

AYURVASTRA FOR HEALTHY LIFE: A REVIEW

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ABSTRACT:

Ayurveda is a term used in Sanskrit. Aye means life and Vasthra means cloth, when it combines the meaning life cloth. Herbs are used to create different colors depending on the plants or herbs used for various health benefits. Ayurveda is beneficial to the mankind in curing diseases with the help of the medicinal characteristics associated with various herbs. It is environmental-friendly process and the usage of the cloth is based on the principle of touch. Ayurveda is the answer to achieve good health in natural way. Scope for Ayurveda is endless, and it is the way to keep people healthy. Today, the revival of this ancient technology is gaining importance all over the world.

Key Words: Ayurveda, Ayurveda, Textiles, Herbs

I.INTRODUCTION

The word Ayurveda is composed of two different words. These are Aye and Veda. Aye means life or lifespan and Veda means knowledge. Ayurveda is an ancient 5000 years old Indian system of health care which is still accomplished in South India. The concept of herbal textiles is derived from Ayurveda - a branch of Ayurveda, Ayurveda is completely free from synthetic chemicals & toxic irritants & is totally organic, sustainable & biodegradable. Ayurveda or medical dress is made of 100% pure organic cotton or silk, wool, jute & coir products that have been hand loomed, dyed by using various ayurvedic herbs & have medicinal qualities.

Herbal dyeing is one step ahead of organic life style. It supports the core concept of organic to eliminate the impact of harmful chemicals and pesticides. It avoids many ailments that are common with conventional clothing. Ayurveda clothing helps to restore balance within the body systems and strengthen immune system.

Ayurveda uses only natural fabrics such as hand loomed organic cotton, silk, and hemp, where no chemicals and machinery are used. It has been revived in India to promote ayurveda as textiles that heal, but the actual healing effectiveness of ayurveda remains to be clinically proven. Natural products and herbal remedies were used in traditional medicine as they elicited fewer side effects, relatively cheap and effective against infections. Herbs are concocted to heal ailments such as sleeplessness, high blood pressure etc and the fabric are dyed in the herbal dyes.

Herbal medicines, also referred to as botanical medicine or phytomedicine, include herbs, herbal materials, herbal preparations and finished herbal products that contain parts of plants or other plant materials as active ingredients.

II. HERBS USED: -

Around 200 herbs are used to achieve various colors of Vastra. Each color produced from a preparation that typically contains one or more pre-dominant plant/herb, like Turmeric along with 40 or more others, which are specifically blended and carefully prepared medicinal herbs (plants, flowers, roots and barks) the basic colors blue, yellow, red and other colors will be achieved. Depending upon herbs mixed in dye bath, fabric obtains different medicinal qualities for example:

Table 1 Colors and herbs

COLOUR	PLANT
Red	Sandalwood, Safflower, Madder Root
Blue	Indigo, lime. Jaggery
Yellow	Pomegranate Rind, Turmeric, Marigold, Saffron
Orange	Safflower, Madder Root, Marigold
Green	Pomegranate, Indigo, Neem, Amaltas Turmeric
Brown	Cateccu, Lai Kashish, Henna

Black	Iron Scrap, Jaggery, Peanut Oil, Castor oil
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Figure:1- Indigo



Figure: 2-Aloe Vera

III.FABRIC USED TO MAKE AYURVASTRA: -

Most common fabric used for ayurvastra is organic cotton, the cotton which is cultivated without chemical pesticides and fertilizers. Silk, wool, coir, linen, hemp banana, bamboo etc. were too also used to prepare Ayurvastra.

IV. PRESENT APPLICATION:

Herbal textile often used in making bed covering, under garments, towels, meditation cloths, sleepwear. Another such a garment those stay close to human skin so that all its benefit could be absorbed through the skin. The technology for making herbal clothing is also being utilized for making coir mats, mattresses, door mats and carpets. Herbal textile helps in fighting many common diseases such as hyper tension, heart ailments, asthma and diabetes.

V.AYURVASTRA- BENEFITS

- Herb dyed organic fabrics act as healing agents, act as an absorber through skin. Each fabric is infused with specific herbs that can help treat skin conditions.
- Herbs used in Ayurvastra are known to cure allergies having anti-microbial, anti-inflammatory properties.
- Ayurvastra is extra smooth & good for transpiration that helps in recovering various diseases. It may help treat a broad range of diseases such as skin infections, diabetes, eczema, psoriasis, hypertension, high blood pressure asthma & insomnia.

- Ayurveda can further be used as energy booster, mood enhancer, blood purification & cooling.
- Herbal dyes don't pollute like chemical dyes.
- It is interesting to know that medicinal value of this cloth will be increased if cloth is bleached with cow's urine.
- The wide array of unique naturally occurring colors can't be duplicated with synthetic dyes, hence new shades can be developed, the effect of which will not be lost even after constant use.
- Use of herbal dyes improves the aesthetic value of the cotton fabric in the most eco-friendly & sustainable manner.

Ayurveda is a way to revitalize & increase the market for their handloom industries & to create a niche for their eco-friendly handloom fabrics.



FIGURE:3- Ayurveda

VI.CONCLUSION:

Scope for Ayurveda is endless, and it is the way to keep people healthy. This principle is used to maintain good health by adopting a healthy way of life. It has stated receiving awareness from all the parts of the world. Development of eco-friendly fabrics helps to create a platform for implementation of Ayurveda as a sure alternative to synthetics, thereby an increase a stable economy providing sustenance and livelihood to millions of people.

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