

SUDREH - THE SACRED SHIRT

The Sudreh is indispensable in the spiritual life of a Zarathushtrian. It refers to the good or advantageous (*Sud*) path (*rah*). Being without the Sudreh is impermissible except while having a bath. If your Sudreh is wet with sweat, do not put it on the line for drying and be uncovered for that time. Take a bath and wear a fresh Sudreh immediately.

The Sudreh must touch your skin. In winter, please do not wear the vest first and Sudreh on top of it, but the other way around. Further, there is no difference in the size or the shape between the Sudreh for gents and those for ladies. The only technical difference is that the Sudreh for a male would have a straight seam ('*tiri*') on the left and a triangular '*tiri*' on the right, while the Sudreh for a woman would have the straight seam on the right and the triangular one on the left.

The sleeves of your Sudreh should cover a portion of your upper arms, and the Sudreh should go down to the knees so as to cover the spiritual centres in the torso, abdomen, the groin and the knee regions. This is how a muslin garment can serve as a spiritual armour (Gujarati: '*bakhtar*').

In an Agyari, after doing the Kusti, please do not immediately tuck in your Sudreh since it is considered advantageous, in the protective sense, if the border of your Sudreh actually touches your knees, or at least, points towards them.