



# APPLICATION OF VASTU SHASTRA IN RESIDENTIAL SPACE TO ACHIEVE HEALTH, WEALTH AND PROSPERITY

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**Abstract :** The Vastu Shastra is a tradition from ancient India consists of Vedic which are scriptures of religious importance and related shastra's as scriptures and that provides knowledge related to architecture and construction to achieve balance, harmony between human, nature and gods, thus pave the way for peace, wealth, prosperity, health, happiness and to avoid troubles. It is both a spiritual and scientific solution, both ideological and practical. Vastu science is applicable to solve construction problems by taking into account planetary position, ten directions, five core elements of Vastu Shastra (Earth, Water, Fire, Air, Space), sun movements, Earth's magnetic field, cosmic effect, and the geopathic zones for which the ancient texts of India contain a number of rules and instructions. Building, colony, neighborhood township, and interiors are all aspects of Vastu Shastra.

These theories were laid down hundreds of years ago, formulated by Vastu Shastra, and used to be practiced in the past. This article attempts to give an overview of Vastu Shastra. Its recommendations can enhance quality of life if incorporated into present-day planning and design. The paper illustrates the technical aspects of the Vastu Shastra knowledge on constructing houses as well as the ways different directions can be best used in the construction of residential houses with Vastu Shastra.

**Index Terms - Vastu Shastra, Panchbhootas, Physical, Techniques, Mental, Vastu Purush Mandala, Cosmic Effect, Residential Space.**

## I. INTRODUCTION

One of the ancient teachings of Indian Civilization is Vastu Shastra. It deals with the science of Architecture and how a building should be planned to channel positive energy into our lives. Numerous households have experienced peace and prosperity for centuries thanks to the correct application of Vastu techniques. There is a widespread belief in India that Vastu-Shastra was passed down orally over thousands of years in Indian culture. These traditions have been passed on through generations, with some modifications along the way to make sure that they remain relevant to the times. The science of Vastu is largely based on the orientation of buildings, and the materials used in their construction, as well as other minor factors.

Here are five important elements you need to know about Vastu Shastra which are also known as Panchbootas; Earth, Water, Fire, Air, Space. These five basic elements of nature and the human body work hand in hand according to traditional knowledge. This coordination is key as it is what creates the whole universe we inhabit. A thorough understanding of the elements can make it much more beneficial for people to learn more about Vastu Shastra and also help them realize why they need to make certain changes to a house or place certain things in certain places. By incorporating Vastu Shastra into our homes, we can ensure greater health, wealth, prosperity, and happiness.

## II. PRINCIPLES OF VASTU SHASTRA

A Vastu Shastra is the art of correctly arranging a building so that maximum benefit can be obtained from the panchbhootas, which are five elements of nature, the Earth's magnetic field, and the rotational influences of the sun, moon and other planets. Every building such as houses, buildings, forts, bungalows, cities, and industries where people live is built based on Vastu Shastra principles. Listed below are the Vastu Shastra's 5 principles.



**IV. PLANNING OF RESIDENTIAL SPACE ACCORDING TO DIRECTIONS**

In Vastu Shastra there are four main directions and each of them has its own significance and the remaining four corner directions retain the characteristics of the two sides they join along with their own characteristics. Vastu can be divided into 4 main directions: EAST, WEST, NORTH & SOUTH; and 4 sub-directions or corners where the main directions meet: NORTH-EAST, NORTH-WEST, SOUTH-EAST and SOUTH-WEST. Also, according to my analysis, the four sub directions have greater significance than the main direction. Vastu Shastra essentially deals with the placement of any building, including a house, an office, a factory, and other objects and rooms in any given place based on these directions.

Vastu Shastra ensures the proper flow of energy throughout any home, office, or piece of land if done properly and with the right orientations. And it has a significant influence on the lives of those who inhabit the space.

**4.1 EAST Direction – Indra (Lord) – Sun (Planet) – Ruled by the solar deity**

As this is the direction of prosperity and victory, it's common practice for people to pray in the east towards the sun, as it brings success and happiness to their lives, because Lord INDRA is the one who provides wealth. This direction should be left open as much as possible so as to bring in abundant prosperity, and when mirrors are placed in this direction, it doubles the prosperity.

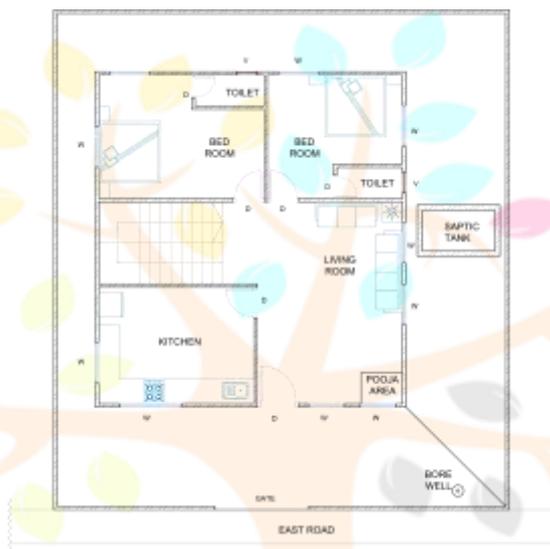


Fig.2. Residential Planning for East Direction

**4.2 WEST Direction – Varuna (Lord) – Saturn (Planet) – Ruled by the lord of water**

It is not good to have openings and entrances in this direction as it ruins the opportunity for income. It is more beneficial to have an overhead water tank and stairway in the west, and it has been noted that women have had a greater chance of success from this direction.

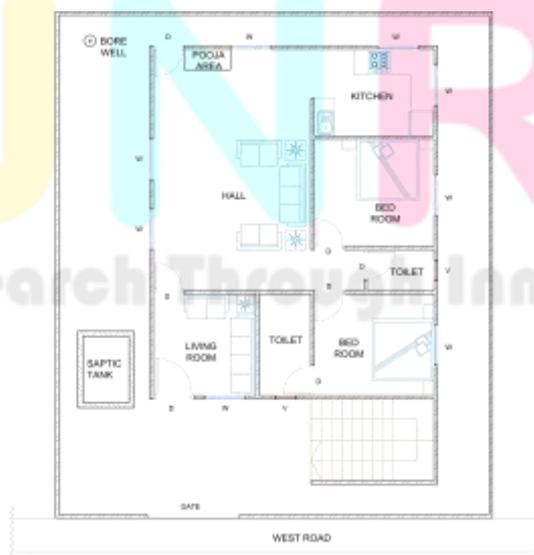


Fig.3. Residential Planning for West Direction

#### 4.3 NORTH Direction – Kubera (Lord) – Mercury (Planet) – Ruled by lord of wealth

It is auspicious to have a mirror in the north direction as it is believed to double your wealth. There should be big openings in the north direction, as well as a slope, a well, and an underground water tank on the north side of the plot. It is also said to hinder wealth and prosperity if heavy construction is done in the north direction.

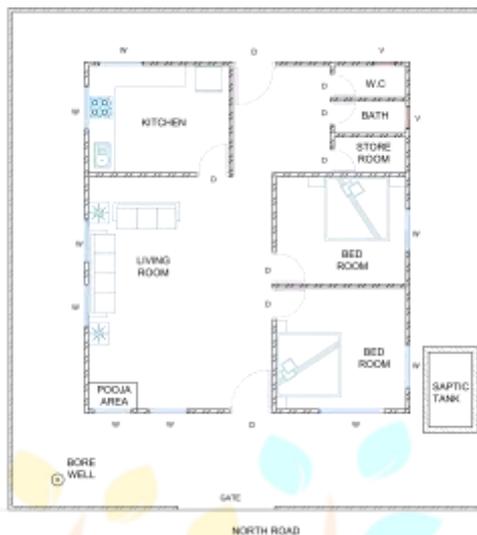


Fig.4. Residential Planning for North Direction

#### 4.4 SOUTH Direction – Yama (Lord) – Mars (planet) – Ruled by lord of death

This direction (South) is considered very unlucky for any activity. Since the south direction is considered unlucky, it is advisable to find a higher level in this direction and have an overhead water tank, as well as it is inauspicious to have a basement in this direction. Further, it has been noted that people living in houses with a south-facing door face problems after eight years of residing there.

### V. SPECIAL ARRANGEMENT AS PER VASTUSHASTRA FOR RESIDENTIAL BUILDING

Table 1 For Residential Building

S.N.	Aspect	According to Vastu Shastra
1.	Shape of Plot	Square and rectangular plots are good. Along with octagonal and hexagonal plots are also good, and elliptical, semicircular, triangular and egg-shaped plots are inauspicious, it is only recommended to build rectangular or square houses on circular plots.
2.	Shape of Building	There are four types of shapes considered good: square, circular, triangle, hexagonal, and cow facing (less wide in front than in back). The three types of shapes considered bad are triangular long bar shaped, bow shaped, and oval.
3.	Abutting Road	Roads in all the sides of a plot are best.
4.	Slope of land	Ideally, slopes should lie in the east, north and north-east, and the flow of rain water should be toward the north-east, while slopes on the west and south should be avoided.
5.	Projection of Plot	Projection should only be done in following three directions, north, east, north-east.
6.	Position of Well, Tube well, Underground Tank & Septic Tank	For underground tanks, the north-east corner is the best. Water storage on the east side is also good, while in the south, south-east, south-west, and north-west are very bad. North and east side are both good. It is a good idea to build septic tanks in the south-east and north-west, and to build a water tank in west is preferable. There must be a space of at least one foot between the tank and the boundary walls.
7.	Open Spaces, Setbacks around the building	Main buildings should not be constructed on the four corners of a plot, but rather in the middle of the plot with more open space. Because of this more open space should remain on the north and east, i.e., buildings should be constructed on the south and west.

8.	Orientation and Layout of Room	The face of the building should not be in south direction. Irrespective of the climatic conditions longer side of the building should be along east and west.
9.	Bed room	Bed room should be provided in south direction as we consider human head as north-pole. Else it may result into physical problems like blood-pressure.
10.	Kitchen	Kitchen should be provided in south-east direction as morning rays heals the human body and provides vitamin D.
11.	Veranda	North and East directions are preferable for veranda. In center provide Aagan which is a court yard open to the sky.
12.	W.C.	Provide in south and southwest directions
13.	Bathroom	Due to falling of sunrays in morning it is hygienic to make bathroom in East.
14.	Puja room/ Meditation room	Northeast direction should be preferred as there is presence of electromagnetic field of the Earth which helps better in concentrating on Mantra chanting.
15.	Dining room	Dining room should be provided in the west direction.
16.	Drawing room	North and northwest direction are considered best for drawing room.
17.	Study room	Due to the presence of sunlight in evening time, west and southwest directions are best for study room.
18.	Basement	A basement located in the north, east, or north-east is best, but no less than 1 ¼ th of the height of the basement should be kept above the level of the plot. Also, the basement should never be beneath the building as this is not considered good.

## VI. TIPS FOR VASTU SHASTRA

- 6.1 East is a light direction, which means large and heavy articles should be avoided. Cold colour is available in this direction.
- 6.2 In any house, the dining room should not be seen directly from the front door.
- 6.3 The north, northeast, and east should have more terrace areas, while the south, west, and east should have more slopes on roofs and on the ground.
- 6.4 It is best not to plant trees in the northeast, north, and east zones of the energy fields to maintain their original balance.
- 6.5 Building construction's eastern concepts are firmly related to nature and its energies.
- 6.6 The aim of Vastu science is to create a cosmic enclosing field free of any negative energy, so that Vastu may be blessed with peace.
- 6.7 The north and east directions should have more open space left than the south and west directions.
- 6.8 In a house, the northeast corner is best for a pond or water body.
- 6.9 Entry of sunlight and proper cross ventilation is required to be monitored while designing a house.
- 6.10 Any kind of plant or water feature should not be placed in the bedroom.
- 6.11 In the bed-room, avoid keeping the TV set.
- 6.12 On the southern wall of the living room should hang a picture of a bright sunrise.
- 6.13 Keep mirrors out of the kitchen.
- 6.14 The doors of the bathroom and toilet should be closed immediately after use.
- 6.15 Southeast corner in a living area is the best direction for placing an aquarium.

## VII. CONCLUSION

As concluding this paper, Vastu Shastra is a key factor to keep in mind while planning a house, building or colony as it can help the residents become physically and mentally healthy. Moreover, Vastu Shastra appears logical and scientific because its recommendations are based on arguments that are valid and logical. Some of these logic and reasons may appear superstitious, but they are not if one applies and understands the purpose behind them. When we plan a house according to Vastu Shastra, we can take the maximum advantage of natural elements like earth, water, air, space and fire. As a result, we should use Vastu in modern constructions to achieve these factors.

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