



भारतीय मानक ब्यूरो

(उपभोक्ता मामले, खाद्य एवं सार्वजनिक वितरण मंत्रालय, भारत सरकार)

BUREAU OF INDIAN STANDARDS

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DRAFT INDIAN STANDARD IN WIDE CIRCULATION

Reference : AYD 02 (22914)

Date : 15 July 2023

TECHNICAL COMMITTEE : Yoga Sectional Committee, AYD 02

To,

All concerned

Dear Madam/Sir,

The following document has been prepared by the Yoga Sectional Committee Sectional Committee, AYD 02. Please [click here](#) to view the document.

Document Number : AYD 02 (22914) WC

Title of the document : Vastra Dhauti Specification

Document Type : New Indian Standard

This document has following salient features which may require specific attention for your valuable comments:

- 1) *Vástra Dhauti – Specification*
- 2) *Ṣaṭ-karma (cleansing techniques) are six in number with each consisting of a variety of practices. These practices provides flexibility, vitality, longevity, health and mental peace to the practitioners. In Sanskrit 'Ṣaṭ' means 'Six' and 'karma' means 'Action'. It includes Neti, Dhauti, Naulī, Basti, Kapālabhātī and Trāṭaka. Dhauti is the first purification process mentioned in almost all Hatha yogic texts. The main aim of Dhauti Kriyā / karma cleans the entire digestive tract and makes its function attuned. Digestive system is an important system of the body. 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 vástra dhauti which is the part of Dhauti kriyā. In Haṭhayogapradīpikā classical yoga text, there is a description of vástra dhauti only but in Gheraṇḍasamhitā, Dhauti kriyā*

Please examine the document and share your comments regarding further improvement in the document.

Last date for sharing the comments is : 13 September 2023

The comments should be shared in the prescribed template through this portal only; and the comments so received shall be taken up by the Sectional Committee for necessary action. For any other query, please write an email at ayush-bis@bis.gov.in to the undersigned at Bureau of Indian Standard, Manak Bhawan, 9, Bahadur Shah Zafar Marg, New Delhi.

In case no comments are received, we would presume your approval of the documents. However, in case we receive any comments on the document, the same shall be put up to the Sectional Committee for necessary action.

Thanking You,

Yours faithfully,
(MANJU GUPTA)
Head (Ayush Department)
Email: ayush-bis@bis.gov.in



व्यापक परिचालन में मसौदा(दे)

हमारा सन्दर्भ : AYD 02 (22914)

दिनांक : 15-07-2023

तकनीकी समिति : Yoga Sectional Committee Sectional Committee, AYD 02

प्राप्तकर्ता : रूचि रखने वाले सभी निकाय

महोदय/या,

निम्नलिखित मसौदा तैयार किया गया है :

प्रलेख संख्या : AYD 02 (22914) WC

शीर्षक :

कृपया इस/इन मानक(को)/संशोधन(नो) के मसौदे(दो) का अवलोकन करें और अपनी सम्मतियाँ यह बताते हुए भेजें कि यदि ये मानक(को) के संशोधन(नो) के रूप में प्रकाशित हो तो इन पर अमल करने में आपके व्यवसाय अथवा कारोबार में क्या कठिनाइयां आ सकती हैं।

सम्मतियाँ भेजने की अंतिम तिथि : 13 September 2023

सम्मतियाँ, यदि कोई हों तो, कृपया यहाँ क्लिक करके ऑनलाइन पोर्टल के माध्यम से ऊपर दी गयी अंतिम तिथि तक दर्ज कराएं।

यह/ये प्रलेख भारतीय मानक ब्यूरो की वेबसाइट www.bis.gov.in पर भी उपलब्ध है/हैं।

धन्यवाद।

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