

# INTO THE REALM OF MEDICAL ANTHROPOLOGY

Editors  
*Dhritiman Sharma*  
*Milonjyoti Borgohain*



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Milonjyoti Borgohain

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# INDIGENOUS HYGIENE SYSTEM OF THE INDIAN CULTURE AND ITS APPLICATION AT THE TIME OF COVID PANDEMIC

DHRITIMAN SARMA

## INTRODUCTION

Covid pandemic has paralyzed the world since December 2019, and India is also suffering a lot. It has been seen that the disease is spreading very fast, and in this time, we are taught by the Government and Medical officials to follow some rules of hygiene which were practiced by our grandparent generation nearly 5000 years ago. This paper is finding out the relevance of the indigenous hygiene system of the Oriental countries like India, and trying to find out the similarities within all. Although the paper highlights on the indigenous hygiene system of the Hindus, yet a brief description of other religions similar practices have also been discussed here, from a humanistic and hollistic perspectives, rather than going through a totally single religious perspectives.

In ancient time, till the 1950s, there were some rigid rules of hygiene in our society. Among the higher caste people, these were very much rigid, especially among the Brahmins and Kshatriyas, and due to such rigidity, these two castes were often subject to ridicule too. It was seen that in order to enter the temple, people has to wash their hands and feet, and similarly while entering a person's house too, it was mandatory to wash the hands and feet. Today, at the time of covid 19 pandemic, we are also compelled to sanitize our hands everywhere. All these issues make us think whether the rituals of washing hands and feet in the ancient times was based on science or not.