

Hair-care

Preface

Nowadays, women do not take care of hair on the head in the true sense; they only pay attention to the prevalent fashion. 'Fashion' here means imitating the western women. Therefore, natural ingredients are not used in hair care since it is just as a matter of fashion. Women in our country use beauty aids brought from western countries.

Today, the daily actions in respect of hair are not as per our religious scriptures. As a result, these actions tend to be against *Āchārdharma* (Code of righteous conduct). Consequently, the hair lack vitality, their growth stops and they fall due to insufficient energy in them. One common example of the trend about hair is that the women do not apply oil to their hair for many days.

The objective of this Holy text is to bring to the notice of women the inappropriate acts in hair care, the effects of such acts at the gross and subtle level, to teach them how to take care of hair in the true sense and how to preserve its beauty. In short, the intention is to teach *Āchārdharma* as per the Bharatiya culture.

This Holy text discusses the benefits of applying oil to the hair, effects of different oils, benefits of washing hair regularly, the days when hair should not be washed etc. In addition, information is also provided about the diet required to keep the hair healthy, the necessary exercises etc. This Holy text also provides guidance on how to avoid harmful acts related to hair and suggests appropriate acts of throwing away the fallen hair after two days, washing the hair with the help of *Āyurvēdic* substances or soaps instead of shampoo. Similarly, special characteristics of hair as per the spiritual level of the individual have also been elaborated.

We pray at the Holy feet of *Shrī* Guru that may the readers get a spiritual perspective about hair, which are an integral part of the body of women and men and may they follow the conducts detailed in this Holy text. - Compiler

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(An asterisk [*] sign has been placed alongside important points)

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