

15. For gargling, the water can be taken in any vessel or a wooden cup; but water shall be spit outside (not in the river or tank). Washing of the teeth with any leaf or twig must be without using the index finger and outside the water.

16. After making obeisance to the gods of water, the twice-born shall perform the ablution with mantras. Sick or weak persons shall take bath upto the neck or hips.

17. Sprinkling water upto the knees he shall perform the Mantrasnāna. He shall propitiate deities etc. sensibly with the water from the holy tank or river.

18. A washed dry cloth should be taken and worn in the form of pañcakaccha (wearing of the lower garment in a special way). In all sacred rites the upper cloth should also be used.

19-20. While taking bath in the holy river or tank, the cloth worn shall not be rinsed or beaten. The sensible man shall take it to a separate tank or well or to the house itself and beat it on a rock or on a plank to the gratification of the manes, O brahmins.

21-23. The Tripuṇḍraka⁷⁰ shall be drawn on the forehead with the Jābālaka mantra. If anyone enters water otherwise, he will surely go to hell. According to scholarly authorities the mantrasnāna is as follows : Repeating the mantra “Āpo hi śṭhā”⁷¹ etc. water shall be sprinkled over the head for suppressing sins. Repeating the mantra “Yasya Kṣayāya”⁷² etc. water shall be sprinkled over the joints in the legs. The order is as follows :—feet, head, chest; head, chest, feet and chest, feet, head for sprinkling with water thrice.

24. It is enough if one performs mantra snāna when one is slightly indisposed, or when there is danger from the king or when there is civil commotion, or when there is no other way or when one is about to undertake a journey.

25. He shall drink by way of Ācamana reciting the mantras from Sūryānuvāka in the morning or from Agni-

70. Three lines horizontally drawn over the forehead with the ash slightly pasted with water.

71. VS. 11.50.

72. VS. 11.52.