

Sub: Study and Analysis the effect of built form on the health of the end user, with or without using concepts of Sustainability and Vastushastra.

Sub Theme: Goal 3 – Good Health, Goal 11- Sustainable Cities and
Communities

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Abstract

Planning & designing a building is done based on numerous theories and concepts that are still being practiced globally. In the process of design, concepts can be derived as per the requirements of the user, availability of resources or personal inspiration or beliefs of the designers. While creating a design, apart from aesthetics of the building, architects must take care of the functionality, circulation, psychology of built environment on the user and most importantly effect of built form on human health. It takes years and years of observation, study and analysis to conclude and define a good concept or design style. Today, with the increase in population and vertical growth these concepts are being ignored, especially in cities like Mumbai. This compromise is undoubtedly creating adverse effects on residents' health due to ignorance while planning and designing. The aim is to understand the effect on health of the user having residence in different cardinal directions with an objective to establish a connection between concepts of Vastushastra and sustainable design solutions. This study will be done by taking interviews of different age groups, people who have recently shifted to a new residence facing in different cardinal direction than previous so that they can identify the changes that they have noticed. Then studying and analyzing the previous and current changes in lifestyle and on physical health. This study can help designers understand the scientific connection between the concepts of Vastushastra and Sustainable design and rethink on designing of highrise residential buildings, bringing back our beliefs systems that are still applicable in modern lifestyle with some modifications and adaptations.

Keywords: Sustainability, Vastu shastra, Science, Built form (Residence design), Health.

Objectives:

- Knowing the classical view of Vaastu Shastra



- Finding the importance of Vaastu Shastra
- Finding the eternal utility of Vaastu Shastra
- To know the relevance of Vaastu Shastra

Preface:

Vastu Shastra, the ancient Indian science of architecture and design, has shaped the built environment in India for thousands of years. With an emphasis on directional alignment, spatial planning and harmony of the 5 elements – Earth, Water, Fire, Air and Space, Vastu creates living spaces that enhance health, prosperity and general well-being. While India has undergone rapid modernization, Vaastu remains culturally significant and influences contemporary residential design. This is evident in the way modern Indian home buildings seamlessly blend Vaastu guidelines with contemporary aesthetics. This comprehensive guide examines how Vastu remains relevant in the layout, aesthetics and functionality of the modern home. We also explore the benefits of thoughtfully integrating Vaastu with contemporary designs. The present generation has started acknowledging the importance of the ancient creation practices prescribed by Lord Brahma including the five elements of nature. The end results of incorporating Vaastu science into today's construction have helped people get the most out of the economic and environmental landscape. Along with this, people have started incorporating contemporary ideas with ancient ideas to get rid of all the problems and troubles they face in their daily life. Apart from this, along with basic amenities, people also look for Vaastu-specific places so that they can attract health, wealth, peace and abundance of any item. Thus their main goal is to achieve a position that will help them move ahead in life.

Basic principles and objectives of Vaastu Shastra:

At its core, Vaastu Shastra aims to create built spaces that are experientially aligned with nature by efficiently harnessing its elemental energies. The interplay of the 5 elements within specific cardinal orientations provides the underlying framework:

- Earth – the landscape represented by topography and soil. The earth element represents stability, base, strength and support.
- Water – represented through water sources and flows throughout the site, including drainage patterns, wells and pools. Water represents dynamism, fluidity and refreshing energy.
- Agni – seen through sunlight, lightning and light. The fire element symbolizes transformative energy and promotes progress.
- Air – associated with on-site ventilation and open inbuilt spaces. Vayu represents mobility, wind and circulating energy.
- Space – indicates cosmic energies and their flow on the site. The space is abstract yet elemental because the canvas binds everything together.

Vaastu directions and their effects:

- East direction - Sun is the lord of the east direction. Natives should keep the east direction open and allow light to enter it as it attracts prosperity and prosperity. If there is any problem regarding the east direction, it leads to disputes between father and son and many other health related problems arise.
- West direction - In Vastu Shastra, Saturn is the lord of the west direction. If there is any problem in the west direction, the electrical appliances in the house do not work properly. Along with this, family members have to face the problem of airborne diseases and pain in bones and legs.
- North direction - The lord of the north direction is Mercury. It represents wealth, prosperity and profit. If the direction is under the influence of negative energies, there may be financial problems as well as problems like nose and throat diseases etc. Also, the natives may have to face constant obstacles.
- South direction - The lord of the south direction is Mars. It deals with legal matters and relationships. If any problem or Vaastu defect arises in this direction, then due to this people may get entangled in legal problems and disputes may also arise with the elder brother. Also, the chances of family members getting blood related diseases increase.



- North-east direction - The lord of this direction is Jupiter. It is the purest and untainted direction. According to Vastu Shastra, the north-east corner is ruled by the gods. People should not build their washrooms or dustbins in this direction. Also, this direction should always be kept clean. Any Vaastu defect in this direction can cause decline in wealth and family problems. Along with this, married couples may also face problems related to their married life and health related problems.
- North-west direction - The lord of north-west direction is Moon. The problems that can arise in this direction are disputes with neighbors, mother's continuously deteriorating health at home. If a girl is unmarried, there may be a delay in her marriage. Apart from this, problems like mental stress, cough, cold etc. can also occur.
- South-east direction - Venus is the lord of the fire direction and controls the fire element. Therefore, the kitchen should be built in this direction. If there is Vaastu defect in the south-east direction, then there will be continuous problems in the house. The women of the house continue to face health related problems. Many problems like unrest and misunderstanding remain between married couples. Misunderstandings may also occur with tenants. Along with this, other medical problems like uterus, diabetes etc. can also occur.
- South-West (Nairutya) direction - Rahu controls the south-west direction. People should make their master bedroom in Nairutya i.e. south-west direction. Defects in this direction can cause Pitra Dosh and problems related to the maternal and paternal side. Apart from this, the chances of theft in the house also increase, and family members become victims of accidents, diseases, neurological problems, etc.
- Brahma place - As the name suggests, Lord Brahma rules over it. The central part of your house is called Brahma Sthan. It should be kept spacious, free and clean. Vastu defects in this place create obstacles in life, and often some members of the family remains ill. If the situation worsens, abnormal (beyond the understanding of humans and science) events may happen to the person. Therefore, Brahma Sthanam should be light and free.

Science of architecture:

A well-made layout of the house can fill your life with happiness. Are you surprised to hear this? Vaastu Shastra helps us in this. Exploratory Vaastu science encompasses all the forces acting at a given place through the flow of optimistic and positive energy. Following Vaastu principles correctly provides the individual with a framework to ward off negative vibrations and attract prosperity. It started in India and currently it has expanded all over the world. Now people take care of the direction and place of keeping some things before construction. Apart from this, Vastu Shastra helps in encouraging proper vibrations of a certain place and protects it from evil eyes. Any person who meets that place also gets connected with the same vibes which gives him a healthy body, mind and soul. In ancient times, only people of Hindu and Buddhist religions believed in making things according to Vastu whereas in the modern era almost all communities have adopted Vaastu science in astrology to attract positivity and well-being in their lives. According to Vastu, entering a place which is under construction, i.e. whose structure is not complete, can increase many problems in life. Users may feel suffocated, the negative energy of that place may enter you, you may become unwell, and there may be emotional distress etc. Getting Vaastu-compliant home helps in getting rid of all these troubles. You also get many better experiences.

Thoughtful Strategies for Integrating Architecture:

Here are some techniques with examples to holistically integrate the essence of Vaastu philosophy with contemporary architectural designs:

- Climate-Responsive Orientation: Optimize building alignment and facade angles based on sun path, prevailing winds and local climate requirements while respecting the general east-west elongation preference of Vaastu to harness positive solar energy. For example, prefer north-south aspects in hot-dry areas without compromising the essence of orientation.
- Traditional elements remained: Reinterpret typical architectural elements such as lattices, balconies and courtyards in contemporary designs using new materials and geometric variations to adapt their functionality to today's contexts.
- Structural innovation: Take advantage of modern monolithic concrete, steel and even composite construction systems to create creative structural forms in line with Vaastu principles.
- Nature integration: Integrate plants and water features and air through innovative architectural envelopes, new materials such as green glass, and contemporary landscape integration strategies.
- Passive environmental design: Incorporate passive solar shading, heating, cooling, ventilation and daylighting



techniques in line with Vaastu concepts to create a climatically comfortable, energyefficient space.

- Symbolic expressions: Use modern materials like perforated metals and details for artistic symbolic representation of the 5 elements that align with the essence of Vaastu. For example, the pattern of a copper roof resembles water waves.
- Proportional inventiveness: Experiments with the dimensional proportions of sculptural aspects of neo-traditional solid-void forms and scales, rooted in the harmonic proportional principles of architecture.
- Auspicious design: Reflect uplifting imagery and geometry inspired by Vastu teachings through modern frescoes, ornate accessories and graphic motifs created using contemporary technologies.

Research Methodology:

Data was collected by selecting 200 subjects who had built their own houses and circulating a questionnaire.

Survey on Vaastu Beliefs and Uses:

A survey was conducted regarding belief and use of Vaastu Shastra. A Google Form in the form of a questionnaire was circulated with 3 multiple selected questions related to Vastu Shastra and their answers were noted. About 150 people responded positively to the survey.

The survey questions were posed as follows:

1. Do you believe in Vaastu?

Options – Yes, No

2. Is your house as per Vaastu shastra?

Options: Yes, No, Don't know.

3. How much do you know about Vastu?

Options – Nothing, Basics, Quite Good, Almost, Everything

Data collected for first question shows that 55% of people believe in Vaastu.

Data collected for second given an idea that 65% of the population does not know whether Vaastu principles are being followed in their house or not. There are only 35% of people who can say with confidence that their house is built according to the principles of Vastu Shastra.

Answer to third question specifies that 30% of population know nothing, 35% population knows the basic and 35% population claims to know everything about Vastushastra principles.

Conclusion:

In short, Vaastu Shastra vision of structures and spaces harmoniously connected with nature remains relevant even today, as humanity grapples with climate change and sustainability. Deep knowledge of Vaastu Shastra provides guidance to create built environments that are experientially aligned with elemental energies and intrinsic human features through its conceptual principles on orientation, functional zoning, proportion, openness and flow. With seamless adaptation, this ancient knowledge can be appropriately coordinated with contemporary architectural design approaches, materials and construction techniques to create environments that suit modern living. A thoughtful, creative collaboration between designers with in-depth knowledge of architectural philosophy and current needs is key to holistic, contextually relevant results. As we move towards an environmentally conscious future, integrating the deep insights and sensibilities of Vaastu Shastra with the practical aspirations of modern communities can become the foundation of an evolving, sustainable Indian architectural ethos.

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