
वस्त्र धौती — विशिष्टि
Vástra Dhauti — Specification

ICS 11.120.10

© BIS 2024



भारतीय मानक ब्यूरो
BUREAU OF INDIAN STANDARDS
मानक भवन, 9 बहादुर शाह ज़फर मार्ग, नई दिल्ली - 110002
MANAK BHAVAN, 9 BAHADUR SHAH ZAFAR MARG
NEW DELHI - 110002
www.bis.gov.in www.standardsbis.in

September 2024

Price Group 9

FOREWORD

This Indian Standard was adopted by Bureau of Indian Standards, after the draft finalized by Yoga Sectional Committee had been approved by the Ayush Division Council.

Yoga is the science and an art of healthy living. It is a spiritual discipline whose aim is to bring inner transformation of a human being. *Haṭha-yoga* put emphasis on the purification of the body. For purification of the body, *Haṭha-* yoga prescribes *Ṣaṭ-karma*. It is also called as *Śodhana Kriyā* which means the process for purification.

Ṣaṭ-karma (cleansing techniques) are six in number with each consisting of a variety of practices. These practices provide flexibility, vitality, longevity, health and mental peace to the practitioners.

Dhauti is the first purification process mentioned in almost all *hatha yogic* texts. The main aim of *dhauti kriyā/ karma* is to clean the entire digestive tract. The existence and continuation of a healthy individual depends on the effective functioning of the digestive system. *Dhauti* cleans out the stale bile, mucus, and thereby facilitates removal of impurities from the blood.

This standard has the description of *vāstra dhauti* which is the part of *dhauti kriyā*. In *haṭha yoga Pradīpikā* classical yoga text, there is a description of *vāstra dhauti* only but in *gheraṇḍa saṃhitā*, *dhauti kriyā* is explained in four ways to clean the body that is *antra dhauti*, *danta dhauti*, *hrid dhauti* and *mulashodhana*. *Vāstra dhauti* comes under the category of *hrid dhauti*.

Vāstra dhauti is a technique of cleansing the stomach and esophageal tract with a piece of cloth. According to *haṭhayogapradīpikā* (“A strip of wet cotton cloth four ANGULAS (about 7 cms) wide and fifteen hand spans (600 cm) in length is slowly swallowed and then taken out, as instructed by the qualified practitioner. This is known as *dhauti kriyā* (internal cleansing)”).

For the purpose of deciding whether a particular requirement of this standard is complied with the final value, observed or calculated expressing the result of a test or analysis, shall be rounded off in accordance with IS 2: 2022 ‘Rules for rounding off numeral values (*second revision*)’. (The number of significant places retained in the rounded off value should be the same as that of the specified value in the relevant referred standard.)

VÁSTRA DHAUTI — SPECIFICATION

1 SCOPE

This standard specifies the constructional parameters and performance requirements of *Vástra Dhauti*.

2 REFERENCES

The standards listed in Annex A contain provisions which, through reference in this text, constitute provisions of this standard. At the time of publication, the editions indicated were valid. All standards are subject to revision and parties to agreements based on this standard are encouraged to investigate the possibility of applying the most recent edition of these standards.

3 TERMINOLOGY

3.1 *Vástra Dhauti Kriyā*- Technique of cleansing the stomach and esophageal tract with a piece of cloth.

3.2 *Vástra Dhauti* - Cotton muslin cloth used for the practice of *dhauti kriyā*.

3.3 Muslin- A generic term for a lightweight open cloth of plain or plain gauze weave. Normally muslins do not exceed 68 g/m². In some cases, grey fabric is used for example, butter muslin and cheese cloth, whereas for others (dress material) bleached and dyed muslin is used.

4 MATERIAL, WORKMANSHIP AND FINISH

4.1 The muslin cloth used for manufacturing of *vástra dhauti*, shall conform to IS 752.

4.2 The *vástra dhauti* shall be finely woven cotton muslin cloth.

4.3 The cloth used for *vástra dhauti kriya* shall be trimmed neatly so that no loose threads fray on the sides.

4.4 Selvedge on both sides of the cloth shall be tucked in selvedge.

5 REQUIREMENTS

5.1 The *vástra dhauti* shall conform to the constructional and performance requirements specified in Table 1.

Table 1 Constructional and Performance Requirements of *Vástra Dhauti*
(Clause 5.1)

Sl. No.	Characteristic	Requirement(s)	Tolerance	Methods of Test, Ref to
(1)	(2)	(3)	(4)	(5)
i)	End per dm	250	± 5 Percent	IS 1963
ii)	Picks per dm	210	± 5 Percent	IS 1963
iii)	Mass (g/m ²)	47	± 5 Percent	IS 1964

iv) Breaking strength (in warp), N, <i>Min</i>	a) Warp	168	-	IS 1969 (Part 1)
	b) Weft	80	-	
v) Count of yarn (for guidance only) cotton count, Ne	a) Warp	63	-	IS 3442
	b) Weft	53	-	
vi) Fiber identification		100 percent cotton	-	IS 667
vii) Selvedge on both sides		Tucked in selvedge	-	Visual
ix) Length (m)		6	± 5 cm	IS 1954
x) Width (cm)		7	± 5mm	IS 1954
xi) Weave		Plain	-	Visual

5.2 The *vástra dhauti* shall conform to the chemical requirements specified in Table 2.

Table 2 Chemical Requirements of *Vastra Dhauti*
(Clause 5.2)

Sl. No	Characteristic	Requirement	Methods of Test, Ref to
(1)	(2)	(3)	(4)
i)	pH value of aqueous extract	6.8 to 7.2	IS 1390
ii)	Bio compatibility (cytotoxicity), reactivity	Nil	IS/ISO 10993 (Part 5)
iii)	Scouring loss, percent, <i>Max</i>	6	IS 1383 (Mild Method)

6 SAMPLING

6.1 Lot

The quantity of *vástra dhauti* manufactured from same batch lot of raw material shall constitute a lot.

6.2 The conformity of the lot to the various requirements specified in the standard shall be determined on the basis of tests carried out on the sample selected from the lot.

6.3 Unless otherwise agreed, the number of pieces selected at random for inspection shall be in accordance with Table 3.

6.4 Number of Tests and Criteria for Conformity shall be in accordance with Table 4.

Table 3 Sample Size and Permissible Number Non-Conforming Pieces*(Clause 6.3)*

Si. No.	Lot Size	Sample Size	Permissible No. of Non-Conforming Pieces	Sub-Sample size	Permissible No. of Non-Conforming Pieces
(1)	(2)	(3)	(4)	(5)	(6)
i)	Up to 25	3	0	2	0
ii)	26 to 50	5	0	2	0
iii)	51 to 150	8	0	3	0
iv)	151 and above	13	1	3	0

Table 4 Number of Tests and Criteria for Conformity*(Clause 6.4)*

SI. No.	Characteristics	Number of Tests	Criteria for Conformity
i)	Visual inspection, ends, picks, length and width	According to col 1 (3) of Table3	Number of non-conforming pieces not to exceed corresponding number given in col 1 (4) of Table 3
ii)	Scouring loss and all other requirements	According to col 1 (5) of Table3	Number of non-conforming pieces not to exceed corresponding number given in col 1(6) of Table 3

7 PACKING

The packing material and size of package shall be agreed between the manufacturer and buyer.

8 MARKING

8.1 The *Vástra Dhauti* shall be suitably marked or labeled with the following information.

- a) Manufacturer's name, initials or trade-mark;
- b) Name of the material;
- c) Length (m) and width (cm);
- d) Batch No / DOM
- e) Best before

8.2 BIS Certification Marking

The *vástra dhauti* conforming to the requirements of this standard may be certified as per the conformity assessment schemes under the provisions of the *Bureau of Indian Standards Act, 2016* and the Rules and Regulations framed thereunder, and the *vástra dhauti* may be marked with the Standard Mark.

ANNEX A
(Clause 2)

LIST OF REFERRED STANDARDS

<i>IS No.</i>	<i>Title</i>
IS 667: 1981	Methods for identification of textile fibres (first revision)
IS 752: 1984	Specification for handloom cotton muslin, bleached (first revision)
IS 1383: 1977	Methods for determination of scouring loss in grey and finished cotton textile materials (first revision)
IS 1390: 2019	Textiles — Determination of pH of aqueous extract (second revision)
IS 1954: 1990	Determination of length and width of woven fabrics — Methods (second revision)
IS 1963: 1981	Methods for determination of threads per unit length in woven fabrics (second revision)
IS 1964: 1970	Textiles — Methods for determination of mass per unit length and mass per unit area of fabrics (first revision)
IS 1969 (Part 1): 2018	Textiles — Tensile properties of fabrics: Part 1 Determination of maximum force and elongation at maximum force using the strip method (fourth revision)
IS 3442: 1980	Method for determination of crimp and count of yarn removed from fabrics (first revision)
IS/ISO 10993-5: 2009	Biological evaluation of medical devices: Part 5 Tests for in vitro cytotoxicity