

Hair-care

(Includes special characteristics of hair as per the spiritual level)

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 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 lacks 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 (Indian) 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

Index

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

1. Nurturing natural characteristics and beauty of hair	19
* Benefits of regular application of oil to the hair	20
* Diet and exercise to keep hair healthy	29
2. Washing of hair by men and women	31

* Substances used for regularly washing the hair	31
* Why should the hair not be washed on full-moon and new-moon days ?	33
* What happens by bathing with water mixed with <i>Gomūtra</i> (cow's urine) ?	52
* Why should women not go out with their hair let loose ?	59
3. Drying the hair	60
* Science underlying drying the hair by sitting in the sunshine and knotting the hair	60
* Do not use electric dryer for drying or combing the hair	60
4. Some āchārs pertaining to combing, a single / double-sided comb and hair	61
* Correct method of combing the hair	61
* A double-sided comb is more useful than a single-sided comb	65
* It is essential to bathe only after combing the hair	67
* Burning the bunch of fallen hair after spitting on it	69
* Why should the hair not be combed at night ?	70
5. Characteristics of hair (Including hair of Ascetics, spiritually evolved and Deities)	72
* Effects perceived on casting off the evil-eye	77
* There is Chaitanya (Divine Consciousness) in the hair of spiritually evolved individuals is now confirmed by modern technology too	78