

Fundamentals of Health and Hygiene - 2

Dr. Korada Subrahmanyam

Professor of Sanskrit

korada11@gmail.com

गण्डूषः (gargling) is very important ---

गण्डूषमथ कुर्वीत शीतेन पयसा मुहुः ।
कफतृष्णामलहरं मुखान्तश्शुद्धिकारकम् ॥
कुर्यात् द्वादश गण्डूषान् पुरीषोत्सर्जने ततः ।
मूत्रोत्सर्गे तु चतुरो भोजनान्ते तु षोडशम् ॥

After using toilet -- 12 times

After going to urinals -- 4 times

After meals -- 16 times

Gargling preferably with cool water (depending on the climate) - so that the phlegm etc is cleared and there won't be any smell from the mouth.

' Mouthwash ' is carcinogenic (causes cancer). One should use tongue-cleaner after brushing the teeth.

It is there in **Indian tradition - washing hands and feet and doing गण्डूष a number of times - after returning home.**

The clothes used outside should be kept aside and depending on the time spent outside it is better to take bath.

As far as possible **avoid visiting hospitals** (it may cause Hepatitis - B -- **कामिलारोगः**) - after returning from a hospital one should take head -bath and wash the clothes, before entering the house (should maintain self-isolation -- should not touch anybody/anything).

I teach my students to **change clothes five times in a day -- daytime at home - outside - night time - during meals - during पूजा (worship)**

Most of the virus enters through air and clothes.

Never touch another person unless it is necessary - if done do शौचम्(cleaning hands etc) at the earliest.

Hugging is not our culture . Watch the आचार (general cleanliness etc) before accepting anything at others' house.

Never let your children share food with others, especially in a school. Resist recitation of गायत्री etc in the school .श्लोक-s (verses) are okay.

We were keeping school-clothes separately.

Avoid outside food as far as possible -- if cannot avoid - eat hot and to the minimum.

It is better to give up मांस (meat) as he who does not consume meat would not suffer from any disease ---

न भक्षयति यो मांसं विधिं हित्वा पिशाचवत् ।
स लोके प्रियतां याति व्याधिभिश्च न पीड्यते ॥ **मनुस्मृतिः , 5-50**

घृतेन वर्धते बुद्धिः क्षीरेणायुष्यवर्धनम् ।
शाकेन वर्धते व्याधिः मांसं मासेन वर्धते ॥

Ghee (clarified butter) would improve the intellect - milk increases longevity - vegetables cause diseases and flesh would increase by meat.

There are six causes of diseases --

अत्यंबुपानात् अतिसङ्गमाच्च
दिवा च सुप्तेः निशि जागराच्च ।
निरोधनात् मूत्रपुरीषयोश्च
षड्भिर्निदानैः प्रभवन्ति रोगाः ॥ **चरकम्**

Consumption of excess water, too much of sex (alternative days only), napping (sleep during day), waking during night, suppressing toilets - are the six causes of diseases.

निदानं त्वादिकारणम् -- अमरः ।
