

# Vastu Shastra in Home

Swati Khatkar and Dr. Promila krishna Chahal

Student and Assistant Scientist  
Department of Family Resource Management, COHS  
Chaudhary Charan Singh Hararyana Agricultural University, Hisar

**ABSTRACT:** Traditional Indian architecture known as vastu shastra is based on manuscripts from antiquity that outline design, layout, measurement, ground preparation, space organization and spatial geometry concepts. The goal of this study was to spread awareness of the significance of vastu shastra, including its various directions, principles, and essentials, as well as its various wall colours. A review of the vastu shastra's application in two distinct homes that were discovered to be built based on the same was conducted. For the purpose of researching, analysing, and evaluating the vastu shastra's application, self-structured schedules and observation were made. Results were examined, spoken about, and reported.

**KEYWORDS:** *Application, Directions, Home, Spaces, Vastu Shastra*

## INTRODUCTION:

Vastu is an art, a science, and a discipline. It is a tried-and-true technique that has its roots in Indian civilization. It emphasises architectural science and teaches how to design a structure to attract more uplifting energy. Vastu-Shastra can be used effectively to manifest prosperity, happiness, positive energy, tranquilly, and development. In India, it is believed that Vaastu-Shastra knowledge has been passed down orally for countless years. This information has been passed down down the years by humans, with some adjustments made along the way to make it relevant to the requirements of the moment. (Patra, 2017).

Vastu help us to make our life better and secure from the negative things. Vastu is the science of direction which combines five elements of the nature namely earth, water, fire, air and space. This balance them with man and material (Suriyanarayan, 2016). The art of architectural architecture and planning known as vaastu shastra focuses on the study and application of the interactions between natural forces, celestial bodies, and supernatural aspects in the universe. The art of architectural architecture and planning known as vaastu shastra focuses on the study and application of the interactions between natural forces, celestial bodies, and supernatural aspects in the universe. Ancient people used to plan cities, temples, and palaces to create harmony where all the elements are in balance with one another. Vastu is based on a variety of energies, including cosmic energy, wind energy, and earth energy. The best use of this energy in construction will produce the desired outcome (Chandrakar and Parvez, 2022).

## HISTORY OF VASTU SHASTRA:

A demon with the name of Andhakasura allegedly lived in the past, according to Indian texts. Due to his terrible activities, the demon was destroyed by Lord Shiva, who is regarded as the greatest of all Gods (Devon ki Dev Mahadeva). Lord Shiva perspired during the occasion, and sweatdrops from his brow fell to the ground. These drips formed into a creature (mahabhoot) with a threatening countenance as they came in contact with the earth's surface. Immediately upon his formation, he consumed Andhakasura's blood. However, he was still unable to quench his thirst. The Mahabhoot terrified both gods and demons. All of this is offered to Brahma Ji, who is asked to assist them and take action. Then Brahma Ji mounted him and commanded, "Throw this demon onto earth with all of you." After they all followed suit, the Mahabhoot became enraged and appealed to Brahma Ji for assistance, saying, "What was my fault? I don't deserve to be treated like way." He then began to meditate. After accepting his petition, Brahma Ji said that he would now be known as "VASTU PURUSH," the Demi God who rules over each house. Before they built their homes or anything else, everyone on earth would adore you. As you lie down on the ground, if they provide you joy and comfort, you might wish to bestow blessings onto them. But if they misbehave, you are free to curse at them and put them through hardship. You can punish them by causing them to lose wealth, have low wealth, pass away, fail, etc. The Vaastu Shastra regulations start to control a house once it is built and occupied. (Pandey, 2020). Notable is the fact that these laws are applicable only on the houses built of bricks, stone etc. These rules do not apply on wires and such buildings made up of materials that allow the flow of air, optics, electricity etc (Nandy and Nandy, 2017).

## IMPORTANCE OF VASTU SHASTRA:

**Harmonizing Nature's Energy:** The Sun, Moon, Light, Thermal, Earth, Electric, Magnetic and Cosmic energies are the sources of this energy, which Vastu harmonises to bring forth progress, prosperity, permanent properties, etc.

**Financial Blessing:** By opening your fate to enormous chance, the proper application of Vastu principles at home can offer prosperity and financial bliss. Money that grows exponentially can improve our lives. We can understand the dependence on money. These items must be appropriately implemented (Maurya, 2008).

**Growth in your chosen endeavour:** Vastu science can address problems like the growth of the chosen endeavour. By introducing luck and good vibes into your home, you can eliminate an impediment from your path. It may result in a promotion or

professional success. If someone wants to put more effort into their academic endeavours. Vastu can help you extend your horizons and achieve tremendous success in the direction you choose.

**Keep your relationship bond always strong:** Vastu can resolve the problem of a faded relationship via the use of optimism. It will aid in lowering the negative factors that lead to unhealthy relationships and resentment (Maurya, 2008).

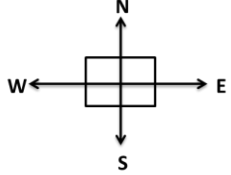
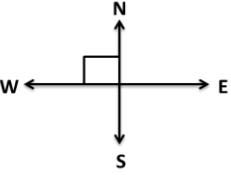
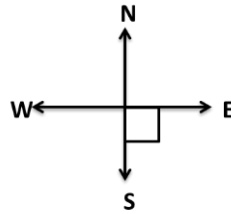
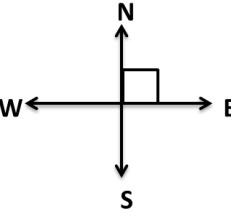
**Bring Joy:** Your home should exude happiness and good vibes. The wrong measurement can sour a connection and cause the tie to weaken. It will eventually lead to a fight and cause people to be unhappy. By using the proper Vastu at home, one should be able to avoid this problem. It will spread happiness inside the house. People will feel joyful, and only joyful people can spread joy. Thus, we may conclude that using Vastu properly helps create happiness at home (Maurya, 2008).

**FUNDAMENTALS OF VASTU SHASTRA:**

The fundamentals of the Vastu Shastra were formed considering the effects of the cosmic forces and the forms of energies. These forces influenced the earth therefore the basis of Vastu Shastra rests on the following five elements –

1. Prithvi i.e. the earth
2. Jala i.e. the water
3. Vayu i.e. the air
4. Agni i.e. heat or the fire
5. Aakash i.e. the space

The whole universe including the earth and the human body is considered to be made out of these five elements (Kinayekar et. al. 2022).

1.	<b>Space:</b> This component has a direct relationship with sound and quiet. In Vastu shastra, the elements of energy and dynamic space are referred to as BRAHMASTHAN. Space is the spaciousness in the middle of your home.	
2.	<b>Air:</b> Place air cooler AC units and air chimneys in this region since this is where the air elements reside. Most individuals occasionally do yoga in this room because of the fresh air. More people in this area create a large aperture for the passage of fresh air and cool air.	
3.	<b>Fire:</b> Because the fire element is located in the southeast corner of our building, the residential kitchen and electrical appliances should face that direction in order to support Agni, who is responsible for our ability to digest food properly and transform it into positive emotions. Non-toxic candles and other lighting are also helpful to us.	
4.	<b>Water:</b> The water element's energy waves are gathered in our structure's northeastern corner. This benefit considers the fact that some bodies of water, such as indoor-outdoor water features, swimming pools, fountains, ponds, and aquariums, are situated in these regions.	

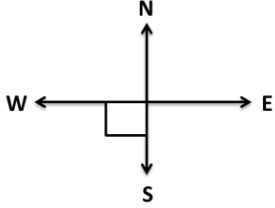
5.	<b>Earth:</b> The southwest direction is connected to the earth element and is the ideal location for the master bedroom. This further solidifies the role of the family head as a stable and stable factor for the entire family.	
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Table 1 Elements of Vastu Shastra

**PRINCIPLES:**

The fundamental principles of Vastu Shastra are applied in constructing buildings such as houses, commercial complexes, industry layouts, towns, temples etc. There are five basic principles on which the great edifice of the Vastu science of architecture stands (Patra, 2009). They are:

**The doctrine of orientation:** Vastu depends on orientation, layouts, and other vastu principles. The process of arranging the spaces in a structure is dependent on its orientation. Orientation is the first phase of Vastu Shastra. It helps us locate the site and make the building harmonious with its surroundings. Since vastu is a science and is founded on logic and reasoning, site orientation also depends on the cardinal directions.

**Site planning :**The Vaastu Shastra puts out a number of recommendations for picking the right location. It places a heavy emphasis on examining the soil, as well as the size, shape, taste, colour, and vegetation qualities of the land. If the land allotment meets all of these requirements, it is chosen for the purpose of developing a home, hamlet, industrial, town, fort, etc.

**The proportionate measurement of building (Maana):**Maana, or proportionate measurements, is the third fundamental tenet of Vedic architecture. The measures are broken down into six categories: height, breadth, width or circumference, measurement along plumb lines, thickness, and inter-space measurement. In the system of measurement, Vaastu Shastra's goal is to bring the absolute and the quantifiable into harmony. Similar to the spoken word, measurement lends finality to an architectural concept by providing a framework over which the canvas of thought is stretched.

**The six canons of Vedic architecture (Ayaadi-Sadvarga):**A building's base (Aadhistaana), column (Paada or Stambha), entablature (Prastaara), ear or wings (Karna), roof (Shikara), and dome are its six primary parts (Stupi). One of the factors examined to evaluate the attributes of the house is the Ayaadi formulae (Guna). Aaya is a shorthand for the phrase "measurement of a building = length breadth."

**The aesthetics of the building:**The nature of beauty is the focus of the philosophical area of aesthetics. The structural aspect of a building is referred to as chanda, and it explains the various forms or elevations that a building may have. (Nagan, 2015).

**DIFFERENT DIRECTIONS:**

Vastu shastra's basic tenet is that everything should be placed in its right position. As a result, it handles concerns such as site selection, the interaction between open space and building mass, and the positioning of entrances, bedrooms, kitchens, pooja rooms, storerooms, and study areas, among other things. Vastu Shasta is a tried-and-true science since it provides satisfactory answers to a variety of questions about the effects of physical, climatological, and sociological factors on the construction of buildings that are acceptable for the existing situation at a given moment. Effective Vastu is built on properly positioning and configuring areas for activities that correspond to the cardinal directions (Hotwani and Rastogi, 2022).

Directions	Deity	Effect	Spaces
North	Kuber	Wealth & Prosperity	Living room , seating, office , entrance, Bathroom
North – East	Ishwar	Religion & trinity	Puja room , well, underground tank
East	Indra	Progress & growth	Entance, guestroom, verandah, bathroom, living room

South – East	Agni	Energy, vigour & strength	Kitchen, generator, power supply
South	Yama	Death	Backyard, kitchen garden
South – West	Nairut (Demon)	Purity & Cleanliness	Toilet, washing area, overhead water tank, heavy items, dressing room, wardrobes
West	Varun	Water	Overhead water tank, septic tank, dinning room, study room, children's room
North – West	Vayu	Air/ Wind	Bedroom, septic tank, washing area, bathroom
Above	Brahma	Spiritual Knowledge	Courtyard
Below	Ananta	Resources & worldly pleasure	Basement

Table 2 Deities responsible for directions, their effects and suggested spaces

**WALL COLOURS FOR DIFFERENT ROOM:****Living Room:**

Yellow, Blue, Green are suitable colors as light and bright colors are preferred in space from where guest enter. These color provide better relationship and healthy environment .

**Dining Room:**

Orange, pink ,blue and green are generally opted for dining room. Orange is most best color suitable for dining as it helps to improve appetite. Black and all dull colors should be avoided.

**Kitchen:**

White is best color for kitchen as we know white is color of purity and cleanliness. Blue color can also be used in kitchen. Red color symbolizes fire. It can be used in form of utensils and decoration.

**Pooja Room:**

Sandalwood, yellow, green and blue are usually preferred for pooja room. Yellow and sandalwood color are the best . Sober color are use to increase concentration and focus.

**Bed Room:**

Pink, Light Green, Light blue and Yellow can be opted for bedroom walls . These color promote sound sleep. Most preferred color for bedroom is pink. For old people Yellow (Chandrakar and Parvez, 2022).

**CASE STUDIES:**

The total plot area of Home 1 was 60' x 31'. It faces towards the east direction. It comprises of two bedroom, one living room, one kitchen, one bathroom, one toilet, one combined toilet and bathroom and one pooja room. The main entrance of the residence is towards east i.e. it was a east facing residence. Hence, the direction of main entrance is suitable. Also providing the toilet in north - west direction which was as per vastu and bathroom in south west west direction was not workable. Further one bedroom is provided in north-west direction and other one in south-west direction hence suitable from point of view of Vastu. Living room and kitchen was kept in east and south-east direction respectively this was also as per the Vastu. Pooja room was also workable as it was provided in north – east direction. It will have a very positive impact in the home. The design of the residence scores very good in terms of Vastu rules. It will bring good result for the occupants.

The total plot area of Home 2 was 42' x 29'. It faces towards the east direction. It comprises of two bedroom, one living room, one kitchen, one bathroom, one combined toilet and bathroom and one pooja room. The main entrance of the residence is towards east i.e. it was a east facing residence. Hence, the direction of main entrance is suitable. Providing the combined toilet and bathroom in soth- west direction which was not workable according to Vastu Shastra and bathroom in north – west direction that was also not suitable. Further one bedroom is provided in north-west direction and other one in south-west direction hence

suitable from point of view of Vastu. Both living room and kitchen was kept in east direction this was as per the Vastu. Pooja room was also workable as it was provided in north – east direction. It will have a very positive impact in the home. The design of the residence scores good in terms of Vastu rules. It will bring good result for the occupants.

#### RESULT:

Sr. no.	Areas	Direction as per Vastu		Color as per Vastu	
		Home 1	Home 2	Home 1	Home 2
1.	Entrance	Yes	Yes	---	---
2.	Kitchen	Yes	Yes	Yes	No
3.	Living room	Yes	Yes	No	No
4.	Pooja room	Yes	Yes	Yes	No
5.	Bedroom 1	Yes	Yes	No	No
6.	Bedroom 2	Yes	Yes	No	No
7.	Bathroom	No	No	---	---
8.	Toilet	Yes	---	---	---
9.	Attached toilet and bathroom	Yes	No	---	---
10.	Staircase	Yes	No	---	---
	Percentage	90%	70%	40%	0%

Table 3 Depicts result

Respondents were said that they built their homes as per Vastu Shastra with the help of architecture or Shastries. And from above study it is concluded that Home 1 construction is 90% based on direction of Vastu Shastra and Home 2 construction is 70% based on the direction of Vastu Shastra. As per wall color, Home 1 has only 40% wall color based on Vastu Shastra and Home 2 doesn't have wall color as per Vastu Shastra

#### CONCLUSION:

It was determined that vastu, a form of science with particular and scientific study beginning at the foundation of the house, has a significant impact in how we live and interact with our surroundings. Vastu Shastra is based on facts rather than myths. It entangles the idea of several energies that affect how people live. Its foundations and tenets harmonise life with the forces in the environment. Consider these vastu guidelines for healthy and better living when planning the home's structure.

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