

Science underlying Conducts before Bathing

Preface

In the earlier times, it used to be impressed upon the minds of the children that early to bed and early to rise is the key to a long and healthy life. Today, the routine of most children is just the opposite; they sleep late and wake up late. The Sages of ancient times would begin their day at the Brāhmamuhūrt (Auspicious period before sunrise, ideal for spiritual practice), while today, the mechanised era has forced people to work in night-shifts and rest during the day. The daily routines earlier were consistent with the laws of Nature, while today they are not. The more the lifestyle is consistent with Nature, the more conducive it is for a healthier life. The human lifestyle today works against the laws of Nature, that is why man today has fallen prey to various disorders of the digestive tract, throat, heart, etc.

Hindus are drifting away progressively from Āchārdharma (Code of righteous Conduct) prescribed by the Hindu Dharma. Following Āchārdharma is the foundation of Spirituality. Everyone should take cognizance of the principle that, not by the use of gadgets that are the product of modern sciences, but by adhering to Spirituality can man be truly happy. Every āchār (Conduct conforming to Shruti & Smṛiti) in Hindu Dharma has been prescribed to reduce Raja-Tama components, enhance sāttviktā (Spiritual purity) and be protected from distress caused by negative energies through every activity. Indeed, this is the unparalleled uniqueness of Hindu Dharma. Along with other Paths of spiritual practice such as Jñānyoga (Path of Knowledge) and Karmayoga (Path of Action), Āchārdharma also leads to God-realisation.

This Text elaborates on the correct ways of implementing Āchārdharma related to the daily routines before bathing from the perspective of Nature and Spirituality, and their scientific analysis at a subtle level. This Text also reveals how traditional Hindu habits are spiritually correct and how activities arising from blindly following the western culture are incorrect. For example, having 'bed-tea' instead of brushing the teeth first, or using toilet paper instead of water after defecating.

Our earnest prayer at the Holy feet of Shrī Guru is that after reading this Text may all Hindus realise the greatness of our Āchārdharma, get inspired to actually follow it and also inculcate it in their children. – **Compiler**

Index

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

1. Dinacharyā : Definition, synonyms and importance	13
2. Waking up early in the morning and the Āchārs to be followed while still in bed	19
* Importance of Brāhmamuhūrt	19
* Activities to be performed upon waking up	21
3. Āchārs associated with the excretory processes	30

4. Āchārs associated with washing of hands-feet and rinsing of mouth	42
5. Āchārs associated with cleansing of the teeth	46
* Which substances should be used and which should be avoided for cleansing the teeth ?	46
* Do not brush the teeth with the twig of the tendu tree	54
6. Āchārs associated with sunrise	67
* Underlying science of avoiding contact with rays of the rising sun	67
7. Āchārs associated with sweeping	70
8. Āchārs associated with swabbing the floor	81