

Remedies on distress caused by negative energies through hair

(Spiritual remedies & conducts related to hair)

Preface

Many people are ignorant of the fact that negative energies can cause distress through the medium of hair. As a result, they do not abide by the *āchārs* (Conducts) prescribed as per Dharma (Righteousness) and instead, behave as per their whims. For example, women letting their hair loose or cutting their hair; men cutting their hair on any day of the week and at any given time, etc. Such actions increase the probability of distress caused by negative energies. Deficiencies observed in hair are a symptom of negative energy distress. The problems related to hair are a result of not abiding by the *achars* (Conducts) pertaining to hair. Today, most women use expensive shampoos to wash their hair. Shampoo is nothing but liquid soap made from chemicals. Most fall prey to the attractive smell and advertisements, and begin to use them. However, people do not think of the harm being caused by the chemicals in the shampoo. Our Sages and Ascetics have advised us the use of substances that have medicinal values according to Ayurveda for washing our hair. These substances are easily available in Nature, are cheap and beneficial for hair. Besides providing guidance on how to maintain cleanliness of hair through traditional herbs such as *shikākāī* (Acacia concinna) and *rīṭhā* (Soap nut), this Text also lists other Ayurvedic remedies.

Over-emphasis on science has led to most people avoiding *Dharmapālan* (Abiding by Righteousness). This Text explains certain codes of conduct in the context of hair (For example, not having a haircut on a Monday or at night), with its underlying science. If these codes of conduct are followed, then along with the individual becoming capable of imbibing *sāttvikatā* (spiritual purity), problems related to hair because of spiritual reasons may also reduce.

Our earnest prayer at the Holy feet of Shrī Guru is - 'May everyone be encouraged to put into practice all the hair related spiritual remedies and *āchārs* ! - **Compiler**

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