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Vaastushastra is a building science of ancient origin. It started as part of Agama and Shilpasashtras of Vedic era,

known to have been used for building temples and the layout of the townships around it.

In later period, individual dwellings too must have entered into the fold of Vaastu. That is why one can see even to date the houses in Indian villages are almost 100% in Vaastu compliance. This is perhaps the reasons for villagers healthier than town folks.

Today, the fashion is to build residential and commercial complexes in different shapes and sizes in urban areas. The present day architects tend to ignore Vaastu in favour of exquisite designs. The uneven floor levels, odd projections and chopped off corners are a serious infringement of Vaastu principles. The implications can be harmful and in some cases even devastating for health.

Ancient sages created an imaginary icon called the Vaastupurusha only for the easy understanding of the science of Vaastu. His abode signifies the Vaastu Purusha mandala, which in effect is the perfect plan of a site or structure.

The core factor of Vaastu is to create a harmonious atmosphere inside a building or a structure by a proper control and management of the pancha boothas or the five elements of nature namely - earth, water, fire, wind and sky or either of them. This is achieved by synchronising with the directions of sun and the two magnetic poles of the earth Vaastu believes that the energies governing the elements such as wind or fire are the same as those that control the vital organs of the human body. While the positive energy flows from northeast towards southwest the negative energy in the opposite direction. The effort of Vaastu is to allow free flow of positive energy and keep a check on negative energy in order to bestow good health, happiness and prosperity. Here, we illus-

VAASTU & FITNESS

Believe or not, the vaastu of your house is inextricably linked to your health and wellness



trate the effect of Vaastu on the health of a resident.

Shape of the plot

Square plots of any size and rectangular plots in 1:2 proportions are the ideal for good health. All other shapes have various health implications.

Projected & depressed plots

Plots with moderate projections at north/northeast and east/northeast generally bestow good health. Projections at the other corners have serious health implications

While protruding southwest cause bad health to head

lower than east/northeast is not good for the health of women in the house.

Kitchen

Location of kitchen plays a major role in Vaastu for the health of the residents. The allotted quadrant for kitchen is south-east or alternatively the north-west. It can cause serious health problems if located in any other quadrant. The person cooking facing east is another important rule in Vaastu. This will not only enhance the taste of the meal but also make the food tastier.

Interiors

Closing, raising or loading northeast may cause barrenness, infantile deaths and heart ailments. Wrong locations of utilities can also cause some serious health implications.

of the family, protruding southeast cause life danger to the head woman and first progeny. Similarly, variance in levels also cause health problems for the residents. South/south west lower than the north/northeast would cause prolonged illness especially for the head of the family. Northwest lower than northeast is bad for children's health. North/northwest higher than south/south west is bad for the health for all the residents. South/southeast

Cancer and Vaastu

Recent research on Vaastu reveals that improper Vaastu may also cause cancer.

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SUMPS AND WELLS

Location of sumps and well is also an important aspect of Vaastu. The permitted point is east of northeast or north of northeast. Wrong locations may cause following ailments.

West	Abdominal problems for male members
South	Sickness for head of the family
Northwest	Untimely deaths
Southwest	Health problems for elders in the family
Southeast	Premature death of husband
South/southwest	Mentally retarded females

SHAPING ILLNESS

Shape of a house can trigger a disease

Shape	Diseases
Drum	Eye problems
Water pot	Skin diseases / Leprosy
Rule	Pestering health problems
Oval	Tension leading to mental depression
Basket	Mental depression
Half moon	Tuberculoses
Double drum	Unnatural deaths
Cow/lion mouth at wrong ends	Mental illness