CHAPTER-VII
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FINDINGS

Vāstuśāstra is an ancient Indian science, which governs designing of man-made structures and town planning. A part of the Vedas, the word 'Vāstu' means 'dwelling', and in the modern context it covers all buildings. Vāstu pertains to the physical, psychological and spiritual order of the built environment, in consonance with the cosmic energies. It is a study of planetary influences on buildings and the people who live in them, and aims at providing guidelines for proper construction. Indians believe that for peace, happiness, health and wealth one should abide by the guidelines of vāstu while building a dwelling. It tells us how to avoid diseases, depression and disasters by living in structures, which allow the presence of a positive cosmic field.

Since Vedic wisdom is considered to be synonymous with divine knowledge of the cosmic mind gained by sages in deep states of meditation. Vāstu is thought to have contained the guidelines given by the Supreme Being. Delving into history, we find that Vāstu developed during the period from 6000 BC and 3000 BC (Ferguson, Havell and Cunningham) and was handed over by ancient architects through words of mouth or hand-written monographs.

Vāstuśāstra is an environmental and architectural science. It is based on the effects of the electromagnetic grid, the north and south poles and the impact that the rays of the sun, moon, and planets have on our physiology and consciousness. Vāstu also takes into consideration the effect the five elements (earth, air, water, fire, and space) on our health, well-being, and productivity. These elements make up everything on our planet. We are also made of these same five elements.

The disenchantment with scientific progress has awakened a new environmental awareness in our culture so that today we are reconsidering the constructed world with respect to the position of the sun to create sustainable
environments. This approach to the design of the constructed world is based on ancient traditions that have been lost due to new technologies that have allowed us to defy nature. These ancient traditions were ecological; the forces of nature were used to build comfortable dwellings that responded to prevailing environmental conditions.

The philosophy of manifestation was auspicious because it was oriented towards the cosmos: the positions of the sun, the stars and the planets. Human dwelling was considered to be a microcosm of the universe and was associated with spirituality. The act of building itself was a religious rite. Divining the constructed world was a talismanic operation that the ancients used to orient their earthly creations to be square with the world and began with the human body at its center and origin. The cosmological origins of building will be demonstrated by considering the ancient practices of Vāstuśāstra as a way of reconsidering present-day body-centered (eco) logical approaches to design.¹

The tants of Vāstu speak of balance and harmony when the laws of nature are integrated into our lives. When these natural laws are ignored, we experience stress, disease, and misfortune. All are symptoms of being out of integrity with the forces alive in nature. Scientific studies point to the cause of many physical, mental, and emotional problems we experience as coming from the impact of man-made environments. Vāstu Creations eliminate environmental stress and brings balance to homes and offices, enhancing and expanding our human potential. Vāstuśāstra principles have been in practice in India for several centuries, and it is a matter of observation that when correctly applied, the Vāstu principles have been found to deliver excellent results. Even today they are as relevant as they were centuries ago.

The way we live has changed. Our lifestyles have undergone radical transformations. The modern lifestyle has exerted unprecedented pressure on the people and their habitat. All around us we find an increase in family and work related tension: we are becoming prone to hypertension, stresses, pain, anger,
agony and antipathy. Everybody in the society is looking for various means and ways to find relief from tensions at levels of physical, mental, spiritual, financial, and matrimonial or any social or non-social psychological conflicts. An intelligent application of Vāstu principles can insulate us from these negative influences, add richness to our lifestyle and promote peace, harmony, prosperity, wealth, happiness, mental peace and spiritual growth.

Our Earth is a living planet. It breaths, vibrates and sustains life. But it is also exposed to a constant pressure from a multitude of forces of vast magnitudes. Some of these forces are from the sky, others are from the ground. These are subtle forces of vast magnitude which put the Earth's Prāṇa constantly under stress.

Vāstuśāstra is the only system of architecture which has developed and systematically integrated sound design principles to neutralize the effect of negative natural forces upon human beings. It aims at creating such structures which have a dynamic balance and therefore promotes harmonious functioning of the human mind and body. These forces, in fact, have a subtle, fine and a very deep negative effect on our prāṇa.

Our sages and seers knew the secrets of using all the five elements of this universe, their special characteristics and influences such as the magnetic field, gravitational effect etc. of earth, the galaxy in the sky, the directions and velocity of the winds, light and heat of the Sun including the effects of its ultraviolet and infra-red rays, the volume and intensity of rainfall etc. for the advantage of mankind in suitably planning and constructing buildings for dwelling, prayer, entertainment, education, working, production and other purposes. They evolved scientific methods and systems over the years.

Man is the subject, object and the cause of architecture. He perceives and conceives architecture in relation to his experience with the surrounding world. Through art of design, he alters and moulds the elements of natural environment. The world comprises of five basic elements, also known as
the Pancha bhootas. They are Earth, Water, Air, Fire and Space. Out of the nine planets, our planet has life because of the presence of these five elements. Earth and Water have limited and localized availability for the human habitat and growth. The Sun, Air and Space are universally available and can be moulded to human needs by the act of design. In order to understand the act of design with these five elements, we shall have to take each one separately to appreciate their meaning, role, and workability in architecture.

Vāstu śāstra is a refined combination of ancient Hindu traditions developed as an art and analyzed as a science can lead the way to healthy living. There is a universal call for world peace. Therefore family, the smallest unit of the society should contribute to it by creating a peaceful environment. The choice of healthy situation, that is, the selection of site and examination of soil, climatic conditions are of prime importance for any construction.

Vāstuśāstra teaches us how to recognize a land suitable as a Vāstu for a house that will receive magnetic energy from elemental forces like the Sun, the Earth, the Sky, the Air, and the Water. We should position ourselves in such a way we can receive the sun’s unseen benefits. We all wish to live a life as peacefully and comfortably as we can and a simple knowledge of the positive elemental influences can help us achieve what we all hope for. We learn the importance of laying out our house in a manner that will ensure a harmonious balance between us and nature. The objective is to become open to positive elemental influences and at the same time become protected from unseen malevolence. Positive vibrations can bring happiness through excellence in health and business dealings while the negative vibrations can bring grief and losses. There is a purpose in each location and positioning. What we do as dwellers in a house should be guided by Vāstu Sāstra.

Ancient Hindu tradition believes that the Earth was formed 460 million years ago and it started out from being just a big fiery ball. Hindu theory has it
that it possessed magnetic forces that caused a surface to be formed out of the rocks that melted through the passing of time. As magnets have it, there is the existence of two poles: the North Pole and the South Pole. Then there came the creation of space represented by the sky, the air inherent in space, or vacuum, the earth which is the solid surface, the water which comprises \( \frac{1}{4} \) of the earth’s surface and the fire which is natural to the sun.

**PANCHBHROOTAS**

**Sky**: Ākāsa - It is the unending (Ananta) regions remote from the Earth, in which not only our Solar System but the entire Galaxy (Brahman) exists. It's effective forces are light, heat, gravitational force and waves, magnetic field and others. Its main characteristics Sabda (Sound).

**Air**: Vāyu – It is the atmosphere of the Earth which is about 400 km, in depth and consists of 21% Oxygen (Prān Vāyu), Nitrogen 78%, Carbon-di-Oxide, Helium, other kinds of gases, dust particles, humidity and vapor in certain proportion. Life of Human beings, plants and animals and even fire depends on this. Its main characteristic is Śabda and Śparśa (Sound and Touch).

**Fire**: Agni - It represents light and heat of fire (burning), lightning, volcanic or plutonic heat, the heat of fever or inflammation, energy, days and nights, seasons and such other aspects of Solar system, and also enthusiasm, ardor, passion, spirited vigor. Its main characteristics are Shabda, Sparsha and Roopa (form).

**Water**: Jala - This is represented by rain, river, sea and is in the form of liquid, solid ice, gas steam, and cloud. It is a combination of hydrogen and oxygen in the ratio of two to one, perfectly neutral in reaction. In every plant and life on Earth water exists in certain proportion and its main characteristics are Sabda,(Sound) Sparsa,(Touch) Rupa and Rasa (taste)

**Earth**: Bhūmi - Earth the third planet in order form the Sun, is a big magnet with north and south poles as centers of attractions. Its magnetic field and gravitational force has telling effects on everything on Earth whether living or non-living. It is tilted by about 23\(\frac{1}{2}^\circ\) at the meridian of its either side for six
months called Uttarāyaṇa and Daksināyaṇa and rotates on its own axis from West to East resulting in day and night. It is one orbit around sun takes 365 ¼ days (1-year) Three fourths of Earth’s surface is water and one fourth is land. Its main characteristics are Śabda, Śparśa, Rupa, Rasa, and Gandha (quality).

Table-7.1

<table>
<thead>
<tr>
<th>POSITION</th>
<th>BENEFITS / NEGATIVE RESULT</th>
</tr>
</thead>
<tbody>
<tr>
<td>North -</td>
<td>Happiness and Calm.</td>
</tr>
<tr>
<td>East -</td>
<td>Abundance of wealth.</td>
</tr>
<tr>
<td>South -</td>
<td>Shortage of female members or tragedies.</td>
</tr>
<tr>
<td>West</td>
<td>Stomach and sexual troubles to occur among male Members.</td>
</tr>
<tr>
<td>North West -</td>
<td>Unhealthy rivalry that can cause trouble.</td>
</tr>
<tr>
<td>South West</td>
<td>Conflict with the son.</td>
</tr>
<tr>
<td>South East -</td>
<td>Dread of death.</td>
</tr>
<tr>
<td>Center of the House</td>
<td>Suffering from heavy monetary losses.</td>
</tr>
</tbody>
</table>

stuṣāstra adapts its principles by revolving its concept round the huge power of the Sun to reach man’s existence on earth. A mere fraction of the Sun’s heat is enough to sustain the life and continuous existence of living things in a place as distant as the earth. Thus the placing of a structured habitat to receive most of the energy from all elemental forces is very important. The methods and the techniques adhered to in order to achieve the benefits of Vāstuṣāstra are based on both myths and scientific explanations.

The following are the basic objectives of the Vāstuṣāstra ideology. The SS says that for the success of fore fold aims of human existence Dharma, Artha, Kāma, and Mokṣa: for the fame, longevity of life and acquisition of popularity of men vastu

**DHARMA OR RELIGION:**

The goal is to achieve spiritual happiness among the dwellers of the house and this can be best achieved by letting natural energy forces do the job. As we deal with family, friends, businesses, and people within the community,
we often show respect and deference by observing the teachings of our religion. Thus we promote harmony by manifesting our religious maturity.

**ARThA OR WEALTH:**

The objective is to gain wealth as this will provide the dweller comfort and luxury.

**KĀMA OR DESIRE:**

The goal is to have the house and entire family members attain their heart’s desires for those that cannot be bought by way of money. As long as harmony and contentment fill the various rooms of the vāstu house, real and intangible desires will be realized.

**MOKṢA OR SALVATION:**

Human being is vulnerable to the worldliness of our environment hence the soul craves for salvation or redemption as a way of cleansing the soul. The positive energy forces that surround us in our environment will steer us to do what is good and what is best. The use of Vāstuśāstra to fill in our dwellings with positive energy forces can help us achieve the four main focus of our human existence; hence we will go through this life with much satisfaction and contentment.

Vernacular technologies are often appropriate solutions in terms of cost, environmental impact, climate, and cultural and architectural suitability, and should generally be given priority. However, these technologies are not always optimal due to such concerns as their vulnerability to hazards and durability, and often need to be improved through the introduction of modern technology or components. There is considerable debate in the development community concerning the promotion of vernacular technologies in reconstruction.
Vāstu is not about magical cures but about the physical, psychological and spiritual order of the built environment and its consonance with the energies of the cosmic universe.

All the vital considerations are necessary to make a living healthy and peaceful. The fundamental basis of the plans is purity. This purity includes sanitation, ventilation and lighting – the prime necessities of life. The modern spacious and open verandahs, the sky-clear lawns and compounds, the gardens, the bed, the reception room, the study room, the worship-room, the store-room, the kitchen and the bath-room, can be well provided in the house plans as prescribed by the SS.

The planning of the house and building is one of the finest traits of human civilization. We know the story of a house – form the tree-branch structures as its origin to the fullest of development, the ostentatious mansions- the palaces of kings and temples of gods together with the intermediary phases of evolutions, the manifold structures along with their component parts and mouldings, decoration, masonry and material in their successive stages. What light do they throw on the broad outlook of culture and humanity at large? Though the human civilization has reached its zenith, it has not yet attained the crowning glory- the glory of self realization. It is far from its destination. The direction of journey too, has changed. The struggler, therefore, is keener. Where are we going? Should we lose our soul with altogether in our material pursuits? The spirit of man needs to be rediscovered. ‘mortal in company or the immortals’ is a very old story! How to regain the company? The answer is not far to seek. We have to get rid of the unnaturalness about us. We have to change our direction from the unnatural paraphernalia of life establishment to the simple environment of nature. For this, let the beginning be made in our living conditions. We should now choose the natural surroundings for our habitation, employ the natural materials in our houses, lead a life of simplicity and
austerity. This is possible only when a new orientation is made in our house planning. Sālā models as prescribed by texts like the SS, can very well served this end.

It does not mean that we should bid good bye to all the advancement that our fore-fathers and the modern engineers and the architects have in the art of building. The outlook needs a change. As the ancients reserved the superb art-craftsmanship only to the buildings, devotional, and memorial, similar consideration should prevail with us. The public buildings, the temples, the town-halls may have edifice of large and sublime structures, but the dwelling houses, unless simple and cheap and laid in the surrounding of nature, cannot neither be conducive to health nor be the peaceful - the two essentials of good living.

House planning was never left to the caprice of the individuals in India. It was the responsibility of the state or the ruler to see that certain minimum standard was adhered to by every house holder in matters of building his house. They were so rigid that they were codified and were given sanctity of religious character, so that they may never be violated. What is the present state of affairs when the building byelaws are there? Every house-builder has to get his plan sanctioned by the Municipal Board or the similar other corporations. Despite all this, the results so far, have been simply monstrous. The congestion, lack of sanitation, lack of symmetry and beauty as well as of religiosity etc. are everywhere to be seen abundantly. It is a matter of gratification that in these days the town planning departments are a bit more awakened, but the task facing them is so enormous that, the absence of a clear-cut vision, must work havoc to any fitting solution of the house problem. Now, people have begun to talk of such materials as cost less. Nobody is, now, after the aforesaid grandeur of beauty or comforts. A small place to meet ordinary vital wants is enough. This consciousness, this awaking, this realization of grim realities is the most suitable time when we can turn our eyes to the past.
The SS’s sālā-houses can solve our house problem. The material to be used within the easy reach of all and the accommodation is just to satisfy the essential wants, the sālā –bhavans can serve any variety tenement. They can be built, also on a large scale. Some of the modern materials like cement, concrete, if employed, will make the house last longer.

NECESSITY OF VĀSTU TO-DAY

Our ancient Vāstu śāstra has been founded in such a way, that the inmates can derive maximum benefits from sun-rays and the energies of the sun like heat, light, UV rays – the only reliable source of Vitamin D (Vitamin D is absorbed by the blood directly when the bare skin is exposed to the sun), which is vital for sustenance of life on the Earth. Uttarāyaṇa and Daksha-pāyana too are of great scientific importance since daytime will be larger than the nighttime in the Uttarāyaṇa facilitating availability of more sun light.

It is only some years ago that the modern scientists have discovered that the white solar light could be split into segments called visible rays and invisible heat spectrum. But thousands of years ago, our ancient Indian sages, not equipped with any kind of appliances were able to discern many natural phenomena in a scientific manner.

The modern astro-physics, during the last few decades, has divided the atmosphere into several zones like Stratosphere, Ozonosphere etc. but several centuries before this discovery, the atmosphere was divided by our sages into Bhuḥ, Bhuvḥ, Swah, Janah, Taph and Satyalok etc. The Eastern direction assumes a great significance because the sunrays of early morning emit more light and less heat, hence the best. In the afternoon, the sun moving towards west, grow hot emitting infrared rays, which are detrimental to health. Thus, due to all these, it is explicitly laid down in Vāstusāstra that more open space, more windows and doors fixed, more balconies and verandahs should be provided towards the East and the North side than in the South and the West sides.
The most important aspect considered while formulating the Vāstu śāstra is the magnetic field of the Earth, which has significant influence on the human life. Human body itself acts as a magnet with the head, the heaviest as North Pole. If the head is directed towards the North while sleeping, the North Pole of the Earth and that of the human body repel each other affecting the blood circulation, causing disturbed sleep, tension and other problems.

Modern research has proved that the ancient science Vāstu has a firm scientific basis. As modern science developed it began to probe to the deeper levels of Natural Law. At each level, scientists found progressively greater intelligence and power.

In the last decade, modern physics explored the deepest level of all the Unified Field of Natural Law. The intelligence at this level of Natural Law is the source of all the forms and phenomena in nature. The architecture of everything in nature is finally designed from here.

The Natural Law has for the first time provided a building technology that will transform the way people think and feel – homes and offices by their mere design create good health, clear thinking, happiness, harmony, and prosperity for the family or business. According to vaastu a southern entrance is inauspicious and interferes with the support of Natural Law and brings negative influences to the inhabitants of the building.

**GEOGRAPHICAL INTERPRETATIONS:**

India is a tropical country. The tropic of cancer passes through middle of India. The Southern India lies close to the equator, which gets direct sunrays whereas the Northern part of India gets slanting rays of the sun. Therefore the temperature in the northern part is less than those in the southern part. Further as
western part is the site of sunset, so usually northern and eastern part are favorable for making homes.

GEOPATHIC STRESS

Geopathy is a Greek word where 'Geo' means 'Earth' and 'pathos' means 'disease. In other words it is the ill health of the earth or the ill effects of the energy which emanates from the earth at certain sites. Recent advance study & research carried out in various parts of the world have resulted in identifying geopathic stress which can result in the creation of harmful atmosphere in a building. The sick buildings syndrome which is also recognized by the World Health Organization points to the fact that illness can be due to working or staying in a sick building.

Initially, it was thought that inadequate ventilation and improper air conditioning as well as poor air quality were responsible for illness. But even after rectification of all these defects the problem in all sick buildings has not disappeared. The geopathic stresses could be one of the factors resulting in imbalance in the energy field. Geopathic stress has been accepted as a possible phenomenon and it has been acknowledged by several western thinkers that electromagnetic spectrum with the frequency of the earth waves can resonate which in turn can affect certain energy fields inside a structure which have bearing on health and happiness of an individual.

The work on geopathic stress was first started in 1920 by Winner and Melser in Germany. Several scientists have taken study of geopathic stress in Germany and France. Geopathic stress or the earth energy is believed to come from several sources like the earth’s magnetic field radiation forces created due to movement of plates inside earth, forces due to flow of underground streams
and so on. It can occur in any building irrespective of its use. It is believed it can affect plants and animals. Similarly, modernization which has brought in tremendous amount of electromagnetic spectrum in the form of microwaves and other electronic transfer mediums have contributed to geopathic stress.

It was Dr. Manfed Curry who first hypothesized that there is a grid network of electrically charged lines of natural origin which encompasses the globe. These lines are flowing from northeast to south-west and southeast to north-west at approximately 3 meters distance. Curry hypothesized that where the lines cross; there is a double positive or a double negative energy which can disturb the balance in a human body. The studies of Dr. Curry show that people who slept on positively charged ports got cancer and those who slept on negatively charged ports got inflammatory diseases. Dr. Curry recommended that for best health one should sleep within the grid.

Dr. Hartman of Germany discovered another kind of flow of energy lines which were running from north to south and East to West. These are called as the Hartman lines and again the study show that intersection points are dangerous for human health. Geopathic practitioners also believe that it is possible for negative energy to exist as a cloud and inadvertently it can move into a building where it is trapped. It is believed to be 10 ft. wider and most of the geopathic clouds are formed when a structure is built in a wrong manner.

SHUMANN WAVES

These were discovered by professor Shumann in 1952. These waves have the same frequency as the brain waves and it is believed that these waves which occur on the surface of the earth and oscillate between the earth and the
ionosphere regulate the human body and recognized by Nasa also. Now all manned space craft’s carry Schumann Wave generators as these waves are not present in outer space to protect the health of astronauts.

However, nature builds a certain amount of immunity against these energy fields just like every human being enjoys certain amount of immunity from bacteria’s and viruses. However, if the immunity system is weak then the geopathic stresses can cause illnesses and can be responsible from simple fatigue to cancer.

Some people are under the impression that it is basically the science of designing structures in accordance with the local environment. They go so far as to say that the whole subject was designed keeping the prevailing wind conditions in India to take advantage of the rain and wind directions.

This type of approach is shortsighted and any way has no relevance in modern homes where control of temperature or lighting can all be achieved artificially and equally effectively. As we all know in developed countries like USA all buildings are air conditioned with closed and sealed windows and temperature is maintained at a uniform level round the year.

The ancient Rishis who formulated Vāstu Sāstra, in all their wisdom knew that unless they enforced the principles of planning very strictly, people would build according to their whims and create ugly and unaesthetic structures, since people have differing tastes and ideas on aesthetics. Perhaps to prevent such a situation, the principles of Vāstu Sāstra were made with strict rules.

What is important is to recognize that lighting and air circulation are important factors but Vāstu is much than this. Unless one has an exposure to subtle energy fields and their effects, it will be impossible to appreciate Vāstu. Vāstu is universal in approach and needs to be adopted by all country globally.