

वस्त्र धौती — विशिष्टि

Vastra Dhautī — Specification

ICS 11.120.10

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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 saṃhītā*, *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 numerical 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 this 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 Kriyā* 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](#))

SI 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>			IS 1969 (Part 1)
	a) Warp; and	168	-	
	b) Weft	80	-	
v)	Count of yarn (for guidance only) cotton count, Ne			IS 3442
	a) Warp	63	-	
	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	± 5 mm	IS 1954
xi)	Weave	Plain	-	Visual

5.2 The *Vastra Dhautī* shall conform to the chemical requirements specified in [Table 2](#).

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](#).

6.4 Number of tests and criteria for conformity shall be in accordance with [Table 4](#).

Table 2 Chemical Requirements of *Vastra Dhautī*

(Clause [5.2](#))

SI 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)

Table 3 Sample Size and Permissible Number Non-Conforming Pieces

(Clause [6.3](#))

SI 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

Table 4 Number of Tests and Criteria for Conformity

(Clause [6.4](#))

SI No.	Characteristics	Number of Tests	Criteria for Conformity
(1)	(2)	(3)	(4)
i)	Visual inspection, ends, picks, length and width	According to col (3) of Table 3	Number of non-conforming pieces not to exceed corresponding number given in col (4) of Table 3
ii)	Scouring loss and all other requirements	According to col (5) of Table 3	Number of non-conforming pieces not to exceed corresponding number given in col(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.

- a) Manufacturer's name, initials or trade-mark;
- b) Name of the material;

- c) Length (m) and width (cm);
- d) Batch No./DOM; and
- e) Best before.

8.2 BIS Certification Marking

The product(s) 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 products may be marked with the Standard Mark.

ANNEX A

(Clause 2)

LIST OF REFERRED STANDARDS

<i>IS No.</i>	<i>Title</i>	<i>IS No.</i>	<i>Title</i>
IS 667 : 1981	Methods for identification of textile fibres (<i>first revision</i>)	IS 1964 : 2001	Textiles — Methods for determination of mass per unit length and mass per unit area of fabrics (<i>second revision</i>)
IS 752 : 2023	Textiles — Handloom cotton muslin, bleached — Specification (<i>second revision</i>)	IS 1969 (Part 1) : 2018/ISO 13934-1 : 2013	Textiles — Tensile properties of fabrics: Part 1 Determination of maximum force and elongation at maximum force using the strip method (<i>fourth revision</i>)
IS 1383 : 2023	Methods for determination of scouring loss in grey and finished cotton textile materials (<i>second revision</i>)	IS 3442 : 2023	Textile — Method for determination of crimp and linear density of yarn removed from fabrics (<i>second revision</i>)
IS 1390 : 2022/ ISO 3071 : 2020	Textiles — Determination of pH of aqueous extract (<i>third revision</i>)	IS/ISO 10993-5 : 2009	Biological evaluation of medical devices: Part 5 Tests for in vitro cytotoxicity
IS 1954 : 2022/ ISO 22198 : 2006	Textiles — Fabrics — Determination of width and length (<i>third revision</i>)		
IS 1963 : 1981	Methods for determination of threads per unit length in woven fabrics (<i>second revision</i>)		

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ANNEX B

(Foreword)

COMMITTEE COMPOSITION

Yoga Sectional Committee, AYD 02

<i>Organization</i>	<i>Representative(s)</i>
Krishnamacharya Yoga Mandiram (KYM), Chennai	YOGACHARYA S. SRIDHARAN (<i>Chairperson</i>)
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 (<i>Alternate I</i>) DR AYUSHEE KHAJURIA (<i>Alternate II</i>)
Indian Yoga Association (IYA), New Delhi	DR S. P MISHRA SHRI P.C KAPOOR (<i>Alternate I</i>) DR RAJANISH SHARMA (<i>Alternate II</i>)
Institute of Salutogenesis and Complementary Medicine (ISCM), Puducherry	DR ANANDA BALAYOGI BHAVANANI DR MEENA RAMANATHAN (<i>Alternate</i>)
Isha Foundation, Coimbatore	SWAMI ULLASA SHRI ARUN MEHTA (<i>Alternate</i>)
Kaivalyadhama, Lonavla	SHRIMATI RENU JAIN SHRIMATI SHALINI SRIVASTAVA (<i>Alternate I</i>) SHRI SANJEEV KUMAR DWIVEDI (<i>Alternate II</i>)
Krishnamacharya Yoga Mandiram (KYM), Chennai	SHRI T. SWAMINATHAN
Morarji Desai National Institute of Yoga, New Delhi	DR ISHWARA N. ACHARYA DR GURU DEO (<i>Alternate</i>)
Patanjali Yogpeeth, Haridwar	DR NIDHEESH KUMAR YADAV DR AARTI PAL (<i>Alternate</i>)
Ramamani Iyengar Memorial Yoga Institute, Pune	SHRI BIRJOO H. MEHTA SHRI MALAV DANI (<i>Alternate</i>)
Sivananda Yoga Vedanta Nataraja Centre, New Delhi	SHRI PRAKASH CHAND KAPOOR SHRI VIJAY (BIJAYENDER SINGH) (<i>Alternate</i>)
Shiv Naresh Sports Private Limited, New Delhi	SHRI SHIV PRAKASH SINGH SHRI VISHNU BHAGAT (<i>Alternate I</i>) SHRI GURMEHAR KAUR MODI (<i>Alternate II</i>)
Sri Sri School of Yoga, Bengaluru	SHRI MAYUR KARTHIK SHRI PUSHPDANT (<i>Alternate I</i>) SHRIMATI NIYATI PURI (<i>Alternate II</i>)
Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru	DR B. R. RAMAKRISHNA DR VASUDEV VAIDYA (<i>Alternate I</i>) MS ANUPA CHHANTYAL (<i>Alternate II</i>)

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Wintex Appare Limited, New Delhi	SHRI MAYANK GUPTA MS RANU GUPTA (<i>Alternate I</i>) SHRI KRISHNA GUPTA (<i>Alternate II</i>)
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