

CLASS-V

- Lesson 6 Cleanliness (Shaucha)
- Lesson 7 Maintaining the Garden
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CLEANLINESS (SHAUCHA)

No one wants to be old, sick or weak. Everyone wants to remain healthy and smart throughout life. This is possible only with good personal hygiene and proper care of body. Some people are smart and healthy even up to age of 70 - 75 years. Their eyes, ears, nose, teeth and hair remain in working order and there is glow on their face. This is mainly because they take proper care of their body and keep it clean. This is our body. It is our responsibility to keep it healthy and smart. Our health depends on how well we take care of it and the precautions we take in eating and drinking, cleanliness and in the way of lifestyle. Only cleaning our body is not important. A clean mind is equally important and necessary. Lets learn how we can keep our body and mind clean.



OBJECTIVES

After studying this lesson, you will be able to:

- explain the importance of Cleanliness (shaucha);



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- describe the procedure to clean and care of external and internal body parts;
- explain the cleaning procedure of living area and
- explain the method to clean mind.

6.1 IMPORTANCE OF CLEANLINESS (SHAUCHA)

Do you like to visit places which are unclean? Do you like the bad smell of old stock of food or rotten vegetables and fruits? Would you like to step in the room where all the things are just dumped over the other? Do you get sound sleep in the bed with bad odor? Would you like to eat your food on the dirty place? The answers is perhaps No. That's why clean and hygienic body part and areas where we spent our time are very important. Clean body and living area has following benefits:

- It keeps us healthy.
- Many water born and transmitted disease can be stopped. Diarrhea, Typhoid are such water born disease.
- If we are healthy, we can perform better for society.
- We can protect our body parts from various diseases by keeping it clean.
- A clean mind keeps us happy.

- We can keep away various negative thoughts by making our mind clean.
- The clean mind has positive impact on society also.
- We can contribute better to society if we are clean and free from other evils.



6.2 PROCEDURE TO CLEAN EXTERNAL AND INTERNAL BODY PARTS

Lets know various steps to keep our body parts clean and hygienic.

EXTERNAL BODY PARTS

I. Hair

Lice flourish in dirty hair. Dirty hair may lead to tiny boils on scalp and dandruff. Dirty hair get entangled and break easily. Hair loss also increases. Good hygiene is essential to keep hair healthy. You can follow these steps to make hair clean-

- i. Hair should be washed twice a week with gram flour or triphala or a good shampoo.
- ii. Hair should be combed daily. Must be kept tidy and made up. It is good to massage hair with oil occasionally.
- iii. In winters wash hair with warm water.



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II. Eyes

We are able to see the entire world with eyes. So, it is important to take special care of eyes. To keep eyes clean-

- i. Wash them clean and splash fresh water.
- ii. Protect eyes from dirt, smoke, filth, bright light and flying insects.
- iii. Save eyes from injuries.
- iv. Don't put any medicine in eyes without consulting eye specialist (doctor). It may harm the eyes.
- v. If some things gets into eyes, don't rub. Rubbing may cause wound in eyes. Wash them with clean fresh water.

III. Nose

We breathe with our nose. Don't be careless about its care and cleanliness. Sneezing and running nose are very common during cold and flu. In such a situation take special care of cleanliness.

- i. Use clean water and handkerchief. Don't use dirty handkerchief or cloth.
- ii. While sneezing put handkerchief on nose.
- iii. Consult a doctor immediately in case of injury, boil or if something gets into nose.



IV. Mouth

There are tongue, teeth, gums and palate inside mouth. To keep the mouth and gums-

- i. Clean, gently brush with datoon, toothpaste or toothpowder, twice a day -in the morning and evening. Clean the tongue also, to keep mouth clean.
- ii. After every meal rinse the mouth with water, so that food particles don't remain stuck between teeth and gum.
- iii. Clean around teeth with dental floss to remove such particles.
- iv. Don't eat or drink very cold or hot things.
- v. Don't use coal, ash or sand for cleaning the teeth

V. Hand and Feet

- i. It is essential to take special care of cleanliness of hands and feet to avoid getting sick.
- ii. Filth and dirt may enter the house with feet. Similarly, filth may enter in our body through dirty hands and eatables.
- iii. Wash hands thoroughly and properly with soap and water before eating anything.

INTERNAL BODY PARTS

The internal organs of our body are hidden inside the stomach, chest and head. These



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organs are necessary for walking, breathing, digesting food, removing the waste from our body etc.

- The Skeletal bones give shape and support to our body.
- The food is digested in the digestive system. The main parts are - mouth, food pipe, stomach, small intestine, big intestine, liver.
- The lungs help us to breathe. The lungs have lakhs of airbags, where there is a exchange of the gases.
- The function of the heart is to send blood to all parts of the body.
- The kidneys take out harmful substance in the form of urine from our body.
- The brain lies safe in our head. It controls nearly all functions of our body.

The procedure to clean internal body parts are different than outer body parts. The Internal organs can be clean through various yogic kriyas or vyayamas. These yogic kriyas have been given in the Yoga courses and can be adopted for this purpose.

6.3 PROCEDURE TO CLEAN LIVING AREA

Cleaning the living area is equally important. There may be different kind of dirt as per the location of your place. Like the western part of India is more affected by sand and dust. Where

as the areas of heavy rain are more affected by seepage and extra moisture. Let us know some common technique to clean our living area-

- Cover the fabric on furniture so that can be kept safe from dust.
- Remove the dust with brooms.
- Handle carefully the glass items.
- Remove Spider webs in the roof by brooms.
- Make Kitchen and Bathroom clean with sanitary liquids and cleaners.
- Clean Floors with water moping.
- In rural area, if the floor is made of soil, clean soil and cowdung is still used to make the floor clean and tidy.

6.4 HOW TO CLEAN MIND?

The unhygienic environment or space of a person reflects the mind. If the mind is not clean, everything outside will also be dirty. So, in India, there are hundreds of techniques to clean the mind. The clean mind makes your vision and action clean. It helps to keeps the environment clean and hygienic.

In Yoga Vasistha, Sage Vasistha says to Rama, 'the major reasons behind all the diseases are moving in the dirty places, eating dirty food, being with the evil intended people etc'.



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Indian Rishis invented three tools to clean the three important things belonging to human being:

- Yoga for Manas - 8 steps of yoga keep mind clean.
- Vyakarana for speech - grammatical rules keep speech clean.
- Ayurveda for body - Dinacharya, Ritucharya, habits and way of life etc cleanses body and mind.



INTEXT QUESTIONS 6.1

1. Why cleaning is important for human being? Give any 2 points.
2. Suggest any 2 ways to clean hairs.
3. Name any 2 water born diseases.
4. How we can clean our internal body parts?
5. Why we should protect our eyes?



WHAT HAVE YOU LEARNT

- Clean body and living area keeps us healthy and active.
- We can protect our body parts from various diseases by keeping it clean.
- We can contribute better to society if we are clean and free from other evils.
- There are various ways to help us in protecting our external and internal body parts.

- External body parts includes Hair, Eyes, Nose, Mouth, hand and feet.
- Skeleton, digestive system, Hearts, Lungs, Kidney and brains are under Internal body parts.
- We can clean our living area by broom, mop etc.
- There are various yogic kriyas to make our mind clean.



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TERMINAL QUESTIONS

1. Why cleaning is important for human being? Give any four reasons.
2. Suggest any 2 methods for each to clean external body part.
3. How we can clean our living areas? Give any four method.
4. How we can clean manas, speech and body?



ANSWERS TO INTEXT QUESTIONS

6.1

1.
 - i. Many water born and transmitted disease can be stopped. Diarrhea, Typhoid are such water born disease.
 - ii. If we are healthy, we can perform better for society.
 - iii. Any other (any two)



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2. Ways to clean hairs.
 - i. Hair should be washed twice a week with gram flour or triphala or a good shampoo.
 - ii. Hair should be combed daily. Must be kept tidy and made up. It is good to massage hair with oil occasionally.
 - iii. In winters wash hair with warm water. (any two)
3. Diarrhea, Typhoid, any other (any two)
4. Through yogic kriyas and vyayama.
5. We are able to see the entire world with eyes. So, it is important to take special care of eyes