

Science underlying conducts from bathing till sunset

Preface

Hindus are drifting away from Āchārdharma (The code of righteous conduct) prescribed by the Hindu Dharma. Following this Āchārdharma is the foundation of Spirituality. Every āchār (General conduct) in Hindu Dharma has been created to reduce Raja-Tama components and enhance sāttvikatā (Spiritual purity), and through every activity, get protection from distress caused by negative energies. This Text elaborates on the ideal daily routine from bathing till sunset and the underlying scientific analysis at the subtle level. This will enhance the faith of readers towards āchārs and Hindu Dharma. Our earnest prayer at the Holy feet of Shrī Guru is - 'May the readers practice the āchārs and become sāttvik'. - **Compiler**

Index

Contents	
1. Āchārs associated with bathing	11
2. Āchārs associated with washing clothes	36
3. Āchārs associated with clothes	43
4. Āchārs associated with applying a tilak	44
5. Āchārs associated with Sandhyā	46
6. Sūryanamaskār	47
7. Homa	54
8. Watering the Tulsī plant and offering obeisance	54
9. Ritualistic worship of Deities	55
10. Performing auspicious actions or looking at auspicious objects	56
11. Āchārs associated with meals	58
12. Vāmakukshi (Nap) after lunch	59
13. Āchārs to be followed in the evening	59
14. Āchārs to be followed at night	66
15. Āchārs associated with sleep	69
16. Chanting to be done while performing certain actions or to avoid unfavourable events	70