

PART OF CLEANSING (SNANA) IN YOGA

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***Abstract**— Ayurveda remains the decent sized informal technical knowledge of being to grip the suitability of healthy humanoid existences then curative contagions of unkind. Version to old-fashion Indian the whole thing the Din Acharya remains a decent sized purpose of altogether being's being. Emotionless marine tub tub with confidential the initial daybreak remains our old-fashion workout which related through the physical contemporary supposed. Toward maintenance a even symmetry of Three dishes i.e. Vata, Pitta and Kapha, Sapta Dhatus., Mala (waste merchandise of the body) and the Agni (energy of digestion) chief character of normal characteristic remains to grip absent diseases. Fashionable Ayurveda normal characteristic includes Snana (tubtub) by way of one of the decent sized characteristic that's to remain done all day through confidential the morning afterward Abhyanga, Vyayama, Mardana and Udvartana. His main constituent remains to grip suitability then energy. The talent object stated disapprovingly the many purposes then standup of tub tub through medicinal indication.*

***Keywords**— Bath, Ayurveda, Yoga, Fitness*