

WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

Unit 3: Stress Management through Kalari Uzhichil

PAPER 9 — Pain Management & Stress Relief Techniques

Unit 3: Stress Management through Kalari Uzhichil

(Identify stress signs • Full-body relaxation sequences • Breathwork integration • Marma for calming • Post-session rest)

Identifying physical symptoms of stress -

Stress shows up first as **tone and breath** before it becomes pain. Typical musculoskeletal signs include **upper-trapezius and jaw guarding, suboccipital tightness, thoracic "bracing"** (shallow rib movement), **lumbar holding**, and **hip flexor tension**. Autonomic markers: **cool hands/feet**, **rapid or erratic breathing**, **dry mouth**, **gut churn/constipation**, and **startle sensitivity**. Skin may feel **cool-dry (Vāta)**, **hot-reactive (Pitta)**, or **puffy (Kapha)**—match media and tempo accordingly.

Intake screen (90 s): (1) rate stress 0-10 today, (2) sleep hours last night, (3) three breath cycles—note exhale length, (4) palpate forehead/temple, suboccipital, parasternal, and palm/sole centers for reactivity. Red-flag out if chest pain, new neuro deficit, fever with hot joint, or syncope history.

Full-body relaxation massage sequences -

Goal is **nervous-system down-shift**: long, even strokes; pressure **2-4/10**; **distal→proximal** flow; **4-6 marmas max**; finish seated. Oils: **coconut/Pinda** for hot-reactive states; **Dhanvantaram/Kṣīrabala** (thin film) for dry-twitchy Vāta; **light sesame** for Kapha heaviness (brisk-light start, then slow).

30-minute reset (desk stress)

- 1. **Open (5 min):** thin oil film to forearms/hands → calves/feet; long **Thirumu** distal→proximal.
- 2. Back & neck (12 min): prone or seated—parascapular glides, wave sweeps along ribs; Krikatikā decompression (feather).
- 3. Marma (8 min): Sthāpanī, Śaṅkha/Āvarta, Talahridaya (palms/soles) exhale-timed.
- 4. Integrate (5 min): midline sweep sacrum→crown; seated exit, two slow breaths.

45-minute whole-body calm

- 1. Lower limbs (10): feet→calves→thighs; light ring-work at Gulpha/Jānu (no vertical jabs).
- 2. **Upper limbs (6):** palms→forearms→arms; finish at **Talahridaya** (palm).
- 3. Back (12): forearm glides; thoracic rib waves; sacral rest.
- 4. Head/face (7): temples, brow, jaw (feather only).
- 5. Marma (6): Sthāpanī, Vidhura, Hṛdaya (broad), Nābhi (broad).
- 6. **Integrate (4):** seated close; quiet palms on thighs.

75-minute deep release (high arousal)

- 1. **Open (10):** thin warm film; distal→proximal returns.
- 2. Posterior chain (18): calves/hamstrings/back; optional Navarakizhi 6-8 min if Vāta-dry.
- 3. **Anterior (15):** thigh→abdomen (clockwise, feather)→parasternal rib waves.
- 4. Upper quarter (12): parascapular glides; Amsa-phalaka centring (Akam-thirumu).
- 5. Marma (12): Talahridaya (sole) → Nābhi (broad) → Hṛdaya (broad) → Sthāpanī → crown Ādhipati (touchand-lift).
- 6. Integrate (8): midline sweep; seated stillness; water sip.

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Safety: never stack **heat + pressure** on **Hṛdaya, Nābhi, Basti, Ādhipati**; avoid carotid compression; pain ceiling during work ≤ **3/10** and back to baseline by next day.

Breathwork integration and its calming effects -

Breath is the metronome of safety. Start contact on the client's exhale and lighten on inhale.

- **4-in / 6-out** default parasympathetic cue; lowers heart rate and tone.
- **Even 5-5** balances Pitta irritability when slow exhales feel frustrating.
- Box 3-3-3- mild activation for Kapha; avoid in anxiety or pregnancy.
 Cueing: "In softly through nose... slow out... let shoulders melt." Match your own breath to theirs (co-regulation). If breaths shorten, pause, broaden contact, and reset with two quiet cycles.

Techniques for calming the nervous system via marma activation -

Treat marmas as fields, not dots; work obliquely, pressure feather→light, 2-5 exhales each.

- Sthāpanī (glabella), Śańkha/Āvarta (temple/brow) quiet mind/eyes; use micro-vibration 10-15 s then stillness.
- Vidhura (mastoid-ear sulcus) ease head/ear pressure; feather only.
- Apālapa/Apastambha (parasternal windows) broaden breath; cupped wave on exhale.
- Hrdaya (precordial) broad palm rest only; 2-3 exhales.
- Nābhi (umbilical hub) clockwise feather spirals; no vertical force.
- Talahridaya (palm/sole) distal grounding; ideal opener/closer.
- **Ādhipati (crown)** light closing touch; skip if dizzy or hypotensive.

Optional adjuncts (with consent): gentle **humming** on exhale while holding Sthāpanī or parasternal fields to lengthen exhalation. Drop sound if agitation rises.

Post-session rest practices for deep stress release -

Aim for quiet entry back to life so gains stick.

- Table rest (2-5 min): supine, knees bolstered; therapist palm on shins or ankles; two 4/6 cycles.
- Seated re-entry (1-2 min): feet grounded, palms on thighs; eyes half-closed; one slow head turn each side.
- After-care (home): 10-minute evening walk; 4/6 breath 5 min; warm shower; screens down 60 min before sleep; light snack with protein if hungry.
- **Boundaries:** avoid intense exercise, loud environments, or heavy meals for 1–2 h.
- Journaling (optional): one sentence—"Body feels ____; breath feels ____."

Summary Tables (LMS quick-reference)

A) Recognising stress in the body

DomainSigns you may findImmediate adjustmentBreath & pulse Fast, shallow; uneven exhaleSwitch to 4/6; slow pacingToneUpper-trap/jaw/suboccipital guardingFeather head work; longer distal strokes

Skin feel Cool-dry (Vāta) / hot-reactive (Pitta) / puffy (Kapha) Warm-unctuous / cool-even / brisk-light then slow

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DomainSigns you may findImmediate adjustmentGut & chestTight belly; rib bracingClockwise feather belly; parasternal waves

B) Relaxation sequences at a glance

Duration	Focus	Sequence key points
30 min	Desk stress	Hands/feet → parascapular → head points → Talahridaya close
45 min	Whole-body	Feet→legs→arms→back→head → Hṛdaya/Nābhi (broad) → seated
75 min	High arousal	Posterior chain ± Navara → anterior ribs/abdomen → marma set (distal→midline→head)

C) Breath presets

Pattern	Use when	Contraindications	Cue
4-in / 6-out	Default down-shift	$Dizziness \to shorten$	"In soft longer out"
5 / 5	Pitta irritability	-	"Even in even out"
3-3-3-3	Kapha heaviness	Anxiety, pregnancy	"Square breath gentle holds"

D) Calming marma set (safe defaults)

Marma	Contact	Dose	Notes
Talahridaya (palm/sole)	Broad hold	2-4 exhales	Open/close, grounding
Sthāpanī / Śaṅkha / Āvarta	Feather + micro-vibration	10-15 s then still	Head work only feather
Apālapa/Apastambha	Cupped rib wave	3-5 exhales	Improves breath
Hṛdaya / Nābhi	Broad palm/spiral	2-3 exhales	No heat + pressure
Ādhipati	Light touch	1-2 exhales	Skip if dizzy

E) After-care & safety

Heat & pressure Keep separate over agni/sūkṣma fields Re-entry Seated finish; water sip; slow stand Home Walk 10 min; 4/6 breath; gentle evening Refer Panic attacks, syncope, chest pain, neuro changes -	Item	Do	Don't
Home Walk 10 min; 4/6 breath; gentle evening High-intensity exercise, heavy meal	Heat & pressure	Keep separate over agni/sūkṣma fields	Stack heat + pressure
	Re-entry	Seated finish; water sip; slow stand	Jump up quickly
Refer Panic attacks, syncope, chest pain, neuro changes -	Home	Walk 10 min; 4/6 breath; gentle evening	High-intensity exercise, heavy meal
	Refer	Panic attacks, syncope, chest pain, neuro changes	· –

Key take-aways

- 1. Stress first changes **breath, tone, and skin feel**—read these before depth.
- 2. For relaxation: long, even **Thirumu**, **pressure 2-4/10**, and **4-6 marma holds** are enough.
- 3. Breath sets the rhythm; start contact on the **exhale** and lighten on the inhale.
- 4. Treat marmas as **fields**; be broad and brief over **Hṛdaya/Nābhi/Ādhipati/Basti**.
- 5. Close sessions slowly and script simple after-care so the nervous system **keeps** the change.

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