

ANALYSIS OF FACTS, UNDERSTANDINGS & USES OF VASTU SHASTRA IN HEALTHCARE

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Abstract: Vastu Shastra, an age-old Indian architectural doctrine, has garnered increasing attention in recent years as a subject of both fascination and controversy. This research paper offers a comprehensive analysis of Vastu Shastra in the context of modern architecture and urban planning. The study delves into the historical roots and philosophical underpinnings of Vastu Shastra, exploring its core principles and the intricate interplay of space, design, and cosmic energy.

The paper evaluates the practical implications and relevance of Vastu Shastra in today's architectural and construction practices, considering its impact on the functionality and well-being of occupants. Through a synthesis of historical texts, case studies, and contemporary architectural trends, this research paper aims to provide a balanced perspective on Vastu Shastra, shedding light on its strengths and limitations as a design philosophy.

The findings of this study can guide architects, urban planners, and homeowners in making informed decisions about incorporating Vastu principles into their projects. By bridging the gap between tradition and modernity, this research contributes to a deeper understanding of how Vastu Shastra can coexist with contemporary design, ultimately shaping more harmonious and sustainable built environments.

Keywords: Vastu Shastra, modern architecture, design philosophy.

1. INTRODUCTION

Welcome to the world of Vastu Sastra! Vastu Sastra, also known as Vastu Shastra, is an ancient Indian architectural science that aims to harmonise our living spaces with the natural elements. It is believed that by following the principles of Vastu Sastra, we can enhance the positive energy flow, promote well-being, and create a balanced environment.

The term "Vastu Sastra" is derived from the Sanskrit words "Vastu," meaning dwelling, and "Sastra," meaning science or knowledge. This traditional system of architecture encompasses various guidelines and principles that govern the design, layout, and construction of buildings. Vastu Sastra emphasises the importance of aligning our homes and workplaces with the cosmic energies and the five elements - earth, water, fire, air, and space. It believes that these elements have a direct influence on our physical and mental well-being.

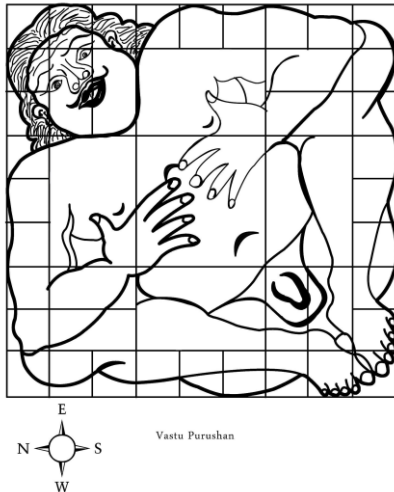
The principles of Vastu Sastra take into account factors such as the direction and location of the plot, the placement of rooms, the positioning of doors and windows, and the use of colours and materials. By adhering to these guidelines, it is believed that we can create a positive and harmonious environment that supports our overall growth and happiness.

The philosophy behind Vast Sastra is deeply rooted in the idea of balance and harmony. It suggests that when our living spaces are designed in accordance with the natural laws, we can experience improved health, prosperity, and peace of mind. Vastu Sastra also emphasises the importance of decluttering and organising our spaces to remove any negative energy and promote a sense of clarity and order.

In recent years, Vastu Shastra has gained popularity not only in India but also worldwide. Many architects, interior designers, and homeowners are incorporating Vastu Shastra principles into their projects to create spaces that are not only aesthetically pleasing but also conducive to well-being. Whether you are planning to build a new home or renovate your existing space, exploring the principles of Vastu Shastra can be a fascinating journey. It offers a unique perspective on architecture and design, blending ancient wisdom with modern sensibilities.

So, embrace the wisdom of Vastu Shastra and embark on a journey to create living spaces that nurture your mind, body, and soul. Let the principles of balance and harmony guide you towards a more meaningful and fulfilling life.

Basics of Vastu Shastra



One of the fundamental principles of Vastu Shastra is the concept of the five elements - earth, water, fire, air, and space. These elements are believed to influence the energy flow within a building. Each element has specific characteristics and should be appropriately represented in the architectural design. For example, the placement of water bodies, such as ponds or wells, is considered auspicious as they symbolise abundance and prosperity.

Another significant aspect of Vastu Shastra is the selection of materials used in construction. It suggests using natural and eco-friendly materials like wood, stone, and clay, as they are believed to have positive vibrations and promote a healthy living environment. Similarly, the use of colours plays a crucial role in creating a harmonious atmosphere. Each colour represents a specific energy and emotion, and choosing the right colours for different rooms can enhance the desired qualities.

Vastu Shastra also emphasises the importance of proper ventilation and lighting within a building. Good airflow and natural light are believed to enhance positive energy and create a sense of well-being. It suggests the strategic placement of windows, skylights, and ventilation systems to optimise the flow of fresh air and sunlight. Furthermore, Vastu Shastra provides guidelines for the placement of specific rooms and functions within a building. For instance, the master bedroom is ideally located in the southwest direction, while the kitchen should be positioned in the southeast. These recommendations are based on the belief that certain directions are more suitable for specific activities, ensuring maximum energy flow and positive vibrations. Overall, Vastu Shastra aims to create a harmonious and balanced living or working environment by considering the principles of energy flow, alignment with nature, and the influence of various elements and directions. By following these guidelines, it is believed that individuals can experience improved health, prosperity, and overall well-being.

Origin of Vastu

The origin of vastu shastra may have taken place well over thousands of years ago. The learned men of those days may not have lived in houses themselves but they most definitely dedicated their lives to the development of the science "vaastushastra" or "vaastu", as it is popularly known today.

The principles of the science laid down during those days were based purely on the effect of sun rays during different times of the day. The observations and corrections made were noted and concluded only after in-depth screening of the situation. Vastu is a part of Vedas, which are believed to be four to five thousand years old. Through penance and meditation yogis of that period acquired answers believed to have come from the cosmic mind itself to their questions. Hence Vedas are heeded with divine knowledge. The art of Vastu originates in the Sthapatya Veda, a part of the Atharva Veda.

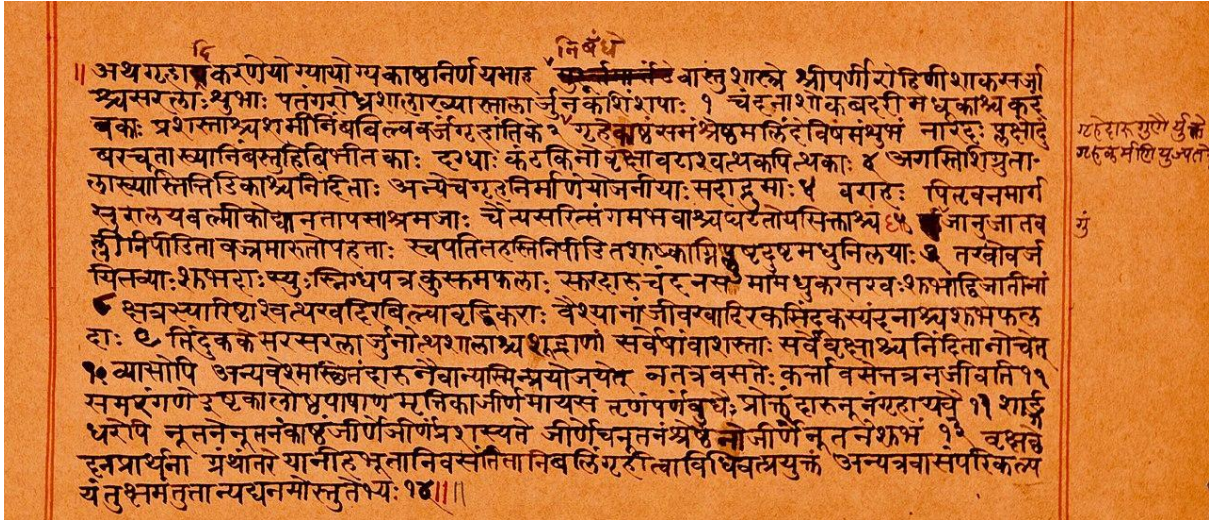


It used to be a purely technical subject and it was only confined to architects (Sthapatis) and handed over to their heirs. The principles of construction, architecture, sculpture etc., as enunciated in the epics and treatise on temple architecture, have been incorporated in the science of vastu. It's description is there in epics like Mataysya Purana, Skanda Purana, Agni Purana, Garuda Purana, and Vishnu Purana. There are some other ancient shastras that pass over the knowledge of vastu shastra to next generation, like Vishvakarma Prakash, Samraangan Sutradhar, Kashyap Shilpshastra, Vrihad Sanhita, and Praman Manjaree.

In the Mahabharata it is said a number of houses were built for the kings who were invited to the city Indraprastha for the Rajasuya Yagna of King Yudhisthira. Sage Vyasa says that these houses were as high as the peaks of Kailasa mountains, perhaps meaning that they stood tall and majestic. The houses were free from obstructions, had compounds with high walls and their doors were of uniform height and inlaid with numerous metal ornaments. It is said that the site plan of Ayodhya, the city of Lord Rama was similar to the plan found in the great architectural text Manasara. References are also to be found in Buddhist literature, of buildings constructed on the basis of Vastu.

They contain references to individual buildings. Lord Buddha is said to have delivered discourses on architecture and even told his disciples that supervising the construction of a building was one of the duties of the order. Mention is made of monasteries (Viharas) or temples, buildings which are partly residential and partly religious (Ardhayaogas), residential storeyed buildings (Prasadas), multi-storeyed buildings (harmyas) and Guhas or residential buildings for middle class people.

The Vastu, with the word meaning 'dwelling', is believed to be the residing places of god and man. According to its modern meaning it covers all buildings irrespective of their use like residences, industries, business establishments, lodges, hotels etc. It is based on the five basic and essential elements, such as Vayu (air), Agni (fire), Jal (water), Bhumi (earth) and Aakasha (space), which are known as Panchabhutas. Everything on earth is built from these elements.



Principles of Vastu

Vastu-Shastra lays down many principles that have been followed since the ages in order to create this earth favourable inhabitant for people. Our living place has the enormous power to influence our mind, body to bring happiness and prosperity. The concept of Vedic Vastu is entirely based on five elements that make our earth and human body. All the Panchbhootas have their allotted directions which need to be balance with their corresponding elements to attain peace and nullify negativity.

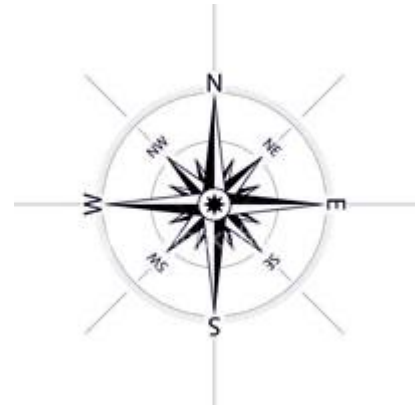
Evaluating land

- Evaluation of land is a significant and primary step in seeking Vastu help because a plot's typography including soil test, surroundings and fertility etc informs about what land can give to the people about to live there!
- A veteran Vastu expert can easily feel the vibration and negative energy just by reaching there to make sure he/she performs some tests pertaining to testing the colour of soil, fertility of soil and surroundings of the plot.

- If all the tests are cleared without discrepancy and error that expert commands to buy such a plot. Land evaluation must be taken prior to purchasing the site as it involves huge investments and if the process goes against the land, one must not buy such property.

Directions of Land

- It is important to assess directions of land purchased or about to purchase in order to find out the relevant crux for inmates.
- Shape of land is another significant aspect that needs to be considered while examining land. Generally regular shapes are preferable such as rectangles or squares and irregular shapes including sher mukhi are not considered good for residential purposes. Conditions for gau mukhi and sher mukhi plots vary from residential and industrial purpose, thus there is need to consult an expert.
- Lands in rectangular or square shape but facing squarely in four cardinal directions are ideal to be purchased while any tilt is acceptable in such a plot.
- A plot that has been sandwiched between the two plots is not good to purchase as it tends to bring poverty.
- Slope of land should be towards North or East but never be in West or South.
- Avoid plots having obstruction on sides like East, North and North-east.
- Avoid a residential plot near temple, school, hospital or factory

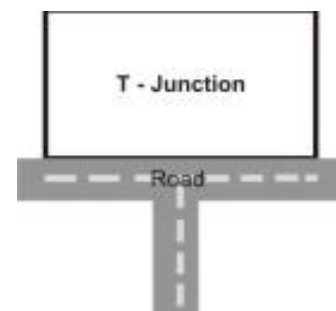


Construction of land

- Construction of buildings should be stopped in the middle, if it has started make sure it doesn't stop for any reason.
- Stop construction before sunset.
- Construction material and other raw material should be placed in the South-west corner or in this area any storage room can be made to keep raw material.
- Watchman or guard must be given a place in the South-east and avoid the North-west or South-east for placing a servant or watch-man.
- There must be an order of construction such as: Well or boring, storehouse and then boundary walls.

Guidelines for roads

- Roads running around a square plot from all sides are believed to be very good and must be purchased even if at highest prices. Owner of such property prospers in every way around such as good health, wealth and happiness.
- There are proper guidelines regarding roads which inform which road alongside the plot has good effect or bad effect. For instance, the road running along the plot ends at North-east is considered good and auspicious.
- T-point, L-shape and Y-intersecting points must be avoided when purchasing a plot.

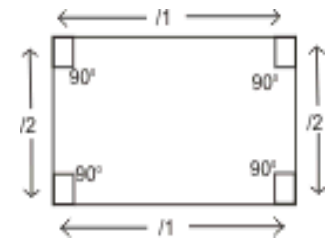


Raw material for construction

- Material for building a house or factory must be new and no old material should be used for new construction.
- Old material should be thrown away because old material including wood, soil or bricks gives off negative energy.

Land shapes

- Apparently as discussed above only rectangular and square shapes are considered best for construction.
- Avoid t-point, Y-intersection, oval, circular, or any other irregular shape plot when buying a new plot as it brings bad luck and is regarded as inauspicious.
- Gau-mukhi (cow faced) plot which is generally narrow in the front and wider in the later half is ideal for residential purposes. Sher mukhi (tiger faced) which is wider in the front but goes narrow in the later half is not good for residential but suitable for industrial purposes.



Water resource

- Water resources are considered ideal in the North-east but one must consult a Vastu consultant to make appropriate ways for under-water and over-head tanks.
- Incorrectly made tanks can cast undesirable effects on inmates in terms of loss of health, wealth and stress and anxiety.
- Under-water tank is best to be constructed in the North-east which is an ideal position and brings enormous wealth to the owner.
- Over-head tanks must be constructed in the South-west which is a place for heavy materials but avoid under-ground tanks or boring in this portion.

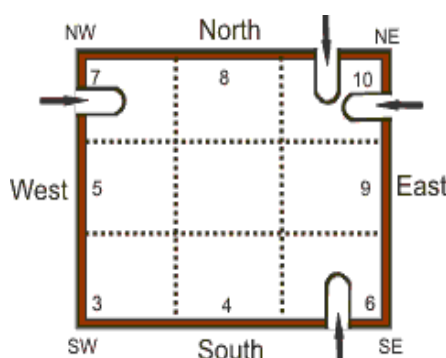
Compound wall

- Construction of the Compound wall should be done before building other construction. This must be done with due offerings and on the auspicious astronomical dates.
- South-west is ideal to start with construction while the compound wall should not be higher than the main wall of the house.

Interior of building

- All the rooms in a house must be situated at proper location such as living in East, master bedroom in South-west, study room in North while study table should face such that person sitting on it face East or North, children room in West and kitchen in South-east.
- Stairs should be constructed in South, West or South-west and must be in odd numbers running clockwise.
- Windows in the West should be small while large windows can be made in the Eastern side.
- Mirror elements and decorative pieces must be hung on the North or Eastern wall facing South or West.
- Doors in the house should not be in one straight line leading people from one room to another.
- Finance corner should be preferable in the South-west opening towards the North.

Entrance door



- Entrance gate has got huge significance in Vastu-Shastra and this gate must be bigger and stronger than other gates of the building.
- Entrance gate should always have two shutters and there should not be any direct wall in front of the entrance gate.
- Avoid any barrier or obstruction in front of the entrance.
- This place should be tidy and clean and kind of clutter can obstruct positive energy to flow in.
- East entrance is always preferred with lots of open space in the North-east but if the entrance is in the South then do not leave open space.

- Entrance door should be decorated with auspicious symbols and signs but avoid evil symbols and mourning or horror pictures.

Pooja room

- Ideal position for pooja or worship room is North-east or East but other directions should be avoided as they are inauspicious.
- If there is no provision for worship rooms here in the North-east then do not make toilets or dump any clutter over this area.
- North-east must be kept clean even if this portion is not used for worship due to space constraint. Idols should be placed in such a way that when we sit God's feet should come to our chest level.
- Idols of God should be not more than 10 feet and less than 3 feet.
- Avoid toilets near the pooja room.

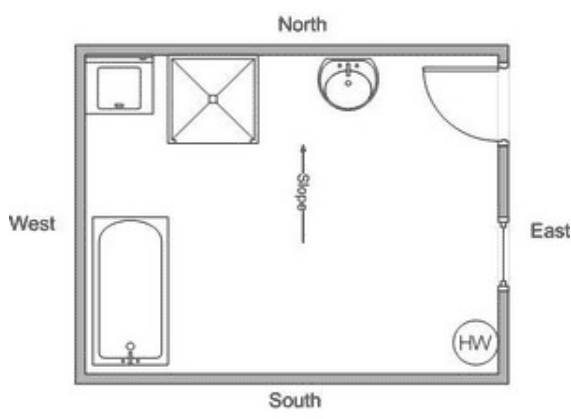
Bedroom

- Master bedroom should be located in the South-west of the room where the retired owner should rest while the unmarried should never be given this room as it obstructs their marriage prospects.
- Girls should be given a North-west room and boys can be given a South room.
- Any kind of metal bed should not be incorporated in the bedroom.
- Mirror should never come in front of the bed displaying the image while the mirror can be placed alongside the bed.
- Avoid sleeping or sitting under the beam.

Locker room

- Ideal position for the locker room is South-west which opens towards the North. Though North is the place for God of wealth- Kubera, yet it is advisable to locate locker rooms in the South-west only as it provides safety from theft and increases wealth.
- Put a mirror in the locker where all money is being kept so that money reflects in the mirror.

Bathroom and toilets



- Ideally bathroom and toilet should be placed in West or North-west but avoid straight East and North-east.
- In toilets WC should not face East or North while South is the best position. WC should never come below the stairs as it leads to health problems.
- Washbasins can be placed in the North-east, North and East.
- Drainage of the bathroom should be given in the North-east or Northern side.
- Septic tanks can be located in West or North-west but never in East or North-east.

Basement of Building

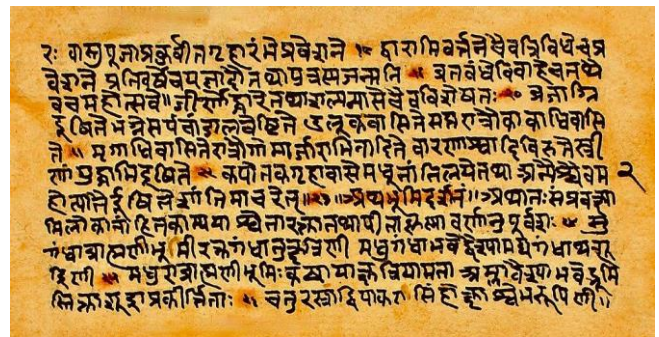
- Basements should be constructed in the East or Northern side and must not be for constructive purposes such as residence or recreation.

Room Positions

Directions	Ruling Planets	Room
North	Mercury	Living (Sitting) room safe
Northeast	Jupiter	Worship room living room
East	Sun	Living room bathing room (no toilet)
Southeast	Venus	Kitchen
South	Mars	Kitchen storeroom
Southwest	Rahu	Master bedroom heavy storage
West	Saturn	Children's bedroom store room study
Northwest	Moon	Guest room bathroom grain storage room

Benefits of Vastu

When Vastu principles are being inculcated in an architectural structure the energy flows in a usual way as it should otherwise without any fault. Vastu principles combine with the element of nature and cosmos to balance with man and material. A building designed according to the Vastu principles affects the individuals in various ways as- physical, psychological and spiritual.



Physically Vastu affects the lives of person providing them

- Good health
- Comfort
- Convenience achieved by paying attention to place, ventilation, colour, design, material, element and direction.
- Brings you harmony and fulfilment

A man gets psychological benefits via Vastu in the form of well being; improvisation of relationships inwardly and outwardly, unlocks tension, reduces stress level and upgrades health.

Vastu enhances the spiritual side of man.

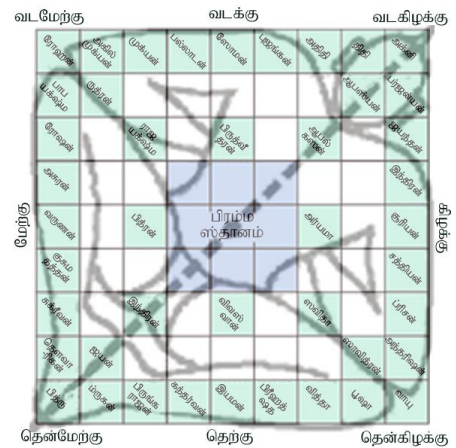
- Being originated from our ancient sacred text, the principles of Vastu provides a man the inner satisfaction which can't be achieved through any other means.
- Harmony is the main aim of any person to achieve at their living place and Vastu compliant place ensures to meet all the best possible affects a person is in quest of.

Vastu is an art in itself which combines with nature and the other elements of cosmos- earth, sky, water, fire and air to make an act of design.

Vastu purusha mandala

Vastu purusha mandala is the metaphysical diagrammatic design of cosmos on which the whole concept of Vastu Shastra is based. It is believed that Vastu purusha is lied down on the cosmos which constitutes energies in a way that his head is resting in North-east direction which represents balanced thinking; lower body facing South-west which represents strength and firmness; his navel is in centre of the earth signifying cosmic awareness and holiness; his hand face North-west and South-east which signifies energy.

Vastu purusha is the presiding deity while the other eight directions have their own specific God that governs their direction. The mandala is basically an enclosed area in which Vastu purusha is laid down signifying his birth from nature. On the basis of this structure and prescribed directions construction is recommended and all the physical features are decided in terms of ventilation, doors, windows, location etc.



The Vastu mandala instructs us to locate different features into the place of presiding God to get maximum benefits in terms of good health, wealth, peace, progress and prosperity. The experts of Vastu frame a module to divide the areas according to which every placement and direction for physical feature is ascertained. However the most important place in Vastu purusha mandala is '**Brahmasthanam**', it is the sacred place (centre) which is considered appropriate for divinity and worship. Vastu purusha mandala is followed by all experts with due respect and dignity in different design structures including temple, hospital, house, office, factory etc.

Vastu Is A Science

Vastu considered the interplay of various forces of nature involving the five elements of earth, water, wind, fire and ether and strives to maintain equilibrium as these elements influence, guide and change the living styles of not only human beings but every living being on earth. Vastu Shastra is the sublime elucidation of your surroundings and their influence on your life. Vastu literally means " house" or Dwelling Place and its principles establish a harmony between the fine elements viz. Earth, Sky, Fire, Water and Air in the environment. Vastu Shastra unifies science, art, astronomy and astrology; it can also be said as an ancient mystic science for designing and building. Vastu Shastra helps us to make our lives better and will protect us from things going wrong. Vastushastra is an ancient building science which covers the philosophy and theory of Architectural works to construct any building as well as the living style of people.

Vastushastra is based on various natural energies, which are available free cost in atmosphere like:

- Solar Energy from the Sun. Lunar Energy from Moon
- Earth Energy
- Sky Energy
- Electric Energy
- Magnetic Energy
- Thermal Energy
- Wind Energy
- Light Energy
- Cosmic Energy

Utilisation of such energies gives us pleasure, peace, prosperity and money etc in our life. Nowadays we have a National Building code, which gives us certain regulations to construct buildings, whereas in the past our ancestors had Vastu Shastra as a religious & rigourics code. As per shastra Vastu Purush is god of building science, hence let us pray. Thus Vastu is rational, as it is scientific, it is permanent as it is based on directions and directions are unchangeable. It is beneficial as it

is a bridge between man, material and nature and above all it is practical, as it is very simple to follow. Build your house according to the guidelines provided by vastu and lead a healthy and happy life.

Vastu can be used for every room, every house, every temple, every shop industry, town planning, tour, cities and even for earth. Vastu can be used for micro as well as for macro level. Every creature on earth starts its life with sunrise as it performs day & night. Hence there is much importance of sun in everyone's life. It gives ultra violet rays in morning and infrared rays in evening which one basic need to reduce / generate bio-chemical germs, N₂/ Oxygen / CO₂ on earth.

Sun indicates light (illumination) will power, generosity, solar system, luck or fate, mobility and in body. It rules over bone, eye, heart, spinal cord, blood circulation and soul etc. Hence the east direction is auspicious; it belongs to lord Indra. North is considered auspicious since magnetic lines of force moves from North to South, thus origin of all life. There are three forces in action to create harmony. Wind, water and fire or, vaayu, jal and Agni. If these forces are kept in their appropriate places, then there will be no disturbance. But if water is put in place of fire and wind in place of water or in any other combination, the forces will start acting accordingly and create disharmony and peacefulness.

Authenticity Of Vastu

The biggest Proof of vastu shastra can be found during the time of Ramayan and Mahabharat. Even in the cities of Mohenjo Daro and Harappa the application of vastu shastra can be seen. Since science goes far back to the times of Lord Rama and Lord Krishna there are many interesting mythological stories concerning the origin of Vaastupurush (the deity). If you consider it a mythological fact then here are the most unbelievable examples that Vastu is a science and one must follow it wholeheartedly.

Geographical situation of an area affects nature thus the vastu for every place changes. We see that some countries are much advanced, developed and prosperous while others are much backward. For e.g.

- In Japan, the existence of deep water in the North and the East is considered most auspicious according to vastu shastra. The eastern side of Japan is widely spread and open. Thus Japan gets full benefit of the rays of the sun. This is why Japan is rich and prosperous. There is a sea in Southeast and south of Japan, which is a place for Fire. This is why it suffered from the attack of atom bombs, explosions and earthquakes.
- If we take Africa as a continent, we all know the northeastern corner of this continent is interjected. Northwest portion is projected, southeast and south have unlimited water, these all conditions are inauspicious according to vastu, that's why African countries are backward, uneducated, poor. But on the contrary, in the north of this continent, there exists the Mediterranean Sea, which is favourable according to vastu. In the eastern part, river Nile flows and that's why civilization developed in Egypt and now Egypt got name and honour for its world famous pyramids.
- Why go far, let's discuss our own INDIA, we know we have the Himalayas in the North and Northeast side of our country which is against vastu, thus there is a lot of poverty in our country. There is water in the Southwest and southeast side of our nation, thus we have to face the attacks of foreign empires. One thing that makes India famous is that we have our slope towards the east, which is a very favourable and auspicious sign.

Apart from the geographical conditions and different nations, if we take examples within our country, you will be surprised to see. Have you ever thought why taj mahal is so famous that it has become the 7th wonder of the earth and why exactly similar structures called "**chand bibi ka maqbara**" situated in Aurangabad are not yet known to the people. Why is it that the Tirupati balaji is world famous and other temples situated in the same regions are still waiting for the pilgrims to come? This is all vastu, they are famous because they are made according to vastu.

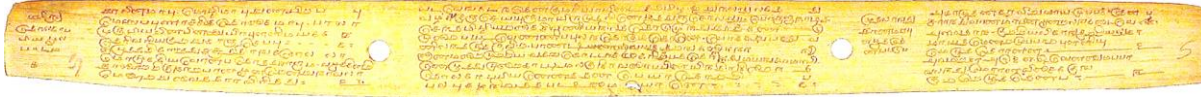
Thus to achieve happiness, peace and prosperity, one must follow the principles of vastu.

Vaastu is an empirical science. Over the years, based on the knowledge in the Vedas, repeated studies on a number of buildings, offices, temples, houses, apartments have shown a positive correlation between the application of Vastu principles and success. It can be extensively applied to various edifices, natural and man made land masses, temples, factories, homes, office buildings and corporate headquarters.

Water in the Northeast is considered most auspicious and Japan has the largest water body in this direction, a reason for its being one of the most prosperous countries in the world. Mumbai again has water in the North East and the Atomic Power Plant (Agni) in the South East thus according to Vastu principles and the most powerful, prosperous place in India.

The location and construction of the famous Balaji Temple, the most prosperous in India, are all according to Vaastu: Water tank in the Northeast, Kitchen in Southeast, and the Lord in Southwest facing East and so on. Studies conducted on cities like New York, London, Singapore, Hong Kong etc have shown they are according to Vaastu principles.

The most famous prosperous industrial houses have also been studied; The Tata headquarters in Mumbai, Akbarallys the most successful retail store in India, factories of FACOR a highly successful industry in A.P. and many others have been found to be according to Vaastu.



Role of vastu in Health care

Modern life has become more complicated enveloped in modern gadgets. These devices have made our lives easier, but they have also added stress by increasing the amount of time spent looking at a screen. These negative consequences of an unbalanced life can be avoided with a few simple space and time planning.

“It is health that is real wealth and not pieces of gold and silver.” ~ Mahatma Gandhi ji.

Good Vastu, Good health

Vastu, a cosmic science, uses nature’s rhythm to introduce a sense of well-being to your life. By simply arranging or correcting your surroundings, you will be able to shift your life towards your true good health. When your house has good Vastu, your life will be harmonious, joyful, healthy, and prosperous. Your personal home environment helps in building a foundation for a healthier mind and body.

The practice of Vastu suggests that individuals’ relationships with their personal surroundings are fundamental to their health and well-being. Your health is directly connected to your environment. A poorly designed environment may create health issues in the house. Good Vastu Shastra for Health may not heal all that ails you, but it can help you become healthy -both physically and mentally. It can help you rejuvenate your body and mind, recover more rapidly from illnesses, minimise complications, and support good health.

A harmonious home layout raises the vibrational frequency of the energy field that gives life to your physical body. Having medical insurance or mediclaim is not solely for the purpose of looking after your well-being. Healthy people maintain their environment in a healthy way. Being mindful of your environment and making an effort to maintain it can result in improved productivity and alertness.

Poor Vastu is a sick Vastu

Poor Vastu arrangement can increase susceptibility to illness, stress, and also depressed energy. Negatively planned homes could be as big a risk to your health as smoking, research says. If you have a health crisis, that’s going to have an impact at work as well as in your personal life.

An unhealthy home environment can have a detrimental effect on the physical and mental well-being of its inhabitants. Even a workspace that is negatively planned could damage those who work there. They find problems with their personal health which increases medical problems. Vastu offers steps to create a healthier life. You can reshape your home to support you in good health.

How Bathrooms affect your health as per Vastu?

One area of the home that can have an adverse effect on your health is the location of your bathroom. Since it is a place of waste, according to Vastu it is filled with a deadly aura. This negative aura polluting the positive zone can be balanced by adding corrective things like plants, Vastu salt, bathroom crystals, Vastu energy partitions, and using bright colours in your bathroom.

One more way to protect yourself from this negative energy is to make sure that the bathroom door is always kept closed and that the toilet seat cover is always down after active use.

You should also make sure that your bathroom's energy does mix with the energy in your kitchen. If your bathroom is right across from your kitchen, make sure to keep the door shut and install a Vastu energy partition to ward off any negative vibrations at the doorframe and separate these two opposing energies. Poor energy from your negatively placed bathroom can affect you most while you sleep. If at all possible make sure that your bed is not directly below a toilet on the upper floor. Also, there should not be a kitchen or fireplace on the lower floor, i.e. below your bathroom. If you cannot move your bed arrangement, place Vastu energy plates under the bed to protect your physical as well as emotional health.



How can negative bedroom arrangements affect your health as per Vastu?

Your bedroom and bed should have a good Vastu arrangement to support your personal energy. Depending upon which side you position your bed on, you will have advantages or disadvantages as per Vastu. Sleeping in the wrong direction may cause health problems. Many people with good immunity observe true sleeping direction.

- When you sleep with your head towards the east, you feel energetic with a feeling of ambition and growth.
- When you sleep with the head towards the south, it promotes calmness and tranquillity giving you the benefit of sound sleep. It results in good health.
- Sleeping with one's head pointed in the direction of the west can lead to a night of tossing and turning rather than a peaceful slumber.
- Sleeping with the head pointed toward the north is not recommended, as it can have a negative impact on one's health. According to the Vastu shastra, the human body acts as a magnet with the head as a north pole. If a person sleeps with the top towards the north, the North pole of the body and the earth will repel each other, affecting blood circulation which may cause serious illnesses or diseases like high blood pressure, sleeplessness, virus infections, and also, blood disorder.

Electro stress affecting Vastu Shastra for Health

Advanced Vastu studies consider environmental factors such as living in close proximity to sources of electrical grids, wifi, power generator substations, power lines, transformers, cell phones, Cell phone towers, microwaves, etc. for analysis and effects. All of these unfortunate situations can negatively impact the health of the person staying close by. Use energy-neutralizer crystals to harmonise the surroundings of the house.

Symbols, artwork, and paintings in the house

The art of painting was thought to have health benefits from ancient times. Hippocrates, the father of modern medicine, claimed that painting was one of the best ways to improve mental health. Some paintings may have negative imagery. By viewing them every time, you may feel that something is just not right. It may be the image, frame, colours, or a cracked line on the artwork that creates sick energy. These paintings should be replaced with new ones to keep the energy of the house positive and healthy. The right artwork in your home can uplift your mood, reduce stress, and improve your overall health. When looking for artwork, go for pieces that have brighter colours and uplifting messages.

Geopathic Stress

An area can be affected by geopathic stress if it has one of these physical features: Parallel or intersecting natural water lines; Underground caverns; Negative ions; High electromagnetic fields; Unusual mineral content; Streams and rivers; Fault lines; Underground burials. Vastu identifies and addresses sick building syndrome and geopathic stress. The most common symptoms are Headaches, migraines, Fatigue, Insomnia, Low immunity, Anxiety, Depression, Mood swings, Chronic pain, Back pain, Joint pain, Arthritis, Reproductive issues, Skin problems, Digestive issues, and Poor concentration. There can also be a build-up of toxins in the body as a result of exposure to geopathic stress. This can result in a feeling of lethargy, poor general health, and a weakened immune system. These symptoms will go away once a rectification is applied to remove the harmful environment. Geopathic stress can be identified with a device called a lecher antenna or a dowser. A dowser is a device that can detect if there is an interference in the energy field of a place.

2. CONCLUSION

In conclusion, Vastu Shastra serves as a guiding principle for creating harmonious and balanced living spaces. By incorporating its teachings, individuals can enhance the positive energy flow within their homes or buildings, leading to improved physical, mental, and spiritual well-being. Vastu Shastra's emphasis on aligning architectural elements with the laws of nature promotes a sense of harmony and tranquility. It highlights the importance of proper orientation, placement, and utilization of space to optimize positive vibrations and minimize negative influences. Ultimately, by embracing Vastu Shastra, one can create an environment that supports and nourishes a fulfilling and prosperous life.

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- [2] "**Vastu: Astrology and Architecture**" by Gayatri Devi Vasudev: This book explores the relationship between Vastu Shastra and astrology, shedding light on how the alignment of buildings with celestial bodies can influence human lives. It offers insights into the ancient wisdom of Vastu and its impact on individual well-being.
- [3] "**Vastu: Breathing Life into Space**" by Robert E. Svoboda: This book takes a unique approach by combining Vastu Shastra with Ayurveda, the ancient Indian science of healing. It explores how the design and layout of spaces can support physical and mental health, making it a valuable reference for understanding the holistic aspects of Vastu.
- [4] "**Vastu Architecture: Design Theory and Application for Everyday Life**" by Michael Borden: This practical guide delves into the application of Vastu principles in modern architecture. It provides case studies and real-life examples of how Vastu can be incorporated into contemporary designs, offering a fresh perspective for your research.
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