**IS XXXXX : 2024**

***भारतीय मानक***

***Indian Standard***

**वस्त्र धौती — विशिष्टि**

***Vastra Dhautī*** - **Specification**

ICS 11.120.10

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भारतीय मानक ब्यूरो

BUREAU OF INDIAN STANDARDS

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**October 2024 Price Group 9**

Yoga Sectional Committee, AYD 02

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. These practices provide flexibility, vitality, longevity, health and mental peace to the practitioners. The purpose of these cleansing techniques is to purify the body and mind, making it fit for spiritual practices and the flow of prana (vital energy).

*Dhautī* is the first purification process mentioned in almost all *hatha yogic* texts specifically focuses on cleansing the digestive system. *Dhautī**Kriyā* is performed using various materials and methods depending on the type of *Dhautī*. Each method requires specific guidelines and precautions to ensure safety. It should be done under the guidance of a knowledgeable instructor.

*Vastra Dhautī*is a yogic cleansing technique that specifically targets the esophagus, stomach, and digestive system. In *Haṭha* yoga *pradīpikā* classical yoga text, there is a description of *Vastra Dhautī*only but in *Gheraṇḍa saṁhitā, Dhautī kriyā* is explained in four ways to clean the body that is *Antra Dhautī, Danta Dhautī, Hrid Dhautī* and *Mulashodhana*. *Vastra Dhautī*comes under the category of *Hrid Dhautī.*

The term "*Vastra*" means cloth, and " *Dhautī*" means cleansing, referring to the practice of swallowing a strip of clean cloth and using it to cleanse the upper digestive tract. The cloth used in *Vastra Dhautī*is an important element of the practice, and it needs to meet specific requirements for safety. This standard has the description of *Vastra Dhautī*which is the part of *Dhautī**Kriyā*.

The composition of the Committee responsible for the formulation of this standard is given in Annex B.

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.)

*Indian Standard*

***Vastra Dhautī* — SPECIFICATION**

**1 SCOPE**

This standard specifies the constructional parameters and performance requirements of *Vastra Dhautī*.

**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 *Vastra Dhautī Kriyā***- It is a technique of cleansing the stomach and esophageal tract with a piece of cloth.

**3.2 *Vastra Dhautī*** - It means cotton muslin cloth used for the practice of *Dhautī Kriyā*.

**3.3 Muslin-** A generic term for a lightweight open cloth of plain or plain gauze weave.

**4 MATERIAL, WORKMANSHIP AND FINISH**

**4.1** The *Vastra Dhautī*shall be finely woven cotton muslin cloth.

**4.2** The muslin cloth used for manufacturing of *Vastra Dhautī*, shall conform to IS 752.

**4.3** The cloth used for *Vastra Dhautī**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 *Vastra Dhautī*shall conform to the constructional and performance requirements specified in Table 1.

**Table 1** **Constructional and Performance Requirements of *Vastra Dhautī***

(*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/m2) | 47 | ± 5 Percent | IS 1964 |
| iv) | Breaking strength (in warp), N, *Min*   1. Warp; and 2. Weft | 168  80 | -  - | IS 1969 (Part 1) |
| v) | Count of yarn (for guidance only) cotton count, Ne   1. Warp 2. Weft | 63  53 | -  - | IS 3442 |
| 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 *Vastra Dhautī*shall conform to the chemical requirements specified in Table 2.

**Table 2 Chemical Requirements of *Vastra Dhautī***

(*Clause* 5.2)

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl. No** | **Characteristic** | **Requirement** | **Methods of Test,**  **Ref to** |
| (1) | (2) | (3) | (4) |
| i) | *p*H 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, *Max* | 6 | IS 1383 (Mild Method) |

**6 SAMPLING**

**6.1 Lot**

The quantity of *Vastra Dhautī*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.

**Table 3 Sample Size and Permissible Number Non-Conforming Pieces**

(*Clause* 6.3)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Sl.**  **No.** | **Lot size** | **Sample size** | **Permissible number of Non-**  **Conforming pieces** | **Sub- sample size** | **Permissible number**  **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 |

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

**Table 4 Number of Tests and Criteria for Conformity**

(*Clause* 6.4)

|  |  |  |  |
| --- | --- | --- | --- |
| **Sl. No.** | **Characteristics** | **Number of Tests** | **Criteria for Conformity** |
| (1) | (2) | (3) | (4) |
| i) | Visual inspection, ends, picks, length and width | According to co1 (3) of Table 3 | Number of non-conforming pieces not to exceed corresponding number given in  co1 (4) of Table 3 |
| ii) | Scouring loss and all other requirements | According to co1 (5) of Table 3 | Number of non-conforming pieces not to exceed corresponding number given in  co1(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 *Vastra Dhautī*shall be suitably marked or labeled with the following information.

1. Manufacturer’s name, initials or trade-mark;
2. Name of the material;
3. Length (m) and width (cm);
4. Batch No / DOM
5. Best before

**8.2 BIS Certification Marking**

The *Vastra Dhautī*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 *Vastra Dhautī*may be marked with the Standard Mark.

**ANNEX A**

(*Clause* 2)

**LIST OF REFFERED STANDARDS**

|  |  |
| --- | --- |
| *IS No.* | *Title* |
| IS 667: 1981 | Methods for identification of textile fibres (first revision) |
| IS 752: 2023 | Specification for handloom cotton muslin, bleached (second revision) |
| IS 1383: 2023 | Methods for determination of scouring loss in grey and finished cotton textile materials (second revision) |
| IS 1390: 2022 | Textiles — Determination of pH of aqueous extract (third revision) |
| IS 1954: 2022 | Determination of length and width of woven fabrics — Methods  (third revision) |
| IS 1963: 1981 | Methods for determination of threads per unit length in woven fabrics (second revision) |
| IS 1964: 2001 | Textiles — Methods for determination of mass per unit length and mass per unit area of fabrics (second 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: 2023 | Textile method for determination of crimp and linear density of yarn removed from fabrics |
| IS/ISO 10993-5: 2009 | Biological evaluation of medical devices: Part 5 Tests for in vitro cytotoxicity |

**ANNEX B**

(*Foreword*)

**COMMITTEE COMPOSITION**

Yoga Sectional Committee, AYD 02

|  |  |  |
| --- | --- | --- |
| *Organization* | *Representative(s)* | |
| Krishnamacharya Yoga Mandiram (KYM), Chennai | Yogacharya S. Sridharan **(*Chairperson*)** | |
| Dev Sanskriti Vishwavidyalaya, Haridwar | DR SURESH BARNWAL | |
| Government Nature Cure Hospital, Hyderabad | DR N. BHANU KIRAN | |
| Heartfulness Institute, Gurugram | SHRI ANUJ SETYA | |
| Indian Institute of Technology, Center for Biomedical Engineering, New Delhi | Prof K. K. Deepak  Dr Deepak Joshi (*Alternate* I)  Dr Ayushee Khajuria (*Alternate* II) | |
| Indian Yoga Association (IYA), New Delhi | Dr S. P Mishra  Shri P.C Kapoor (*Alternate* I)  Dr Rajanish Sharma (*Alternate* II) | |
| Institute of Salutogenesis and Complementary Medicine (ISCM), Puducherry | Dr Ananda Balayogi Bhavanani  Dr Meena Ramanathan (*Alternate*) | |
| Isha Foundation, Coimbatore | Swami Ullasa  Shri Arun Mehta (*Alternate*) | |
| Kaivalyadhama, Lonavla | Shrimati Renu Jain  Shrimati Shalini Srivastava (*Alternate* I) Shri Sanjeev Kumar Dwivedi (*Alternate* II) | |
| Krishnamacharya Yoga Mandiram (KYM), Chennai | Shri T. Swaminathan | |
| Morarji Desai National Institute of Yoga, New Delhi | Dr Ishwara N. Acharya  Dr Guru Deo (*Alternate*) | |
| Patanjali Yogpeeth, Haridwar | Dr Nidheesh Kumar Yadav  Dr Aarti Pal (*Alternate*) | |
| Ramamani Iyengar Memorial Yoga Institute, Pune | Shri Birjoo H. Mehta  Shri Malav Dani (*Alternate*) | |
| Sivananda Yoga Vedanta Nataraja Centre, New Delhi | Shri Prakash Chand Kapoor  Shri Vijay (Bijayender Singh) (*Alternate*) | |
| Shiv Naresh Sports Private Limited, New Delhi | Shri Shiv Prakash Singh  Shri Vishnu Bhagat (*Alternate* I)  Shri Gurmehar Kaur Modi (*Alternate* II) | |
| Sri Sri School of Yoga, Bengaluru | Shri Mayur Karthik  Shri Pushpdant (*Alternate* I) Shrimati Niyati Puri (*Alternate* II) | |
| Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru | | Dr B. R. Ramakrishna  Dr Vasudev Vaidya (*Alternate* I) Ms Anupa Chhantyal (*Alternate* II) | |
| The Yoga Institute, Mumbai | | Shrimati Padmini Rathore  Ms Prema Parab (*Alternate* I) Ms Rohini Ghosh (*Alternate* II) | |
| Wintex Appare Limited, New Delhi | | Shri Mayank Gupta  Ms Ranu Gupta (*Alternate* I)  Shri Krishna Gupta (*Alternate* II) | |
| Yoga Vidya Niketan, Mumbai | | Shri Durgadas Shamba Savant  Neha Abhimanyu Kerure (*Alternate* I) Utkarsha Srivastava (*Alternate* II) | |
| In Personal Capacity (*1/3 B, Second Floor, Jangpura - B, Mathura Road, New Delhi – 110014*) | | Ms Laxmi Devi Aere | |
| BIS Directorate General | | Shri, Unnikrishnan A R, Scientist ‘G’ and Head (Ayush), [Representing Director General (*Ex – officio*)] | |

*Member Secretary*

Dr B. Venkateswar Rao

Scientist ‘C’/Deputy Director

(Ayush), Bis

Panel for Yoga Accessories, AYD 02/Panel 1

|  |  |
| --- | --- |
| *Organization* | *Representative(s)* |
| Morarji Desai National Institute of Yoga, New Delhi | Shrimati Himani Shokhand **(*Convener*)** |
| Morarji Desai National Institute of Yoga, New Delhi | DR I.N. ACHARYA  Dr Guru Deo |
| School of Yoga and Health, Haridwar | Prof Suresh Lal Barnwal |
| S-VYASA University, Bengaluru | Dr Manjunath N.K. |
| Yogic Heritage, Lonavala | DR G.S. SAHAY |