

#### WHERE CLASSICAL WISDOM MEETS INTELLIGENT LEARNING

# **Unit 4: Integrative Techniques and Tools**

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

# **Unit 4: Integrative Techniques and Tools**

(Sound • Aroma • Light • Swedana (steam) • Chakra-Marma alignment (intro) • Reflexology basics • Customising sessions for stress)

#### Role of sound, aroma, and light in the therapy space

A calm nervous system notices **predictability, warmth, and safety**. Your room can provide those cues even before touch begins.

**Sound.** Use sound as a *pace keeper*, not a performance. Low-volume (about **40-50 dB**) steady sound reduces startle and masks hallway noise. Choose **instrumental**, **non-lyric** tracks or soft **pink/brown noise** in the **60-70 BPM** range to match a relaxed heart rate. Keep speakers off the table to avoid vibration. If clients are sound-sensitive, silence plus your **breath cue** often works best. Avoid chimes or sudden crescendos that spike arousal.

**Aroma.** Fragrance is powerful and personal. Keep it **subtle** and optional. For topical blends, keep total essential-oil load ≤1% **for body** and ≤0.5% **for face/neck**. Stress-calming options (choose one, not a cocktail): **lavender**, **sandalwood**, **vetiver**. Clear air with ventilation between clients. **Avoid** strong menthol/camphor in migraine, asthma, pregnancy, and never diffuse irritants in small rooms.

**Light.** Eyes inform the limbic system. Aim for **indirect, warm light** (≈2700-3000 K) with dimming, and avoid visible flicker or glare. Light from the **sides**, not overhead; keep the face cradle shadow-free. For daytime sessions with very sleepy clients (Kapha-heavy), begin a touch brighter and **dim gradually** as the system settles.

#### Use of herbal steam (Swedana) for muscle relaxation

**Swedana** adds heat and moisture to soften fascia and drop tone. Use it as **primer** (mobilise Kapha heaviness) or **polisher** (settle Vāta stiffness after oiling).

## Types.

- Nāḍi Swedana (localized hose/steam wand): precise, short doses for calves, paraspinals, peri-joint rings.
- Bāṣpa Swedana (steam box/tent): whole-body softening; less commonly needed for stress care.

#### When & how.

- For Vāta cool/stiff: apply after a thin warm oil film; 5-8 minutes regionally at pleasant warmth (roughly 40-45
   °C at skin).
- For **Kapha bogginess**: apply **before** oil in short cycles to lighten tissue, then switch to slow strokes.
- For Pitta heat/reactivity: skip or keep neutral; a cool cloth over brow often outperforms steam.

#### Media.

- Neutral: plain hot water for sensitive skin.
- Warming: light Daśamūla or kottam-chukkādi decoction for non-inflamed stiffness.
- Nourishing: Bala-milk base as part of Navarakizhi sequences for depleted Vāta.

**Safety.** Test each pass on your wrist; **keep bolus/steam moving**; never stack **heat + pressure** on **Hṛdaya, Nābhi, Basti, Ādhipati**; avoid steam in unstable cardiac/respiratory states, acute hot swellings, varicosities (directly), severe

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neuropathy, and late pregnancy (abdomen/legs).

#### Chakra and marma alignment (introductory concept)

This is a **structural-energetic overlay** to organise calming work. It is not a medical diagnosis framework; use it to pace attention and breath.

- Crown (Sahasrara) ↔ Ādhipati marma (crown): closing touch only; a light "lift-release" cues stillness.
- Brow (Ajna) ↔ Sthāpanī/Āvarta (glabella/supraorbital): feather holds and micro-vibration reduce forehead/jaw guarding.
- Heart (Anahata) ↔ Hṛdaya field: palm rest only, 2-3 exhales.
- Navel (Manipura) ↔ Nābhi: clockwise feather spirals (no vertical force).
- Pelvic (Svadhisthana/Muladhara) ↔ Basti/pelvic ring: perimeter contact only; traction at hips, never deep central pressure.
- Distal anchors: Talahridaya (palm/sole) to ground attention at start and end.

Sequence tip: ground (Talahridaya)  $\rightarrow$  midline (abdomen/chest)  $\rightarrow$  head (Sthāpanī)  $\rightarrow$  close (crown or soles), with exhale-timed transitions.

#### Basic reflexology integration in Kalari Uzhichil

Reflex zones on feet and hands can be woven into Uzhichil as **rhythmic, broad-pressure sets** that amplify A-beta touch and calm. Keep pressure **2-4/10** and wrists neutral; use your **body weight**, not thumb strength.

- Foot focus: begin at Talahridaya (sole centre) → medial arch (para-sympathetic tone) → heel ring (grounding) →
   Indrabasti corridor (mid-calf flush) → Gulpha ring traction.
- Hand focus: Talahridaya (palm) → thenar/hypothenar waves → Kşipra (web spaces) feather holds.
- Avoid pointed digs on bony prominences or neurovascular pits; do not work directly over ulcers, acute gout, DVT suspicion, fresh fractures, or severe neuropathy. In pregnancy, keep contact gentle and general.

#### Customising sessions for stress-dominant clients (burnout, insomnia)

The aim is **down-regulation** without leaving the client groggy or wired. Choose oil, tempo, and end-routine to match the presentation.

#### Burnout (wired-and-tired, daytime).

- Oil: light Dhanvantaram or sesame:coconut 1:1.
- Flow (45-60 min): brisk-light distal returns → slow forearm glides posterior chain → parasternal rib waves on exhale → marma: Talahridaya (palm), Apālapa/Apastambha, Sthāpanī.
- Environment: start a touch brighter; dim by midpoint; neutral aroma.
- Finish: seated, feet grounded; two 4/6 breaths; water sip; short walk.

#### Insomnia (evening, Pitta/Vāta overlay).

- Oil: Pinda/Manjişthādi or Kşīrabala thin film.
- Flow (60-75 min): long, even Thirumu; avoid strong friction/heat; no steam; marma: Talahridaya (sole) →
   Nābhi (broad) → Hṛdaya (broad) → Sthāpanī → optional light crown close.
- Environment: low light, low volume, cool cloth for brow; no stimulating scents.
- After-care: screen-down hour, warm bath/shower, 4/6 breath 5 min, small protein snack if hungry.

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## High-anxiety (startle, shallow breath).

- Oil: coconut-forward; pressure 2-3/10.
- Flow (35-50 min): start with feet/hands; long distal sweeps; counted breathing with them; avoid box-breath holds.
- Marma: Talahridaya, Sthāpanī, Vidhura; skip crown if dizzy.
- Aroma: none, unless client requests a familiar scent.

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

#### A) Environment toolkit

Modality	Target	Parameters	Cautions
Sound	Steady pace, mask noise	40-50 dB; 60-70 BPM; instrumental	Avoid lyrics, sudden chimes
Aroma	Subtle calming	EO ≤1% body; ≤0.5% face/neck	Asthma, pregnancy, migraine; ventilate
Liaht	Safetv + calm	2700-3000 K: indirect: dimmable	No flicker/glare: sidelight, not overhead

## B) Swedana quick-guide

State	Timing	Medium	Dose	Don't
Vāta cool/stiff	After oil	Neutral or Bala-milk (Navara)	5-8 min regionally @ $\sim$ 40-45 °C	Stack heat+pressure on agni marmas
Kapha boggy	Before oil	Daśamūla / kottam-chukkādi	Short cycles	Use on hot swellings
Pitta hot	Usually skip	-	-	Overheat; strong aromatics

## C) Intro mapping — Chakra ↔ Marma (safe holds)

Layer	Marma field	Contact	Notes
Crown	Ādhipati	Light touch only	Closing cue
Brow	Sthāpanī/Āvarta	Feather + micro-vibration	Eases jaw/eyes
Throat/rib	Apālapa/Apastambha	Cupped rib waves	Lengthen exhale
Heart	Hṛdaya	Broad palm rest	2-3 exhales only
Navel	Nābhi	Clockwise feather spirals	No vertical force
Pelvis	Basti ring	Perimeter only	Traction at hips
Ground	Talahridaya (palm/sole)	Broad hold	Open/close

# D) Reflexology integration snapshot

Zone	Sequence	Pressure	Link to Kalari
Foot	Talahridaya → medial arch → heel ring → Indrabasti → Gulpha traction	1 2-4/10	Grounds, clears distal channels
Hand	Talahridaya → thenar/hypothenar waves → Kṣipra (web)	2-3/10	Settles forearm tone; easy close

## E) Stress-dominant protocols

Presentation	o Oil	Core steps	Marma set	Finish
Burnout (day)	Dhanvantaram / 1:1 sesame:coconut	Brisk-light open → slow posterior chain → rib waves	Talahridaya (palm), Apālapa, Sthāpanī	Seated, <b>4/6</b> breath
Insomnia (eve	) Pinda / Kṣīrabala	Long even glides; <b>no heat</b>	Talahridaya (sole), Nābhi, Hṛdaya, Sthāpanī	Dim room, quiet exit
High anxiety	Coconut-forward	Start feet/hands; counted breath	Talahridaya, Sthāpanī, Vidhura	Skip crown; water sip

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#### F) Safety snapshot

Rule

**Rationale** 

No heat + pressure on Hṛdaya, Nābhi, Basti, Ādhipati

Avoid carotid compression; use oblique angles at neck

EO minimal; patch-test when new

Pain ceiling  $\leq$  3/10 during work; baseline by next day

Vital (agni) fields Vascular/nerve safety Skin/airway sensitivity

Safe dosing

Refer on red flags (syncope, chest pain, neuro loss, fever + hot joint) Out of scope/urgent care

#### **Key take-aways**

- 1. The room **co-regulates**: steady sound, subtle aroma, warm light = safer nervous system before touch.
- 2. Use Swedana as a dose tool: short, targeted, and never stacked with deep pressure over agni marmas.
- 3. The **chakra-marma** map is a pacing guide—work as **broad fields**, exhale-timed, distal to midline to head.
- 4. Reflex zones on hands/feet are easy, safe anchors that deepen calm when pressure is broad and light.
- 5. For stress-dominant cases, customise oil, tempo, sequence, and exit so clients leave settled—not sedated—and keep gains into their evening.

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