

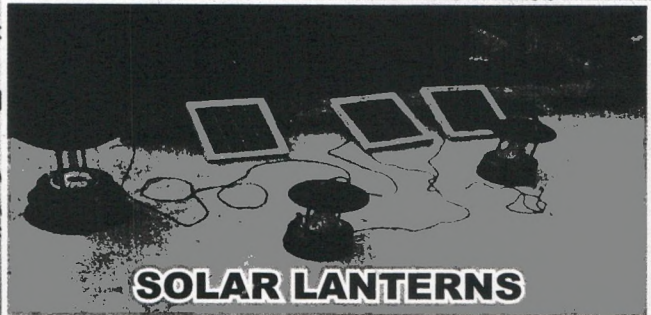
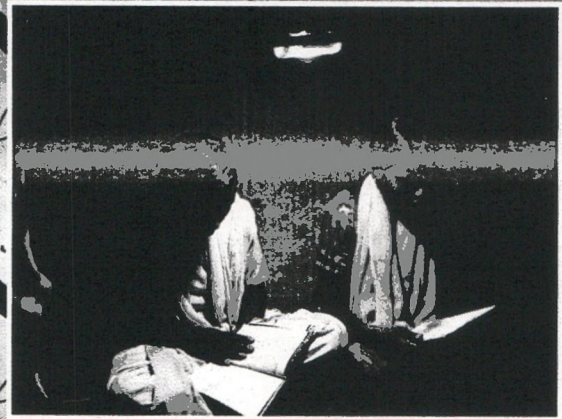
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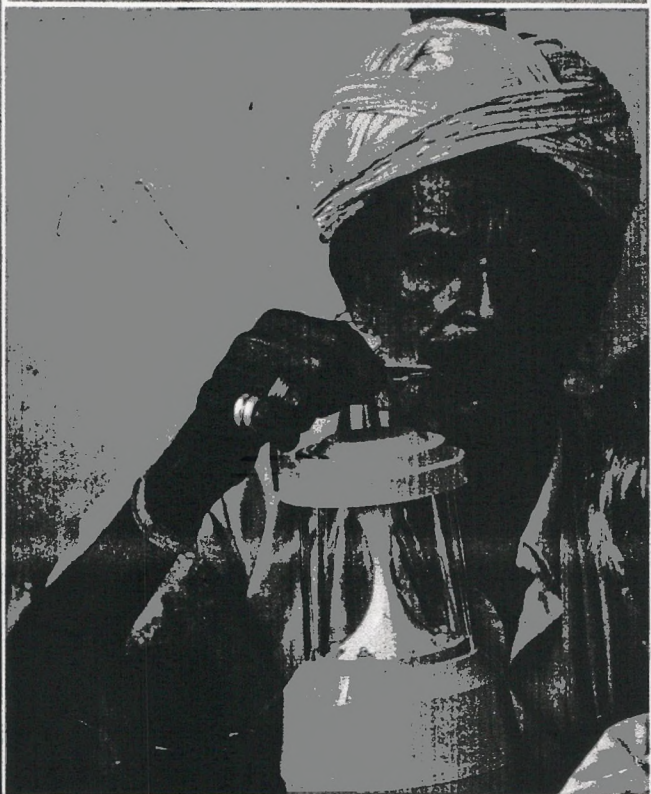
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SOLAR LANTERNS



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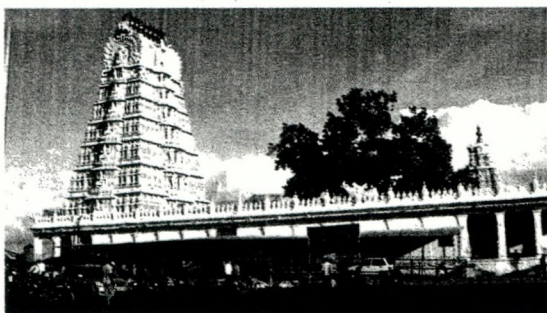
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Back Cover**Chamundi Temple Mysore**

The Chamundi Temple on top of the Chamundi hills is the most famous temple in Mysore, since Goddess Chamundi or Chamundeshwari is the presiding deity of Mysore. Initially the temple was a small one, but over the past few centuries, as a result of the patronage and expansions made by the Mysore Maharajas it has become a big temple. In the olden days, human and animal sacrifices were regularly made at this temple, but were stopped in the 18th century.

The temple has a quadrangular structure. The Gopura or pyramidal tower at the entrance is intricately decorated in the Dravidian style and has a small statue of Lord Ganesha on the doorway which is silver-plated and has the images of Goddess in different forms on it. As one passes through the main gate, on the right hand side is a small statue of Lord Ganesha, the remover of all obstacles. Climb a few steps and there is a flagstaff, the footprints of the Goddess and a small statue of Nandi, facing the sanctum sanctorum.

In the sanctum sanctorum is the stone statue of the Goddess that is decorated everyday and is worshipped by a number of priests. The Mysore Maharajas have made a number of valuable gifts to their family deity. In the room in front of the sanctum sanctorum, there is a beautiful 6-foot statue of Maharaja Krishnaraja Wodeyar III. He is standing with his hands folded in his religious clothes, with his three wives; their names are carved on the pedestals. Maharaja Krishnaraja Wodeyar repaired this temple in 1827 and built the enormous tower on it. He also gifted the temple with a large wooden chariot known as the Simha Vahana, which is now used during the Rathotsava or car festival.

On top of the sanctum sanctorum is a small tower or Vimana that can be seen from outside the temple. During the 10 day-long Dasara festival special prayers are offered to the Goddess.

The Vedas are chanted in the temple and various music performances are held here. After Dasara, on the auspicious Ashwayuja Pournima, a Rathotsava or car festival is conducted during the Jathra or annual festival on top of the hill. This is followed by Theppotsava (floating festival) that is held in the night. All these festivities attract devotees by the thousands.

AYURVASTRA AND HERBAL TEXTILES

Dr.U.Ratna and D.Sangeetha, 

INTRODUCTION

The Sanskrit word 'Ayur' means Life and 'vastra' means Dress. Ayurveda is a garment that ensures better health and long life. **Ayurveda is based on the ayurvedic principle that regular contact with a cloth made from the yarns infused with organic herbs and medicinal plant extracts will relieve metabolic disorders and threads a new line of healthy living.**

The textile industry has become somewhat conscious about its negative contribution to the environment pollution through the textile. Chemicals are used in its various manufacturing processes. As a result, many textile manufacturers have opted for non-polluting ways of producing textile and garments. One of these solutions is herbal textile. **When the textile is dyed with extractions obtained from various herbs, they are referred to as herbal textile; no chemicals are used in its dyeing process.**

Natural dyeing is in tune with nature. Dyeing is an art. Mostly plant extracts are used as dyes; so no water pollution. **Instead the waste after dyeing can be used as manure.** But cloth dyed using synthetic dyes has no therapeutic effect. On other hand, certain synthetic dyes will cause serious damage to the human body.

AYURVEDIC TEXTILES

Ayurveda is a branch of Ayurveda, the ancient 5000 year old Indian system of Vedic healthcare. Ayurvedic clothing is used by practitioners for treatment of a variety of diseases such as diabetes, skin infection, eczema, psoriasis, hypertension and rheumatism, even some forms of cancer.

"Ayurveda" is based on the ayurvedic principle of direct touch with body pores. Skin is the largest sense organ in the human body. The radiated heat activates herbal molecules of the cloth and is reflected back to the body along with herbal molecules through the blood. The herbal molecules enter deep

into the body and show their property at different levels of the body and help in curing diseases.

The most effective time to wear Ayurveda clothing is when the body is most at rest such as during sleep or meditating, because this is when the body is naturally heating and reestablishing balance. Hence Ayurveda cloth is often used as sleepwear, bed sheets, towels, meditation clothes and coir mats.

MEDICAL PLANTS AND ITS PROPERTIES



Indigofera tinctoria (indigo):

- Anti-septic, anti-allergic and helps fighting skin diseases.
- Used to treat various heart diseases

Mimosa pudica.(Touch-me-not/sensitive plant):

- Its root, leaves and flowers heads have medicinal properties used in

PROCESSING OF FABRICS

PROCESS	SOURCE
Bleaching	Cow Dung/Urine
Scouring	Minerals
Mercerizing	Mineral. Oils
Dying	Medicinal Herbs
Dye Fixing	Natural Oils, Medicinal Herbs
Finishing	Rolls, Sugars, Oils
Washing	Rita, Khar, Natural Soaps

FEATURES OF AYURVEDIC TEXTILES

- Organic/Herbal is soft in feel.
- Natural fabric/herbal fabrics will have more strength than conventional in comparison.
- It would have typical smell of herbs used for processing.
- Lime discharges on herbal textiles since the it is strongest source of acid.
- Colors are more earthy, not compatible to pantones.
- Herbal textiles have a lot of therapeutic value, thus the fabric has been found very helpful for people suffering from ailments like skin allergies, breathing problems, sleeping disorders, blood pressure, etc.
- Promotes agriculture.
- Balances the Ecology cycle completely.
- Waste can be used as manure.
- No heavy metals like chrome, copper, etc used.
- Eco-friendly processing that does not compromise worker's health and reduce water and electric use and toxic run off.

- Strict testing answers the absence of contaminants like nickel, lead, amines pesticides and heavy metals.

CONCLUSION

Wearer's health is fascinating. Ayurveda, life sustaining, eco-friendly clothing is another feather in the Ayurveda's cap. There are truly chemical free, naturally dyed apparel featuring organic cotton and colors made from medicinally rich botanicals and herbs from India. Beautiful apparel with an exceptional hand and style can be produced with this. Allopathic medicine treats the symptoms where as Ayurveda treats the underlying causes. Quality and eco-friendliness are becoming the buzzword in the global market. Hence it is important for a nation to follow and maintain its eco-friendly life style and also conduct many awareness programmes on eco-friendly textiles to keep the nation environment- friendly. Continued efforts need to be directed to increase the acceptability and use of eco-friendly textiles.

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