

BUREAU OF INDIAN STANDARDS

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**भारतीय मानक मसौदा
वस्त्र धौती – विशिष्टि**

**Draft Indian Standard
Vástra Dhauti – Specification
ICS 97.220.99**

Yoga Sectional Committee, AYD 02

Last Date of Comments – 14-09-2023

FOREWORD

(Adoption Clause to be added later)

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. It helps in controlling the mind and facilitates inner transformation. For purification of the body, Haṭha- Yoga prescribes Ṣaṭ-karma. Ṣaṭ-karma 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 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 Gheraṇḍasaṃhītā, Dhauti kriyā is explained in four ways to clean the body ie. *Antra Dhauti, Danta Dhauti, Hrid Dhauti* and *Mulashodhana*. Vástra dhauti comes under the category of *Hrid Dhauti*.

Vástra means a piece of cloth. Vástra 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 take out, as instructed by the Guru. 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: 1960 ‘Rules for rounding off numeral values (revised)’. 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.

Draft Indian Standard

Vástra Dhauti- Specification

1 SCOPE

1.1 This standard specifies the constructional parameters and other requirements of multiple time use 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 editions of the standards.

3 TERMINOLOGY

For the purpose of this standard, the following definitions shall apply.

3.1 **Vástra Dhauti** — It means cotton muslin used for the practice of Dhauti Kriyā.

3.2 **Vástra Dhauti Kriyā** — A strip of wet cotton cloth of approximately four *ANGULAS* Wide (about 7 cm) and fifteen hand span (600 cm) in length is slowly swallowed and taken out, as instructed by the *GURU*. This is known as dhauti (internal cleansing).

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.

4.3 The cloth used for Vástra Dhauti Kriya shall be trimmed neatly so that no loosethreads 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 physical requirements specified in Table 1.

Table 1 Constructional and performance requirements of vastra dhauti

(Clause 5.1)

S. No.	Characteristic	Requirement(s)	Tolerance	Methods of Test
(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 b) Weft	 168 80	 - -	IS 1969 (Part 1)
v)	Count of Yarn (For guidance only) Cotton count, Ne a)Warp b) 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	3.5	± 0.5 cm	IS 1954
x)	Width, cm	6	± 0.5 cm	IS 1954
xi)	Weave	Plain	-	Visual

5.2 The Vastra Dhauti shall also conform to the chemical requirements specified in Table 2.

Table 2 Chemical Requirements of Vastra Dhauti

(Clause 5.2)

S. No	Characteristic	Requirement	Methods of Test
(1)	(2)	(3)	(4)
i)	pH value of aqueous extract	7 (with tolerance ± 0.2)	IS 1390
ii)	Bio compatibility (Cytotoxicity), reactivity	None	IS/ISO 10993 (Part 5)

iii)	Scouring loss, percent, <i>Max</i>	6	IS 1383 (Mild Method)
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6 MARKING

6.1 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) of the piece; and
- d) Any other requirement by any law and force.

7 BIS Certification Marking

7.1 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 there under, and the products may be marked with the Standard Mark.

8 PACKING

8.1 Unless otherwise agreed upon by the buyer and the seller, the Vástra Dhauti shall be packed as per the procedure laid down in IS 293 and IS 1347.

9 SAMPLING

9.1 **Lot** - The quantity of Vástra Dhauti of same specifications delivered to a buyer against one dispatch note shall constitute a lot.

9.2 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.

9.3 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 9.3)

S. 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

9.4 Number of Tests and Criteria for Conformity

<i>Characteristics</i>	<i>Number of Tests</i>	<i>Criteria for Conformity</i>
Visual inspection, ends, picks, length and width	According to col 3 of Table 3 3	Number of non-conforming pieces not to exceed corresponding number given in col 4 of Table 3
Scouring loss and all other requirements	According to col 5 of Table 3 3	Number of non-conforming pieces not to exceed corresponding number given in col 6 of Table 3

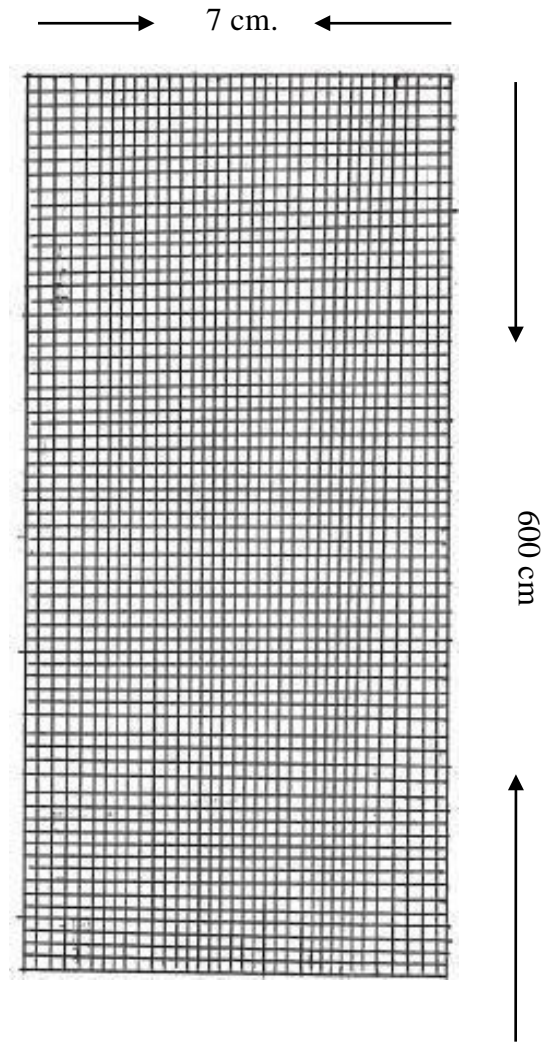


FIG 1 Construction of Vástra Dhauti

ANNEX A
(Clause 2.1)

LIST OF REFERRED INDIAN STANDARDS

<i>IS No.</i>	<i>Title</i>
293 : 1980	Code for seaworthy packaging of cotton yarn and cloth (third revision)
667 : 1981	Methods for identification of textile fibres (first revision)
752 : 1984	Specification for handloom Cotton Muslin, Bleached (FirstRevision)
1347 : 1972	Specification for inland packaging of cotton and yarn (first revision)
1383 : 1977	Methods for determination of scouring loss in grey and finished cotton textile materials (first revision)
1390 : 2019	Textiles — Determination of pH of aqueous extract (second revision)
1954 : 1990	Determination of length and width of woven fabrics — Methods (second revision)
1963 : 1981	Methods for determination of threads per unit length in woven fabrics (second revision)
1964 : 1970	Textiles — Methods for determination of mass per unit length and mass per unit area of fabrics (first revision)
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)
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