Ayurvastra: Herbal fabrics designed for healing

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Ayurvastra is a branch of Ayurveda, the ancient 5,000 year old Indian system of Vedic healthcare. Loosely translated, “ayur” in Sanskrit is for health, “veda” means wisdom, and “vastra” is cloth or clothing. Ayurvastra clothing is made from organic cotton fabric that has been permeated with special herbs and oils that promote health and cure special diseases depending upon the blends of embedded herbs and oils. There is a whole spectrum of colors that can be obtained from a multitude of plants, insects and fungi; and these have been used across the centuries to dye textiles, color artefacts, pattern and color our skin/hair, and even color the food we eat. Various natural dyes and herbal products are found to be self-healing when they are applied on the fabrics. Ayurvastra cloth is used by Ayurveda Health Clinics in the treatment of a broad range of diseases such as diabetes, skin infections, eczema, psoriasis, hypertension and high blood pressure, asthma, arthritis, rheumatism and even some forms of cancer. Ayurvastra clothing is believed to help restore balance within the body’s system and strengthen the immune system. Indeed, the natural dyes are better products, simply because they do not contain chemicals harmful to health. Ayurvastra technology 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. Today, the revival of this ancient technology is gaining importance all over the world. Other cultures and regions of the world are expressing their growing interest in more traditional and natural healthcare systems that are based upon restoring balance and health through natural methods rather than through Western medicines.

Biography

Bipin J Agrawal is working in The M S University of Baroda as an Associate Professor. He has teaching experience of 23 years and Industrial experience of 11 years. He has published more than 70 papers in reputed journals and has presented 54 research/review/technical papers at various seminars and conferences at National and International level. He has also conducted technical sessions at several conferences as Chairperson/President. He is a Fellow Member of One National (Indian) Association and Five International Associations. He is serving as Editor-In-Chief for International Journal of Research in Sciences” and International Association of Science & Technical Education and Research. He is also serving as the Editorial Board Member for 18 other reputed International journals and has been a member of Advisory Committee of various institutions for organizing seminars and conferences.

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