

How to wear a PANCHA KACHCHAM - with mantras.

Wearing the Veshti as per the orthodox way.

VASTHRA DHARANAM - Dharana Mantra.

Prokshanam to be made on the 'vasthram' by saying

*"Om Bhoorbhuvassuvaha Suseevo havya maruthaha suseenaam |
Ruthena sathyam Ruthasaapa aayan | Susijanmaanaha suchayaha
paavakaaha || "*

After prokshanam take all the vasthram in hands and show them to Sun (light) and say:

*"Udhuthyam jaadhavedhasam devam vahanthi kethavaha, dhruse visvaaya
suryamm"* :

Then shake down the vasthram by saying :

"Avadhoodham Rakshaha Avadhoodha Aradhayaha " |

Then tie the small vasthram 'uthriyam' round the head.
Role the 'poonal' in the right ear. And say:

*"Avahanthi vidhanvaanaaha Kurvaanacheeram athmanaha |
Vaasagumsi mamaghavachcha anna paanecha sarvadha |
Thathome sriyamaavaha |"*

Wear 'Kaubeenam' (Komanam or Jatty) and remove the wet cloth.

Now start wearing the big / long veshti (vasthram) following these steps.



Hold the vasthram putting it behind you by left hand at one end and at 6th feet by right hand. Measure exactly 3 feet from that left end Hold the new point (3 feet) by left hand by leaving the end move round the left hand to the point 3 inches up and 3 inches right to the 'naabhi' put the 3 feet point there and hold it there firmly by left hand now move round the right hand with the 6 feet point over left hand and place it at a

point 3 inches up and 3 inches left to the 'naabhi' and tight it as much as you can by pulling both hands in opposite directions now check there should be no shrink in the edge of the vasthram tightened around the body (now is the tricky job which is a little hard to practice and it is little more hard for persons who have bunch of hairs all over the body) now slightly curl (out) the top edge of the vasthram where holding by left hand keep hold of it do not allow to go loose while curling



(it is nothing but as like as wearing a 'kaili / lungi') then do slightly curl by right hand as did by left hand, now your left hand will get free and move it some small distance towards your back and curl there (I hope you got the idea)yes, curl all over the edges the curl of the vasthram should be very slim as much as you can to get the required tightness now check, where the top of the curled vasthram and move it down to the circle, 4 inches below the 'naabhi' or at 'low hib'



now you will have two edges, the left side will be small and inner, the right side will be long and outer take the inner left edge to your left hand and fold it to 4 inches breath along the edge (if you want to beautify the fold: insert it at any point in the front curl and straighten the folds by holding the top and next folds it in a straight position by left hand and deeply pressing at the fold edge by right hand, do it repeatedly for all the successive folds by adding one by one) send the folded vasthram between the two legs to the back side and insert it in the curl of the vasthram at the center of the back check there should be no twist in the folds now put the bottom edge of the vastram at the tip of the left leg on the floor and put the big leg finger on it to hold it



collect the loose cloth between two thighs and shrink and twist at one point by which the vastram should get tight around the 'jatty' insert this twisted end at the front curls center and leave the vastram below the left leg big finger now come to the other right end of the vasthram and fold it along the length wise about five to six inches breath and insert the folds above the previously inserted position



now catch the remaining one corner of vastram which is hanging straightly below the insertion and take it up and make some folds on it then insert this fold also at the same place. This is the completion of wearing 'Pancha Kachcham'.



Fold the Uthriyam or samll veshti as shown and tie it around the hip. Now bring the poonal to usual place.