

TEMPLE HYGIENE

TEMPLE ExNoRa

Under

HOD (Head of Division)

HYGIENE

DIRECTOR: HERITAGE

Director Heritage, Etiquette & Hygiene

HOD (HEAD of DIVISION): HYGIENE

Personal
Hygiene

Temple
Hygiene

Director Heritage & Hygiene

Personal
Hygiene of
Devotees
and Temple
Team

Temple
Hygiene

Swachh Mandir Agenda

- 1 Set-up better drainage system
 - 2 Implement strict check on littering
 - 3 Build better sewerage system
 - 4 Implement proper placement of dustbins
 - 5 Introduce composting of food waste
- 
- A large crowd of people is gathered for a religious event, with a prominent red and yellow structure in the center. The structure is tall and appears to be a chariot or a similar religious vehicle. The crowd is dense and extends far into the background. The sky is overcast.

TEMPLE HYGIENE

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SAY

“HYGIENE is my GENE”.

Remember that

“Hygiene is
two thirds of health”

REMEMBER

**Your unhygienic
habits make
temple a
unhygienic place**

Sewage stagnant around the temple which will mix with drinking water and lead to mosquito breeding



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Outside temple the road is used as a garbage dump. They set fire to garbage as an easy way(?) to get rid off garbage



“Cleanliness is next to Godliness”

is an old adage. It is sad to see trash and filth strewn around the place of worship.



Temple Pond Water dirtied by dumping solid and liquid wastes , bathing, washing clothes feeding fishes



Same water is drunk as THEERTHAM and to quench thirst . Used for cooking



THE SOLUTION

Protect the temple pond
with a proper fence



The best will be a double- fence
with a walkway in between



Protect the temple pond with a wall



THE
SOLUTION

Water-tap must be kept outside the pond so that people don't get into pond. This is for protecting the pond and the people's safety



THE SOLUTION

TEMPLE HYGIENE

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Washing and
cleaning regularly





THE SOLUTION

Clean , Green Model Temple



Clean , Green Model Temple

THE SOLUTION



Clean , Green Model Temple



THE
SOLUTION

Clean , Green Model Temple

Ensure you don't drop Vibuthi & Kunkumam



PRASADAMS ADORN THE FOREHEADS

BUT DIRTY THE FLOORS

Prasadams like vibhuthi & kunkumam after use, the surplus is thrown on the temple floors and the worshippers walk over the same . Only a minute ago they revered it so much .



Ensure your hands are clean. Ensure that THE
THEERTHAM does not spill on the floor







**2 WOMEN DEAD
EATING KOVIL
"PRASADAM" AT
METTUPALAYAM**

30 HOSPITALIZED

**Say no
Plastic plates
and cups**



Palm Leaf cups are eco-friendly
and hygiene-favourable

Use Palm Leaf
cup to serve
prasadam



THEERTHAM GIVEN



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Washing and cleaning regularly



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Washing and cleaning regularly



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Instead of giving prasadam (from hand to hand)



The devotees can be allowed to take it themselves



If the devotees are willing, VIBUTHI / KUNKUMAM can be put on their forehead by the priest



திருச்செந்தூர் கோவிலில் வழங்கும் பன்னீர் இலையில் பிரசாதம்



TEMPLE HYGIENE

TEMPLE ExNoRa

TEMPLE SEVA

MAINTENANCE of
GOH SALAH



As devotees do ANGAPRADASHNAM the prahaar , should be maintained spotlessly clean



SPITTING should be banned
and the violators should be
fined





GOVERNMENT OF INDIA
ARCHAEOLOGICAL SURVEY OF INDIA
CHENNAI CIRCLE



இந்திய அரசு
இந்திய தொல்பொருள் ஆய்வுத் துறை
சென்னை வட்டம்

**“Swachchhta Pakhwada under Swachh
Bharat Abhiyan (Clean India campaign)”**

“தூய்மை இந்தியா திட்டம்”

Date: 16.04.2018 to 30.04.2018

Director Heritage, Etiquette & Hygiene

HOD (HEAD of DIVISION): HYGIENE

PERSONAL HYGIENE

HINDU PERSONAL HYGIENE PRACTICES



THANKS

Hindu Janajagruti Samiti

Hindu personal hygiene practices

Hindu personal hygiene practices associated with washing of hands & feet, rinsing of mouth and cleaning the teeth

- Hands should be washed after urination or defecation with cow dung-ash or mud, till they are odour free. Alternatively, soap can also be used.
- This should be followed by washing the feet and rinsing the mouth.
- Then, water should be taken in cupped hands to wet the face and wash the eyes.
- Conclude with *Achaman* (Sipping water from the cupped palm thrice, while uttering the first three of the twenty-four names of Shrivishnu and releasing the water into a plate from the palm while uttering the fourth name) and Vishnusmaran (Remembrance of Shrivishnu).

Underlying science in the above acts: Washing of hands and feet is associated with external cleansing, while rinsing of the mouth, *Achaman* and Vishnusmaran are necessary for internal cleansing of the body.

We will now examine these acts one by one to understand them in depth.

1. Hindu personal hygiene practice related to cleaning the hands



Let us understand the spiritual reasoning behind rubbing hands with mud in order to eliminate the foul odour :

Mud has fragrant earth waves associated with the Pruthvi-tattva (Absolute Earth Principle) and *Apa*-tattva (Absolute Water Principle) in a dormant state.

The actions of urinating and defecating are also created from the excretory odour process related to the Pruthvi-tattva and *Apa*-tattva in the body. This relation stimulates the desire to urinate and discharge faeces. Hence, to get rid of these wasteful odour waves, the hand polluted in the process is washed by rubbing it with mud. The massage like touch of the mud results in destruction of the wasteful odour waves by the fragrant waves associated with the Pruthvi-tattva. This helps in reducing the contact of the wasteful odour waves with the physical body.

2.Hindu personal hygiene related to washing the feet



By washing the feet, the *Raja- Tama* predominant waves coming into contact with the feet while urinating or defecating are released into the water, and purify the physical body.

Feet should be washed while facing the west

Meaning: Have meals facing the east, defecate facing the south, urinate facing the north, and face the west when washing feet.

3. Hindu personal hygiene related to rinsing the Mouth



Rinsing the mouth upon waking up expels the tamasik (*Tama*-predominant) gases created in the body at night, which have accumulated in the night. Upon waking up, after washing the hands and the feet, bend forward and take a mouthful of water from the cupped right palm. Do this thrice, spitting up the water each time. Recitation of the *shloka*, 'keâje«es Jemeles }#ceer: ...', before sipping the water from the cupped palms causes blending of divinity in the water, and since water is all-pervasive, it quickly absorbs these Divine waves. Rinsing the mouth with this water charged with divinity helps in expelling the tamasik gases that have accumulated in the mouth, due to activity in the body throughout the night.

4. Hindu personal hygiene cleaning the teeth

- A. Praying to the substance used for cleaning the teeth
- B. Before cleaning the teeth, pray to the substance used for cleaning the teeth, as given ahead.

आयुर्बलं यशो वर्चः प्रजाः पशून् वसूनि च ।
ब्रह्म प्रज्ञां च मेधां च त्वं नो देहि वनस्पते ॥

Meaning: Bless me with a long life, strength, success, radiance, subjects, and animals, wealth, *Brahman* (God Principle), intellect and the power to comprehend.

(This is the great *Hindu* Dharma, one that teaches offering of gratitude towards a plant useful in cleansing the teeth, and thereby perceiving divinity in it)

B. Which substance should be used and which should be avoided in cleansing the teeth?

Spiritual benefits of using these substances for cleansing the teeth



Twigs of trees



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Cow-dung ash



Alum powder

Use a twig of trees like *neem* , khair, karanj, audumbar (cluster fig tree) for cleansing the teeth.

Underlying science: Cleansing the teeth with a twig of *neem*, audumbar etc, disintegrates the *Raja-Tama* predominant waves on the teeth, facilitating the generation of pure gases in the mouth, which gradually spread in the voids within the body and provide these voids with energy to continue the day's activities.

Use cow-dung ash made by burning dried cow-dung or powder of alum for cleansing the teeth.

Underlying science: Teeth are predominantly a blend of the Pruthvi-tattva and the Apa-tattva. Food collected in the spaces between the teeth during the process of eating, create Raja-Tama predominant foul odour over a period of time. This makes the atmosphere within the void of the mouth impure or polluted.

Alum: Fragrant gas having a momentum and associated with the friction related *Tej*-tattva (Absolute Fire Principle) is concealed in alum. Applying alum helps in concentration of both Raja-Tama predominant waves and waste gases in the teeth, in the void of the mouth. The concentrated atmosphere that is formed at the level of *Tej*, and to some extent, one that indicates the disintegration process of Raja-Tama predominant waves, gets washed away because of the rinsing of the mouth with water. Cow-dung ash prepared by burning cow-dung is more beneficial than alum.

C. To cleanse the teeth based on the tridosh (Three defects) and trigun (Three components)

Tridosh: Depending on whether Vata (Wind), Kapha (Phlegm) or Pitta (Bile) is the predominant factor of the constitution, use a twig, cow-dung ash and alum respectively.

Trigun : In terms of the principle, it is appropriate that sattvik, rajasik and tamasik jivas use a twig, cow-dung ash and alum respectively.