain with fever, acute hot swollen joint, suspected DVT/PE, traumatic deformity → medical referral.

# **Summary Tables (LMS quick-reference)**

# A) Marma sets by goal

GoalPrimary marmasNotesAutonomic calmingSthāpanī, Śaṅkha/Āvarta, TalahridayaFeather holds; exhale-timedNeck/shoulder easeKrikatikā, Aṃsa, Aṃsa-phalakaOblique contact; avoid carotidsLumbar/pelvisKaṭikā-tāruṇa, Vṛhati, IndrabastiTraction > compressionJoint ringsJānu, Maṇibandha, Kūrpara, GulphaTreat as rings; no vertical jabs

### B) Stroke choice by tissue state

Tissue feel today	Oil	Stroke emphasis	Add-ons
Cold, stiff (Vāta/Kapha)	Dhanvantaram / Mahanārāyana	Long forearm glides; traction	Podi/Ela (brief) or Navara
Hot, irritable (Pitta)	Pinda / coconut-forward	Even, non-frictional waves	Skip heat; cool cloth finish
Dense peri-joint	Sesame + 10-15% castor (local)	Ring-work, ankle/wrist traction	Short Podi/Ela <b>around</b> ring

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# C) Kizhi selection & safety

KizhiUse forAvoidNotesPodiKapha heaviness, adhesionsHot/inflamed joints, very dry skinQuick, rotating passesElaCold, sticky peri-joint stiffnessReactive skin, face/neckWork around jointNavaraVāta dryness, fatigueActive āma, acute dermatitisNourishing heat; steady pace

### D) Case quick-ref (sequence)

Case	Open	Mobilise	Marma	Integrate
Low back	Dhanvantaram film	Paraspinal glides; optional Navara	Kaṭikā-tāruṇa, Vṛhati, Indrabasti, Talahridaya	Midline → seated
Neck/headache	Pinda/coconut film	Scap clocks; Krikatikā decompression	Sthāpanī, Śaṅkha, Āvarta, Krikatikā, Talahridaya	Crown/palm rest
Knee ache	Sesame film	Jānu ring-work; ankle traction; Podi/Ela	Jānu, Ūrvi, Gulpha, Talahridaya	Pumps seated

### E) Safety snapshot

Rule Why

**No heat + pressure** on Hṛdaya, Nābhi, Basti, Ādhipati Vital fields (agni) Avoid carotid compression (Mātrikā/Dhamanī) Vascular risk

Treat neurovascular pits **around**, not on Prevent zing/paresthesia

Pain ceiling during work ≤3/10 and baseline by next day Safe dosing

# **Key take-aways**

- 1. Prepare → Regulate (Marma) → Integrate is the Kalari pain-relief arc.
- 2. Choose oil and heat by tissue state: warm for cold-stiff, cool for hot-irritable; dose conservatively.
- 3. Use rings and traction at joints, feather at sūkṣma/agni marmas, and keep marma list short (4-6).
- 4. Finish seated with a distal **Talahridaya** hold and one simple home cue (breath + movement).
- 5. Stop on red flags; safety is skill, not luck.

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