



VASTU & HOME INTERIOR

Introduction

Vastu Shastra is one of the frequently heard terms in recent times. The significance of Vastu Shastra finds its roots decades back in ancient Hindu texts which is said to be driven by two components: direction and geometry. This science finds its prominence while planning or designing a home, or an office space. It is believed to bring stability and prosperity.

This handbook is dedicated to the Vastu and its applications while designing a home interior.





Introduction to Vastu:

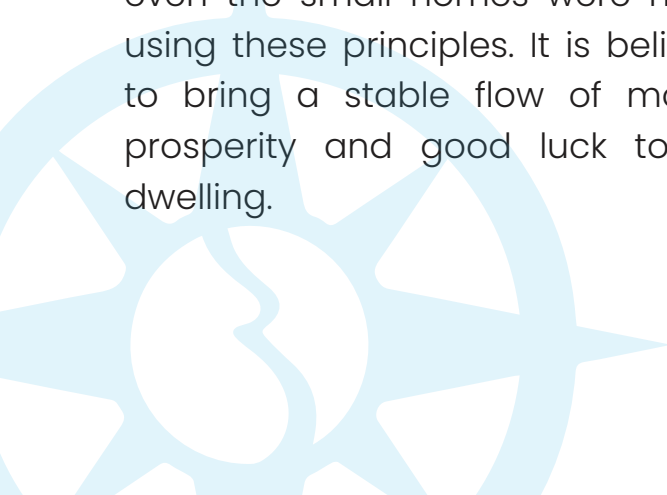
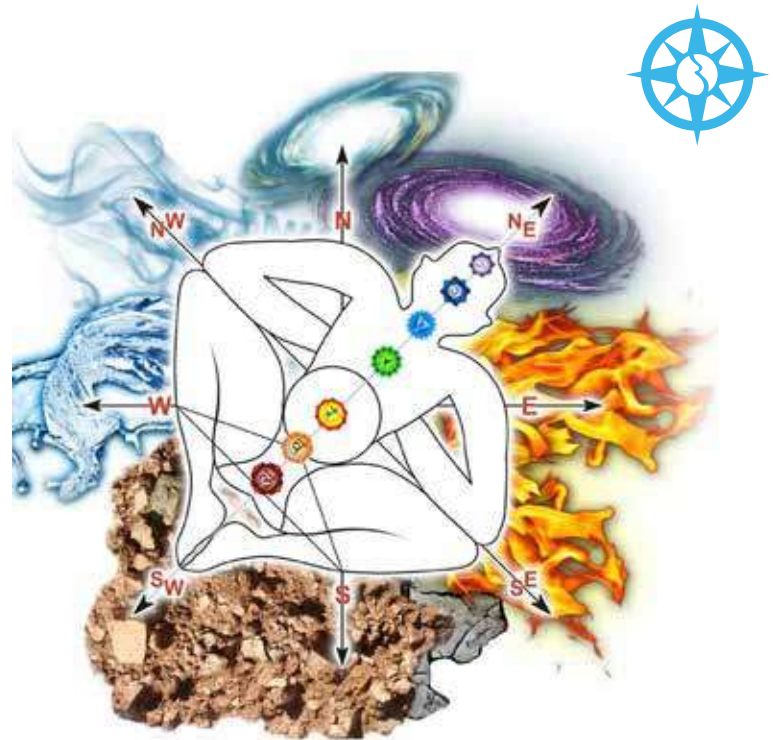
What is Vastu Shastra?

Vastu Shastra is the ancient science of architecture that dates back to the pre first century. Broadly speaking, Vastu Vidhya is the whole concept that includes a subheading that is Vastu Shastra.

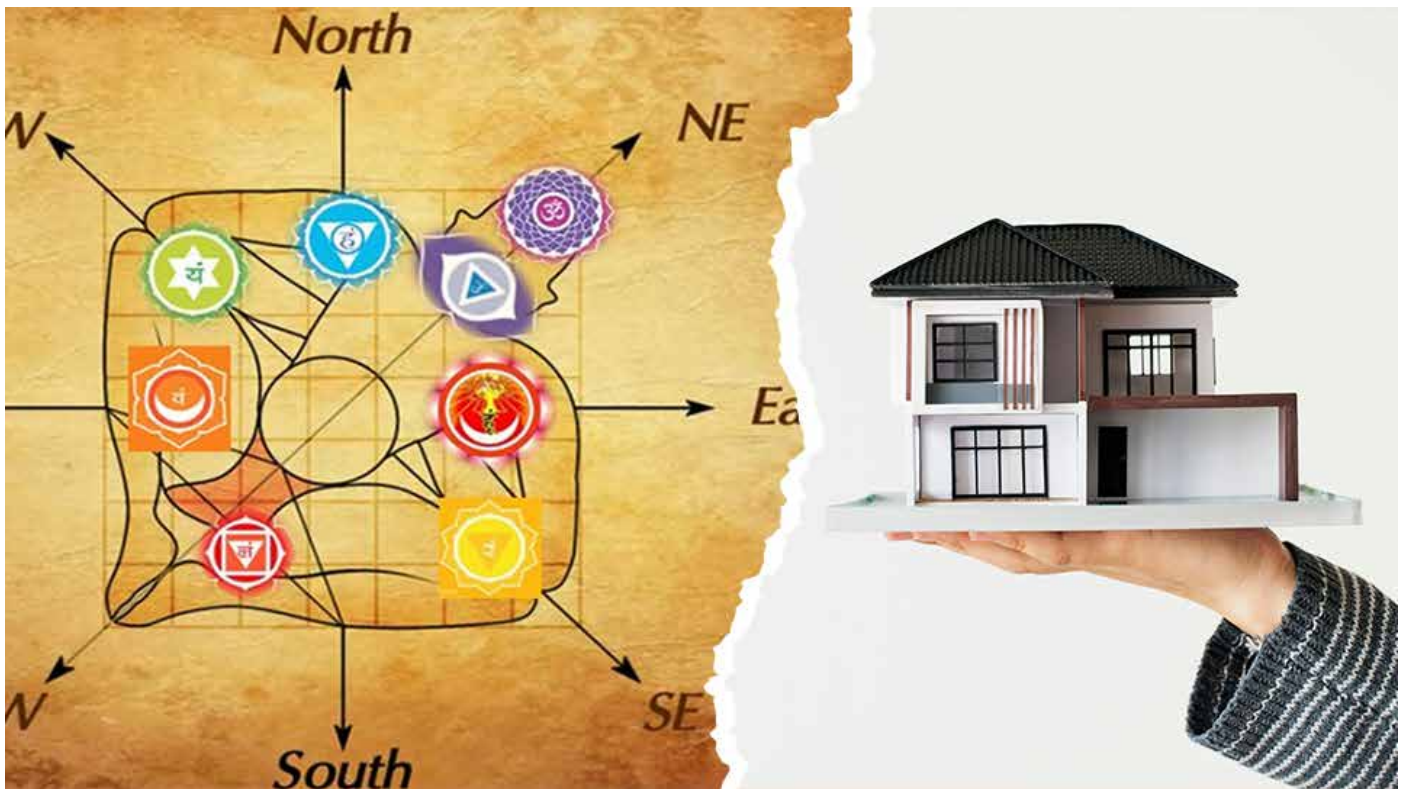


The principles of Vastu have two components: Directions and Geometry, yet it also shows the influence of magnetic fields, direction of winds, sunlight, and many other natural components. It is thoroughly based on the scientific concepts that are the five essential elements that are omnipresent in the natural world, the Panchamahabhutas: Agni (fire), Prithvi (earth), Akash (space), Vayu (air), Jal (water).

The textual presence of Vastu Shastra is found in Atharvaveda, Matsya purana, Skanda purana, Agni purana, Garuda purana, Vishnu purana and many such ancient hindu texts. The construction of temples or any other monuments including the forts, palaces, and even the small homes were made using these principles. It is believed to bring a stable flow of money, prosperity and good luck to the dwelling.



What are these elements & how do they influence the Vastu principles:



Panchamahabhutas are significant as their presence is the reason life dwells on earth. As these essential elements are the base to Vastu Vidhya, and then Vastu Shastra principles, we will learn about each one of them and their influence on Vastu science.



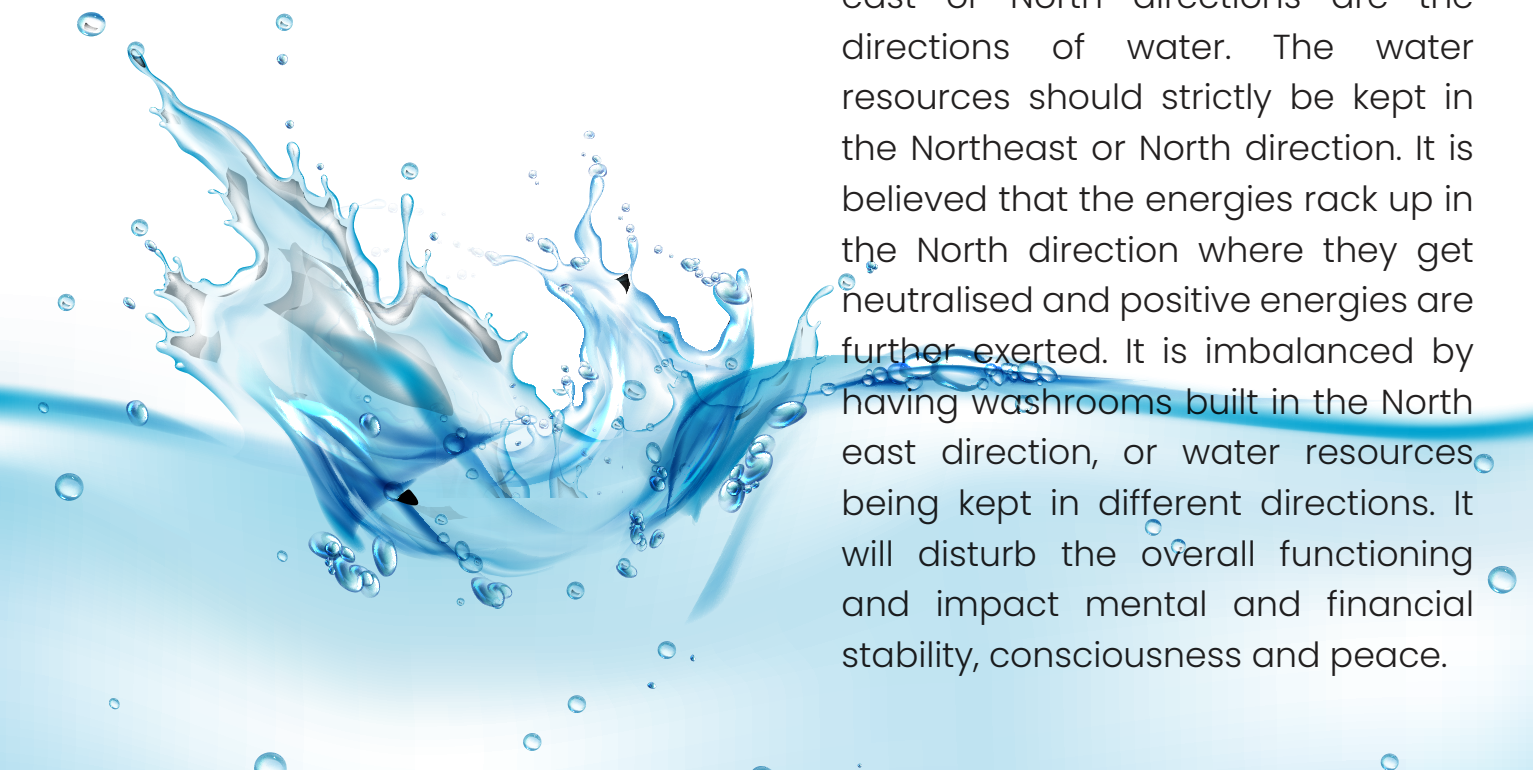
01. Prithvi or Earth

The first and prominent element is the Earth or Prithvi. Earth tends to exert maximum energies. While constructing any home paying homage to the earth is considered as a ritual. Vastu Shastra has chapters that include detailed inspection of soil, shape and size of the land before constructing any building, monument, house or bungalow. The direction of earth is Southwest, these areas should be adorned with plants, trees or earthy items that balance out cosmic energies between human and nature for their well being. This element is known for physical, mental and financial stability. The imbalance of these energies may lead to disturbances physically, mentally and financially.



02. Jal or Water

Water is the next foremost element present on our planet. A large portion of earth is covered in water. Water according to Vastu Shastra depicts piousness, purity, consciousness, mental and financial stability. North east or North directions are the directions of water. The water resources should strictly be kept in the Northeast or North direction. It is believed that the energies rack up in the North direction where they get neutralised and positive energies are further exerted. It is imbalanced by having washrooms built in the North east direction, or water resources being kept in different directions. It will disturb the overall functioning and impact mental and financial stability, consciousness and peace.



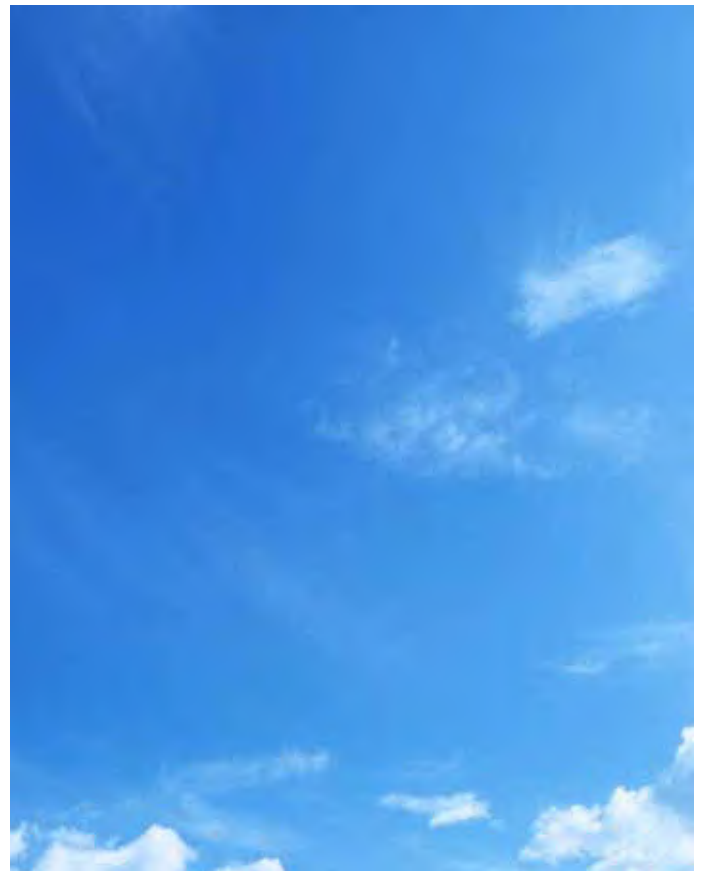
03. Agni or Fire



Fire resonates with the sun and brings warmth and light to the entire world. It represents emotions like passion, determination, courage, devotion, vision and fame. Southeast is the direction of fire, the kitchen, electrical appliances must strictly be kept in the Southeast direction. The imbalance in this element creates conflicts and litigation, it happens when water resources are kept in the Southeast direction. Keeping the Southeast side restricted to fire only prevails positivity.

04. Vaayu or Air

Air is omnipresent, it is one of the most vital elements. Besides, proper ventilation, a good source of air can do wonders and help you with good health. Northwest is the direction of wind. This direction is known for exerting positivity, feelings and savings. The imbalance in this direction can cause increased expenditures, blocked goodwill. This disturbance is caused by keeping water resources in the Northwest direction.

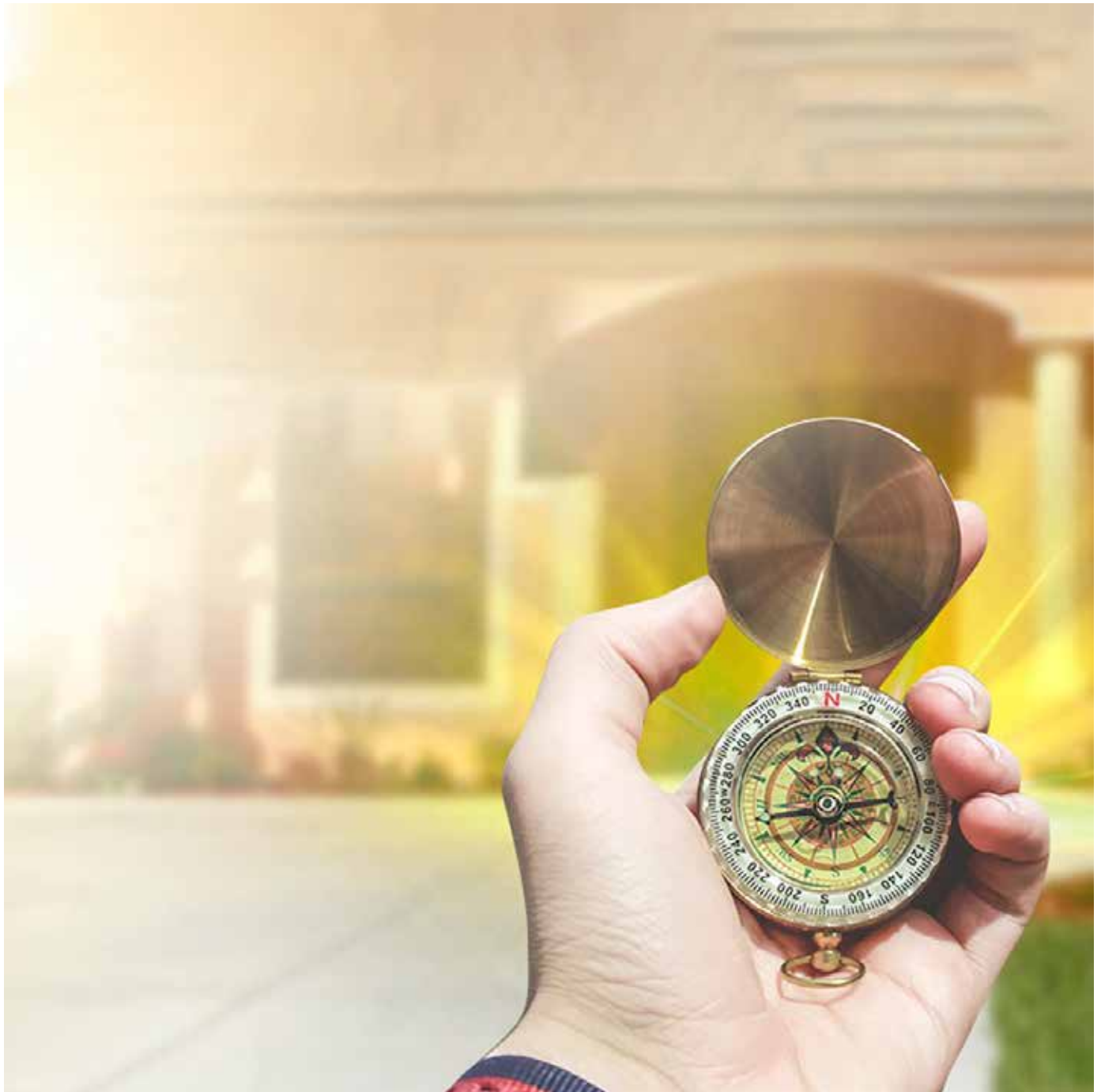


05. Aakash or Space



Space resonates with the universe, according to Vastu Shastra it is advisable to keep the centre of the house open to increase ventilation. It is said that this space in the centre of the house promotes the unison of air, sunlight and other tattvas which brings positive energy and prosperity to the dwelling. The disturbance in the centre leads to financial losses and negative vibes, this is caused because of keeping a heavy storage or water sources in the centre of the house.





Significance of Vastu Shastra:

Vastu Shastra is simply the science that attracts cosmic energy present in the natural world. It works on the concept of base design, dimension, ground preparation, space arrangement, geometry.

The main and only purpose of the designing place as per the Vastu principle is to balance out all the energies that are present in the universe and generate positive energy, peace and prosperity

How can Vastu Shastra influence Home interior

Vastu Shastra works in collaboration with the essential elements to create an impact that neutralises negative energy and generates positive vibes, these principles of Vastu are based on universal energies that attract positivity and prosperity. Vastu Shastra can influence the functioning of the dwelling and dweller. Some advisable tips include:



Avoiding dim light & black furniture in the kitchen room.



Tulsi must be kept on the East, North or Northeast directions.



The work, study & reading must be done facing the East direction.



Money plant or Bamboo should strictly be in the Southeast corner.



Do not sleep or sit facing the mirror.



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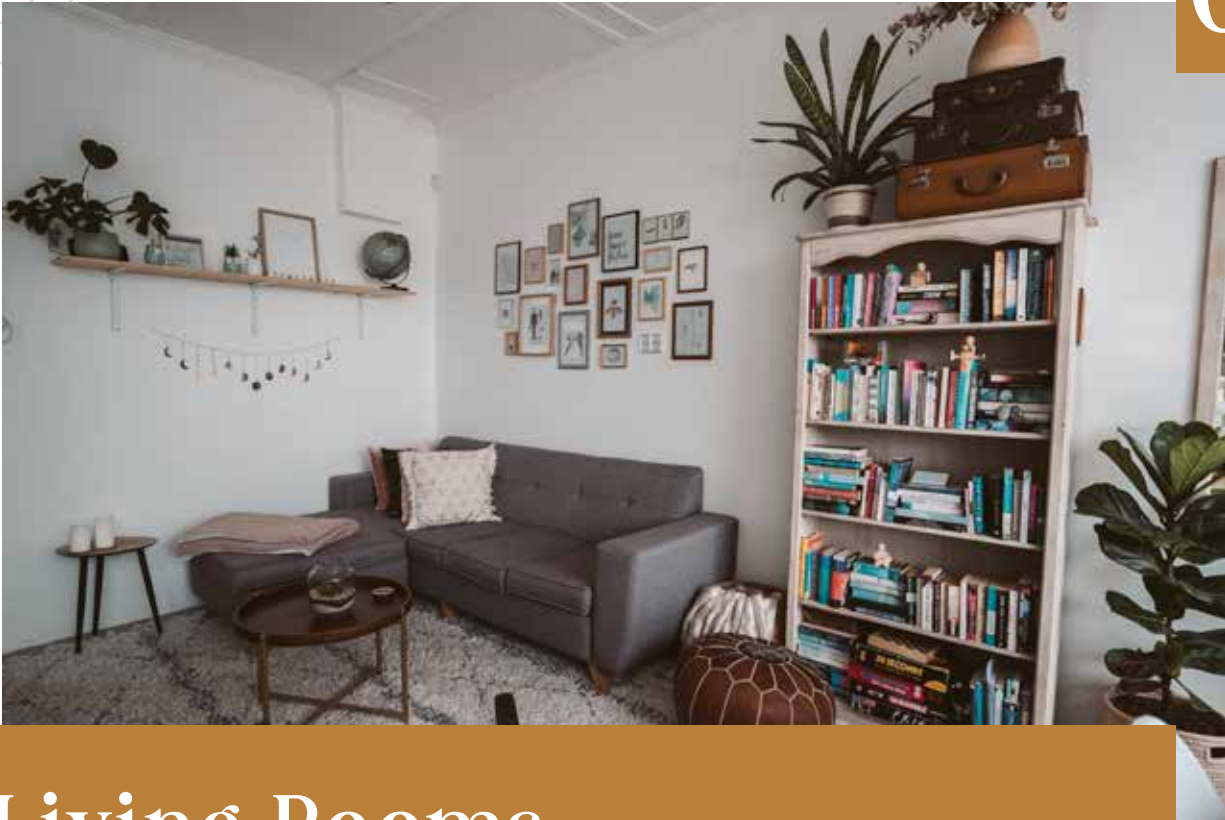


Bedroom:

Bedroom signifies health, career and personal life

Vastu tips:

The Southwest corner should be in the right direction of the room. The bed should be kept in the centre of the room for the steady flow of Positivity. The head should be kept in the South or East directions whereas toes should be in the North or West directions. The bed should be made up of wood, metals tend to attract negative energies. Artefacts or paintings depicting sadness, hopelessness should be avoided.



Living Rooms

Living Room signifies Health, wealth and prosperity.

Vastu tips:

- The living room should be necessarily facing either North, East, Northeast or Northwest directions.
- Furniture should be in West or Southwest directions.
- Sofa arrangement must be against the North or East wall and the TV units should be mounted in the Southeast side.
- Real flowers attract positivity and dead ones negativity.
- Water bodies like aquarium, fountains should be in the north.
- Plants like Money plant and Snake plant should be kept in the living room, they attract negative energy.

Kitchen

Kitchen signifies health, wealth and disputes.

Vastu tips:

The kitchen should be set up in the South east or North west directions only.

If constructed in Southwest or Northeast directions, it can ruin the relationship of the family members.

The refrigerator should be in the Southwest corner while the storage units must also be in the Southwest direction.

03.





Bathroom

Bathroom signifies hygiene and positive impact.

Vastu tips:

The bathrooms should be built in the north or northwest direction. If built in the south or southeast direction brings a negative impact to the place. The construction of this room should be two feet above the floor level and the seat should be North or South facing. There should be no deity in or around this area

In addition to this, the storage units must be in the Southwest direction. It is advisable to not keep broken mirrors or mirrors that reflect your body while sleeping in the bedroom. It brings up unwanted conflicts and negativity to the dwelling. As water signifies good health and hygiene, it should be kept in the Northeast direction and must strictly be cleaned.

Final words:

Vastu is looked up with spiritual aspects by some and a myth for others. Simple reasons why Vastu shastra is an essential element is the science involved in the texts while explaining geometry, space, inspection of soil, shape of land. Some believe, Vastu Shastra is the reason that the ancient monuments sustain even after decades of construction and numerous times of facing natural calamities. Hindu history is rich with scientific approaches and ways to work with positive energies, negative energy neutralisation and architectural science that Vastu shastra teaches us.



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