



Iskcon Temple, Dehradun

May 11, 2016 at 3:58 AM · 🌐



Krishna and Bhagavad Gita is with **Hare Hare** and **4 others**. May 9, 2016 at 2:30 PM · 🌐

Pic sent by Arjuneshwar Das.

EXTREMELY USEFUL SERIAL BY RAJAN:

SPIRITUAL PRACTICES & THEIR SCIENTIFIC REASONS - (2):

Why devotees wear dhoties as PANCHA KACHA?

What are the scientific reasons?

REPLY:

There are two styles of wearing Dhoti.

One is wearing it just by wrapping around the waist.

The other is called ' Pancha Kacha'(five fold tuck in) , which is prescribed by the Sastras for House holders

The Pache Kache (panja kacha or kacha) is a method of wearing the dhoti, typically worn by grihasthas (men who are married) on special occasions such as Pujas or festivals and some cultured persons daily, during their routine Puja times.

It is typically a dhoti of eight to ten square yards (according to the height and girth of the person) worn in a specific way.

This is generally a cotton cloth-now Polyester has come into being-wrapped around the waist.

There are two types of cloth specification based on their length.

One is 4 yards and another is 8 yards.(There are 10/6 and 9/5 as well,these are recommended people who are tall)

While 4 yards will be enough for wrapping around the waist once, 8 yards will come for two wraps around.

The fear that the Dhoti will come off the waist is only an uncomfortable feeling and once one gets used to wearing the Dhoti he will feel comfortable.

Pancha kacha reduces this fear of dhoti coming out of waist as it has more grip around the waist.

Only white is recommended by the Sastras. Saffron colour Dhoti is worn by Ascetics / renounced persons. Householders are prohibited from wearing this Saffron Dhoti.

Eight yards Dhoti shall be more comfortable as 4 yards will be not sufficient in length for adults of more than 5'6.

Sastras say that unmarried should not wear in this style of Pancha kacha. And, Wearing Pancha kacha is also an indication that one is married. But,

Krishna devotees and brahmacharis who have dedicated themselves for Lord wear that. Wearing Pancha kacha means, detaching from material affairs atleast at the time of wearing it.

SCIENTIFIC REASONS FOR WEARING PANCHAKACHA:

1. Panchakacha style wrapping is reported to preserve the electrical/magnetic forces in the Human Body and does not earth it,as the wrapped cloth is fully connected at all ends with no loose ends.
2. Kaccha means the part of cloth that is tucked to the back, in between the legs. The Pancha Kaccha has five folds of cloth in the kaccha and the nine-yards saree, doesn't have a fold.
3. Wearing Pancha kacha indicates that you are married and you shouldn't even remotely dream of having a crush on the married guy/girl.
4. Wearing Pancha kacha tightly packs the genitals and hence the inducement for men will be less. So, at the time of worshipping Gods, to avoid sexual disturbance, panchakacha helps by tightly holding the male organs without getting excited and semen not getting wasted.
5. Thus, Panchakacha conserves the positive sexual energy that drains out via the moolaadhaara..
6. Because, some subtle energy source gets wasted via the moolaadhara (semen) and the Kacha helps conserve all the reproductive energy.

PHYSICAL REASON:

1. If you wear dhoti without pancha kacha, when you sleep or lean or stand up or sit, it may expose the inner side of our body. So, Pancha kacha is designed that has a cross folding also between hip and back side. Now, whatever we do, our genitals or hidden portions will not be exposed.
2. By wearing pancha kacha, we indicate for women not to see us with material expectations.

WILL A DEVOTEE GO TO KRISHNA ONLY IF HE WEARS PANCHA KACHA?

1. Not so. Though you wear just a towel around your waist, you can advance in devotion. A dress is just a matter of decency to hide the private parts of our body and to protect us from climate. So, any dress that does not expose your body can be worn.
2. However, such dress recommendations are made for the above said reasons and like a uniform for brahmanas and devotees like the students are recommended uniforms in schools.

ANOTHER MOST IMPORTANT REASON:

1. Pants, shirts, etc are existing only after the discovery of needles and stitching machines. In older days, there were no facilities of making variety of dress. So, they could wear only dhoties, towels and sarees. So, these recommendations.
 2. As we have many facilities to stich better dresses that will hide our body better than Pancha kacha, wearing Pancha kacha is slowly diminishing.
 3. For example, I myself have recommended LOOSE FITTING Chudidars / Salvars for girls that hide their body better than sarees. (They may avoid chudidars that are very tight that exposes the shape of their each and every body part) . So, just because a girl is wearing decent chudidar/ salvar, we should not consider her violating the sastras. Any dress can be worn if it fully hides our body and does not expose our body parts.
 4. However, as Pancha kacha gives a feel of devotional uniform that has less attraction from opposite sex, we can perform devotion without much disturbance from senses and opposite sex.
- So, though dress codes are not part of the process of going back to Godhead, we can wear them only for the above mentioned points.
- Hope I have highlighted all aspects of Panchakacha and you have enjoyed it.



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