



Unit 4: Integrative Techniques and Tools

PAPER 9 — Pain Management & Stress Relief Techniques

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(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



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.
- **Throat (Vishuddha) ↔ Kantha/parasternal windows (Apālapa/Apastambha adjacent):** broad rib-wave on exhale to free breath (avoid carotids).
- **Heart (Anahata) ↔ Hṛdaya field: palm rest only, 2-3 exhales.**
- **Navel (Manipura) ↔ Nābhi:** clockwise feather spirals (no vertical force).
- **Pelvic (Svadhsthana/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) → midline (abdomen/chest) → head (Sthāpanī) → 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 → **Kṣipra** (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/Manjiṣṭhādi** or **Kṣirabala** 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.

**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
Light	Safety + 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 @ ~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	Apālāpa/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	2-4/10	Grounds, clears distal channels
Hand	Talahridaya → thenar/hypotenar waves → Kṣipra (web)	2-3/10	Settles forearm tone; easy close

E) Stress-dominant protocols

Presentation	Oil	Core steps	Marma set	Finish
Burnout (day)	Dhanvantaram / 1:1 sesame:coconut	Brisk-light open → slow posterior chain → rib waves	Talahridaya (palm), Apālāpa, Sthāpanī	Seated, 4/6 breath
Insomnia (eve)	Pinda / Kṣīrabala	Long even glides; no heat	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



F) Safety snapshot

Rule	Rationale
No heat + pressure on Hṛdaya, Nābhi, Basti, Ādhipati	Vital (agni) fields
Avoid carotid compression; use oblique angles at neck	Vascular/nerve safety
EO minimal; patch-test when new	Skin/airway sensitivity
Pain ceiling \leq 3/10 during work; baseline by next day	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.