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Importance of Vastu in modern world

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Abstract

This study investigates the relevance and implementation of the age old science Vastu Shashtra in these present times of modern world, where everything is AI generated and controlled by modern machines. Drawing conclusions from Vishwakarma Prakash by Maharishi Abhay Gyan, and articles like “Identifying the Principles of Traditional Iranian Architecture in the Light of Vastu Shastra, the Traditional Indian Wisdom” it can be stated without hesitation that the principles and methods of Vastu Shastra were not only found to be followed in old civilizations like Harappan but also in traditional Iranian society. Vastu Shastra controls the 5 elements of nature, which further govern the various activities that happen in eventually almost all kinds of buildings, be it for personal use like society houses, mansions, one room sets or professional dwellings like shopping malls, temples, hospitals etc. These 5 elements of nature also control the human body, it's organs, it's chakras. Hence this paper focuses on this co-relation and helps us to understand the importance of application of Vastu principles in each and every space that gets constructed. The findings bring to light the breathtaking results of this co-relation, which if ignored hampers the spirit and the purpose of the building but also has adverse effects on its occupants or its owners.

Keywords: Vastu Shastra, elements of nature, fire, water, air, space, wood, Vishwakarma Prakash

Introduction

Vastu Shastra, derived from the Sanskrit Word Vāstu Śāstra, means *Science of Dwelling or treatise on building*. It is an ancient Indian science of architecture, design and spatial harmony. It not only provides principles of constructing buildings, homes, temples, towns, hospitals and other kind of establishments but also educates us with the alignment of these with the natural forces, cosmic energies and Five elements or Panch Mahabutas- Water, Air, Fire, Earth and Space. The goal of Vastu Shastra is to ensure that human dwellings environments are in balance with Universal energies, thereby promoting health, prosperity, peace, and spiritual growth for the occupants. Hence, irrespective of time and period, this science finds its relevance in all the eras. However, Vastu Shastra needs to be studied and understood properly to reap its benefits and we would be studying about the same in detail, further in this article. Our Earth, our environment and even our human body is made up of 5 elements, namely, Water, Air, Fire, Earth and Space. Even the buildings that we construct constitute of these 5 elements. Vastu Shastra is an ancient science which was developed years ago. It originated from Vedic cosmology and ritual geometry, evolved through mythology and sacred texts, and matured into a scientific architectural system during the classical and medieval Indian periods. It bridges spiritual philosophy and practical architecture, making it both a sacred science and a design manual. The timeline style origin chart of Vastu Shashtra will help us understand its step-by-step evolution.

1. Vedic Age (1500 - 1000 BCE)

- **Rigveda & Atharvaveda:** Concepts of *Rta* (cosmic order), sacred geometry, and altar construction originated.
- **Yajurveda:** References to space orientation, fire altars (*Vedi*) aligned with directions, are found and being adhered to.
- **Foundation:** Spiritual cosmology + geometry → seeds of Vastu principles.

2. Early Civilization Evidence (3300 - 1900 BCE, Indus Valley)

- Cities like Mohenjo-Daro, Harappa, Dholavira show:

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- Grid-based planning
- North-south street alignment
- Advanced drainage and water systems
- Suggests proto-Vastu practices (though not yet formalized).

3. Mythological Codification

- **Vastu Purusha Legend:** Cosmic being pinned by gods, forming the **Vastu Purusha Mandala** (sacred energy grid).
- **Dikpalas (Guardians of Directions):** Each direction associated with a deity (Indra-East, Varuna-West, Kubera-North, Yama-South).
- **Pancha Mahabhuta:** Integration of 5 elements (Earth, Water, Fire, Air, Space) into design.

4. Classical Period (4th Century BCE - 6th Century CE)

- **Mauryan Era:** Planned towns, stupas, palaces showing vastu principles.

Key Texts

- *Manasara* - architecture & sculpture
- *Mayamata* - rules for houses, temples, towns
- *Brihat Samhita* (by Varahamihira) - integrates astrology & vastu

5. Gupta & Early Medieval Period (6th - 11th Century CE)

- Temple architecture flourishes (Khajuraho, Ellora, Konark).
- *Agamas* and *Shilpa Shastras* give detailed vastu rules.
- Integration of vastu into urban planning (e.g., Ujjain, Thanjavur).

6. Medieval Codification (11th - 15th Century CE)

- *Samarangana Sutradhara* (King Bhoja, 11th CE): Encyclopedic text on vastu, sculpture, machinery, automata.
- *Aparajita Praccha*, *Silpa Ratna*: Later manuals refining vastu practices.
- Regional temple styles (Dravidian, Nagara, Vesara) apply vastu grids.

7. Modern & Contemporary Era (16th CE - Present)

- Continued use in temple building, palaces, and forts (e.g., Jaipur city planning, 18th century).
- Rediscovered in 20th century as a tool for home/office harmony.
- Modern vastu integrates with architecture, interior design, and energy sciences.

Hence we know for sure understand that Vastu Shastra provides the basics of construction especially in harnessing the energies of nature for the betterment of home and society. It scientifically combines the working of these 5 elements to create buildings like palaces, modern homes and work places. It helps us to harmonize these elements by diving the whole space into 16 zones, where each zone is governed by one of the above mentioned natural element.

- Vas- Tu- Vas means “To Stay”, and Tu means “You”.
- Vastu se aata hai Vaastu- In case you have things to keep then keeping them in the right direction makes all the difference.

Q. How did Vastu Shastra come into existence?

Ans. As per our holy scriptures there are many stories related to the inception of Vastu Purush which further led to the discovery of Vastu Shastra.

As per the Matsya Purana version, Vastu Purush is said to have emerged from Lord Shiva's sweat. During a great battle with demon Andhaka, Lord Shiva sweated intensely. From this sweat, emerged a ferocious, hungry being, known as Vastu Purusha. He grew enormously, threatening the three worlds. To protect creation, the gods pinned him face down and assigned him to guard all structures. Thus, he became the spirit of architecture, and was assigned the responsibility of protecting the buildings and its occupants.

The Brahma or Skanda Purana states that while creating the universe, Lord Brahma, accidentally created a chaotic, monstrous being. This being disturbed the balance of creation and started destroying all that met his eyes. To control him, the Devtas pinned him down in the mandala form. Lord Brahma blessed him that he would be a part of all the concrete structures made on Earth and worshipping him before entering into any building would bring good luck and blessings for the owners of the dwelling.

Lastly, the symbolic representations of the well-established accounts of Samudra Manthan that appear in Vishnu Purana, Mahabharat, Bhagwat Gita and others, it is said that during the Churning of the Ocean, also known as Samudra Manthan, the Devtas (Gods) and the Asurs (demons) were churning the cosmic ocean using Mount Mandara as the churning rod and Vasuki (serpent) as rope. Many divine treasures (ratnas) emerged: Lakshmi, Airavata, Kalpavriksha, Amrit, etc. Along with these treasures, a huge, terrifying being also got manifested. He was formless, insatiably hungry, and began devouring everything in sight. His body expanded so large that he threatened to swallow the earth and heavens. Alarmed, both the Gods and Asurs together pinned him down. His head turned to the Northeast (Ishanya corner) and feet to the Southwest (Nairitya Corner). While the right side of the body is represented by the North- West, the left side of the body is represented South- East. The intersection points of the grid, makes a total of 81 points, which are known as Marma points. Any nails or hammering done on these points, can cause *Marma Bhedan*, leading to either death or near death like conditions.

After Vastu Purush was laid on the ground, upside down, Lord Vishnu, asked both asur and devta field to go and sit on this body. Each deity took a place on his body to hold him down- which became the Vastu Purush Mandala grid. The placement of each deity resulted in the making of 32 devta fields, of which some devta fields give us benefits while the other help us address problems areas of our lives. However after being pinned down by the devats and asurs, Vastu Purush pleaded for release. Hence Lord Vishnu along with all the Gods declared that he would remain present in every piece of land, building, or temple. If honored through rituals (Vastu Shanti, Mandala, and alignment), he would protect and bless the structure. If neglected or wrongly aligned, he would cause obstacles, poverty, or unrest.

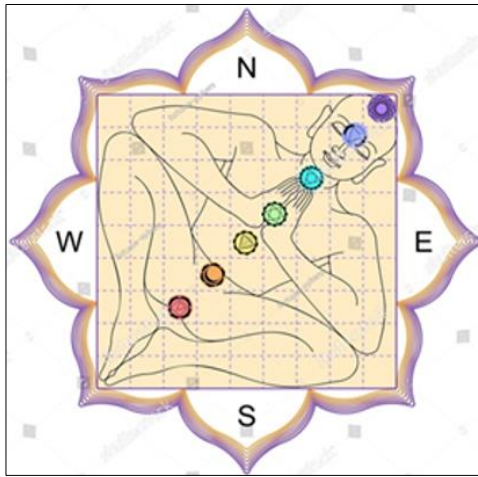


Fig 1



Fig 2

From the illustrations above it is quite clear that all the 32 zones and the 45 devta fields are controlled by one of the 5 elements. It is also quite evident that each one of these 5 elements is compliant with its next element, whereas non-complaint with its alternate element.

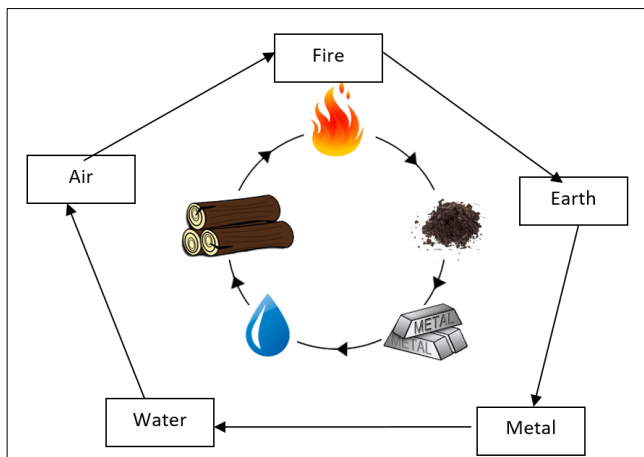


Fig 3

For Instance

- Water produces wood
- Wood produces fire
- Fire produces Earth
- Earth produces Metal
- Metal produces Water

Whereas

- Fire is anti with metal
- Earth is anti with Water
- Water is anti with Fire
- Air is anti with Earth.

When we look into the explanations in detail the figure above shows the five elements, present in nature, namely Water, Air, Fire, Earth and Space. Moving in chronological order, starting from Water, the element next in line is always considered to be friends with the previous element, while the alternate elements are considered to be anti-elements. For instance, Water is friends with Air, whereas Water is anti to Fire Element. This is self-explanatory as water evaporates to form air and air when condenses forms water in the form of rain, hail, dew etc. whereas, when there is a fire due to burning of

woods or charcoal, then often water is used to extinguish the fire. Similarly, going further, Air supports burning i.e. Fire flourishes in the support of Air, whereas Fire and Water are anti-elements. So, fire cannot exist in the presence of water and water evaporates in the presence of Fire.

The 16 zones into which the whole house is divided is governed by one of these elements. Hence it gets imperative that the friendly zone elements and the anti-zone elements are kept in mind, while designing and furnishing the house. In case anti elements are placed with each other, then it causes disharmony which further leads to issues in our day to day lives and transactions.

The next relationship that has been established amongst the five elements w.r.t Vastu is that the element that falls behind a specific one, is called Parent Zone and the one that falls next to it is called the child element. So if a zone is to be enhanced then either we need to use the permissible colors and activities pertaining to that particular zone or the parent zone, and if it has to be exhausted then the colors and/or the activities of the next zone or the child zone are to use used. This comes from the concept that parents are always the providers or givers, while child are always the takers.

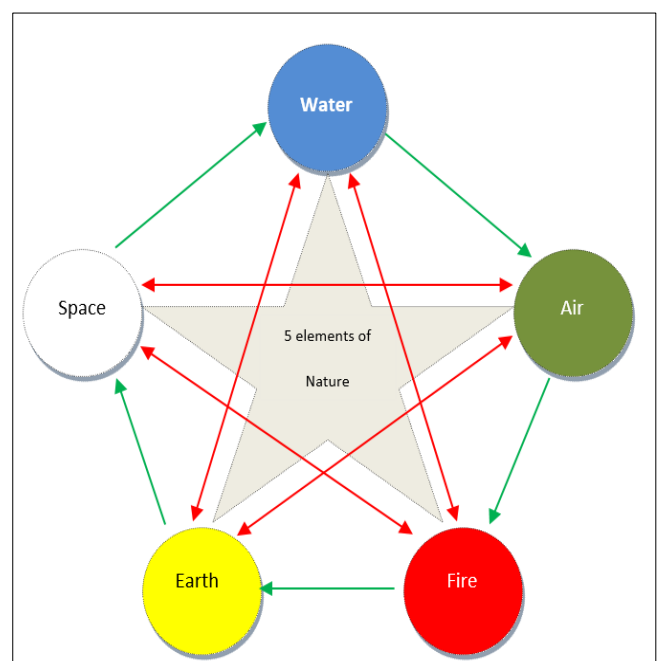


Fig 4

This explains how the science of Vastu Shashtra is based on the principles of 5 elements and how these work hand in hand to make this universe, our planet Earth and our lives going.

Material and Methods

Different types of establishments were studied and correlated with the interdependence being discussed in the sections above and also illustrated through various figures.

Discussion: Why should Vastu Shashtra not only be applied to a Dwelling, but should be made a mandate Continuing the discussion that our Universe is made up of 5 elements, all the varied occult modals also state that human body is also made up of the same 5 elements. Ayurveda: The Science of Self-Healing: A Practical Guide Vasant Dattatray Lad clearly states that human body is also made up of the 5 elements of our mother nature, also known as Panch Bhutas. As previously mentioned they are Water, Air, Fire, Earth and Space. These elements work both inside and outside our body in tandem that makes the human body going. Starting with Water, which essentially represents the liquid form, is present inside our body in the form of blood, sweat, urine, saliva and semen. During breathing we inhale and exhale gases from the air, i.e. oxygen and the carbon- dioxide. Not only this, it is also responsible for movements like expansion, contraction, vibration and suppression. Fire is represented by the energy used by the body, released during the process of digestion, respiration, and also by the hormones like dopamine, oxytocin and endorphins, released during physical intimacy or during the growth spurts observed during the teenage years. Fire element inside the human body is also responsible for processes like hunger, sleep, vision, skin complexion and thirst. Moving to the fourth element, Earth, is represented by all the solid structures in the human body, which can either be touched or felt like bones, teeth, muscles, skin and hair. The last element i.e. Space is present in the hollow cavities of the body in the form of light radiation, radio frequencies and cosmic rays. The above explains the scientific theory of human body acting according to the 5 elements of nature.

In this chapter we will try to assess the human life from its different aspects, and avenues to understand, that all the before mentioned varied angles amalgamate into a single theory that human life and Vastu Shashtra are like body and soul. They co- exist and are not devoid of one another, rather they work for the betterment of one another. Hence it should not be an option should be a mandate that the principles of Vastu Shashtra should be applied to a house or a commercial space in order to aid man to complete the task for which he has been sent to Earth. Vastu Purush is commonly believed to be the god of structure and construction.

As explained in Vishwakarma Prakash, Vastu Purush is a Sanskrit term bifurcated into two parts 'Vastu' which means dwelling or building and 'Purush' refers to the soul or spirit. As per our holy Indian scriptures, Vastu Purush is the central figure in Vastu Shashtra. His presence and positioning are considered critically important when designing spaces that harmonize with cosmic forces. To make the mankind understand the importance of Vastu Shashtra, even the deity who is worshipped for Vastu Shashtra is called Vastu Purush and not address as Lord Vastu or God Vastu, in our day-to-day language. All of this signifies that the energies of the house, work in coherence with the person or purush staying in the house. For this important reason, Vastu Shashtra should be applied to all kinds of dwellings, so that the energies of the man and his building are aligned to work for each other.

Going further on the human body anatomy and how the 5 elements of Universe work on it, we go back to our rich ancient past, where some great saints and sages did some deep research.

The ancient yogic texts like the Upanishads and Ayurveda, explain the human body as a combination of 7 chakras and 5 elements of Universe. These chakras are governed by specific element of the Universe, like some bodily functions are controlled by the Air elements while the others are controlled by like Fire, Water etc. They are often described as spinning wheels of energy, each associated with specific physical, emotional or spiritual aspect of the human body. These are distributed throughout the body starting from the head and moving down till the anus. Going a bit further on this human anatomy, we get to know that each Chakra controls specific functions performed by human body. For instance, Breathing is controlled by Anahata Chakra, which further is controlled by the Air element.

Science, Vastu Shashtra and Ayurveda, all these varied forms work towards the common goal, i.e. alignment of the human body for proper functioning in order to maintain good health, vitality and prosperity. Not only Indian ancient scriptures like Upanishad and Ayurveda support this theory, several other western studies as like the traditional Chinese medicine, popularly known as Qigong also advocate the same line of thought.

The diagram below shows how the various bodily functions are controlled by different chakras, which are further controlled by 5 elements of nature.

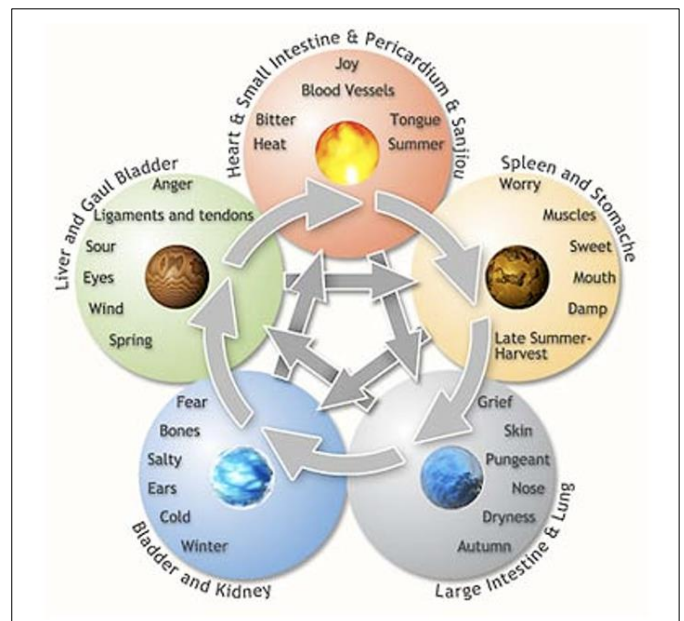


Fig 5

Lets understand how the various chakras are distributed in our body and how these chakras are governed by various elements:-

- Root Chakra-Muladhara Chakra- Governed by Earth Energy, is responsible to provide stability and survival.
- Sacral Chakra- Swadhishtana Chakra- is associated with water element, and controls the creativity and emotions of human body.
- Solar Plexus Chakra- Manipura Chakra- is the fire element present in the body, and is associated with confidence and will power.

- Heart Chakra- Anahata Chakra- is the air element and controls the love and compassion for human beings.
- Throat Chakra- Vishudha Chakra- again can be linked to air element, and is responsible for communication and truth.
- Third Eye Chakra- Ajna Chakra- dominated by light or the fire element, is the place from where intuition and insight originates.
- Crown Chakra- Sahasrara Chakra- represents the cosmic energy and can be linked to the Space element.

Each chakra governs certain parts of the body. While the chakra mandala discusses the same in detail, the 9 zone gridding does the same on a broader aspect. In the 9 zone gridding, we divide the area of the house/ shop/ plot into 9 equal squares and then assign each square a particular zone. This zone also controls a particular body part. Aches and Pains or any disease related to that particular body part can be attributed to problems in that particular zone of the house. This is shown as per the table below:

North- west	North	North- east
Left Arm & Lungs	Face/ Chest/ Breathing Organs	Head/ Brain/ Mind
West	Brahmasthan	East
Stomach/ Digestive organs & Intestines	Naval/ Soul/ Prana	Heart/ Eyes/ Blood Circulation
South- West	South	South- east
Thighs/ Reproductive Organs	Feet/ Vitality/ Circulatory Organs	Right arm/ Energy/ Metabolism

As we get into further details and focus on 16 zone gridding, we get to understand that Vastu Shashtra not only addresses the physical health of human body, but also the other aspects like mental health, sexuality, emotional support from friends and family, confidence levels, leisure, career, so on and so forth, as depicted in Table 1. As per Shakti Shakra, as shown below, we can clearly see, how each and every minute detail, related to the human life is being covered by this holy science.

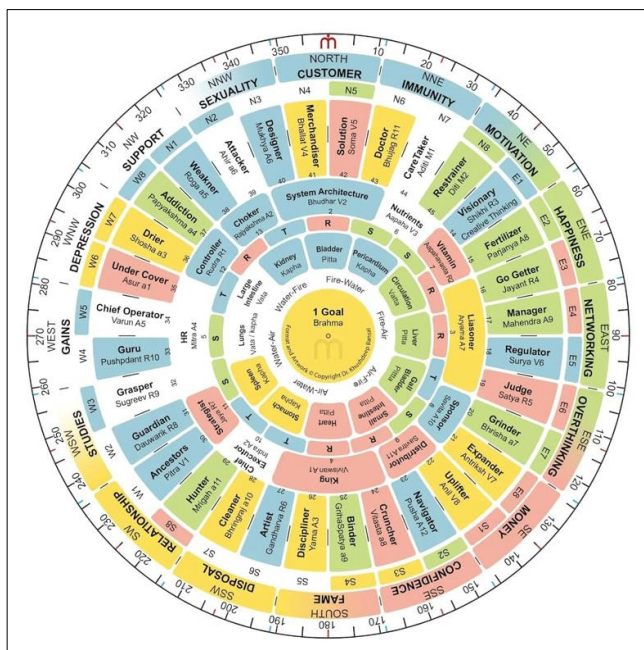


Fig 6

Even as per the Vastu Chakra Mandala, shown in Figure 6

- The Head of the Vastu Purush lies in the North-East direction, which is apt to make all the entrances as all the energies enter the body through the North- East direction.
- The Stomach of the Vastu Purush lies in the South- East direction, which is the reason this direction is taken to be the best suited direction to make kitchen.
- The Feet of Vastu Purush lies in the South- West direction, apt for energies of Support and Stability. Thus, this direction is suitable for the owner or breadwinner of the dwelling to reside.
- The Heart of Vastu Purush lies in the North West so this zone signifies movement and desire fulfillment.

The lower Heart region of the Vastu Purush lies in the East direction; hence this zone is associated with divinity and auspiciousness.

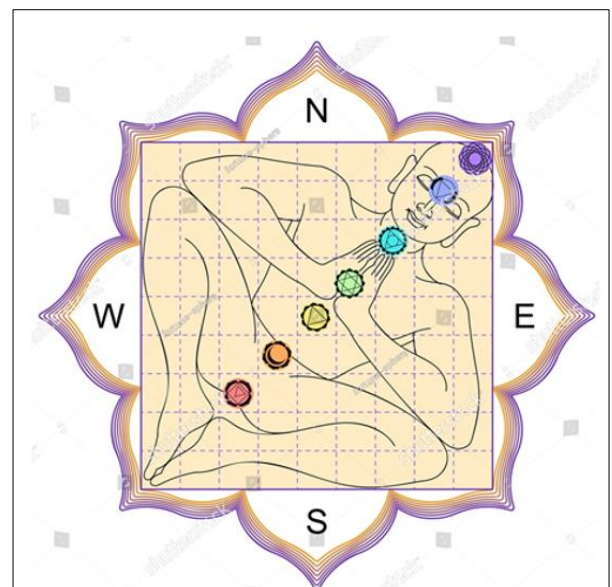


Fig 7

Hence if the human-body, the premises in which it resides and the universal forces, work in coherence, then it works for the best for attaining the best from life and from the nature.

If we talk about dividing the perimeter on the flat or plot that has been purchased, then the same can be divided as per the grid shown as below: -

Air	Water	Water
Water	Space	Water
Earth	Earth	Fire

However that's not the only reason why Vastu Shashtra should be applied to all the buildings, be it for personal use or commercial purposes. When we analyse the reasons keeping all the occult modals like Numerology, Astrology and Ayurveda, we reach the same conclusion that applying Vastu Shashtra is not a luxury but a necessity.

Secondly, as psychology explains that "Man is a social animal", and always stays within a group. Come to think of it, there are very few times in our lives that we are all by

ourselves. We are either in the middle of family members, or amongst our friends and when in office, we are building social connections or are in between peers, colleagues or bosses. As per the 9 zone gridding in Vastu Shashtra, the space that we live-in has been allotted a specific zone either as per the role that a particular family member plays or as per the age-bracket a family member can be in. This can be summarized as per the table below:

Young Females	Male	Male/ Kids
Young Married/ Unmarried Females	Head of the Family (Male)	Male/ Kids
Male	Male	Elderly Females Middle Aged Son

Thirdly, exploring this concept through the lens of Numerology. Numbers are everywhere. The moment we are born, we are assigned a Date of Birth. With just the date of our complete Date of Birth, we get our Primary Number or the Driver Number. In Numerology, the driver number shows the person's core personality traits that they have from birth. Secondly we calculate the Secondary Number or the

Conductor Number, which explains the external influences and circumstances in life that a man has to go through. To understand the impact of numbers from 1 to 9 on a human life, a 9x9 numerology grid called the LOSHO Grid is made. In this grid, each number has been assigned a specific place or square. Also, each square has also been assigned a particular direction, like shown in table 3, below,

4 South East	9 South	2 North West
3 East	5 Brahmasthan	7 West
8 North- East	1 North	6 North- West

So, when a Losho Grid is made for a person, first and foremost, we look at the Driver Number and the Conductor Number, and see, if the squares pertaining to those numbers are filled or empty. In case they are filled, then those directions of the house are balanced, however, if they are empty, then we can surely see a disturbance in the zones in questions, followed by some negative impact in the aspect related to the same. Once this is done then we also look at missing numbers, go back to his or her house and check for that particular direction, and most of the times it is found that, the direction in question is either compromised or has gone in extension or reduction. Numerology also then gives some simple remedies to strengthen that direction, so that the benefits related to that particular number can be reaped.

Fourthly, when the perimeter of the house is gridded as per the 9 zone theory, then each and every zone gets a particular God, that rules over that portion of the house. As depicted in Figure 7. Any disturbance in that particular zone can be corrected, either by performing rituals pertaining to that particular God or simply by placing an idol of the deity and following the practises as advised by this holy science.

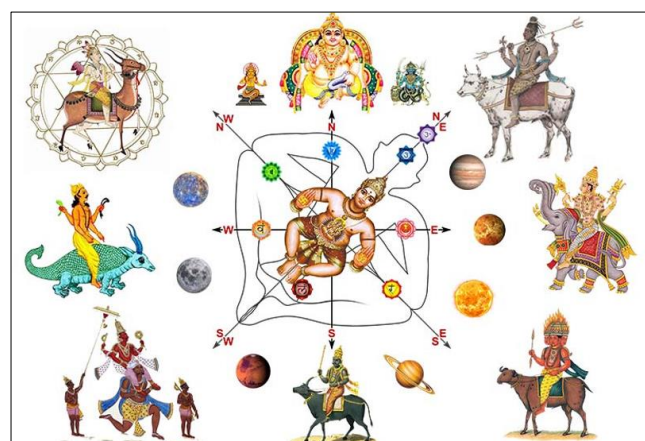


Fig 8

A summary of the 9 Zone gridding as per Astrology is as below. It also shows the God Almighty that rules that particular zone and the planet that rules the same. For example, North- East direction is Ishan Kon whose God is Lord Shiv and is ruled by planet Jupiter. Similarly, North Direction's Lord is Kuber and it is ruled by planet Mercury

North-West: Lord Shiv	North: Lord Kuber	North-East: Lord Shiv
West: Lord Varun	Moon	Mercury
South-West: Lord Shiv	Saturn	Brahma
	Ra/Ke	Mangal
		South: Lord Yam

Figure 8 explain that when we see the 16 Zone gridding through the Shakti Chakra, this division gets even more

explicit with each and every God Almighty ruling their designated zone and place.

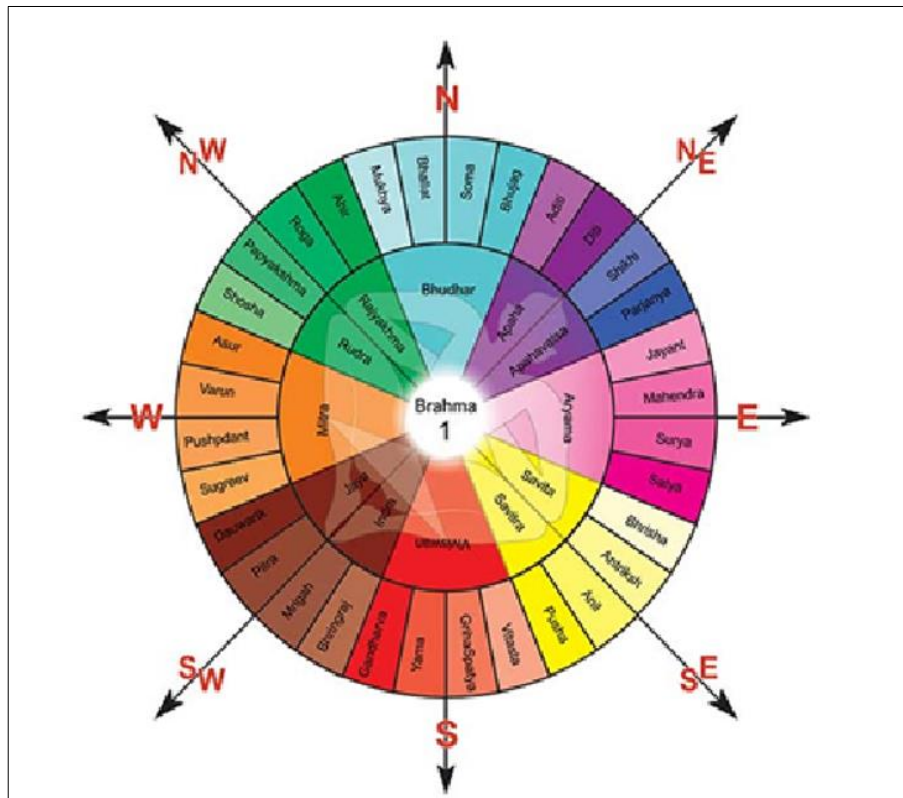


Fig 9

Conclusion

Thus we can easily conclude the All for One and One for All theory, with this correlation. Though we see human-beings and the personal or the professional properties as separate entities, but in actual they can be considered as one entity, working for one another.

Understanding Vastu Shashtra along with Human Anatomy helps us to build a place where we can establish a deeper connection between the two entities. Houses build in this manner not only provide protection and success to its owner, but also becomes a self-healing machine, which keeps reviving and rebuilding the energies of the house, for the betterment of the people staying in it. By addressing the Vastu dosha imbalances and chakra blockages, we can achieve a holistic well-being.

In conclusion, Vastu Shastra, though rooted in ancient wisdom, continues to hold profound relevance in the modern world when interpreted through the lens of science, psychology, and metaphysics. Its principles align seamlessly with the five elements of nature earth, water, fire, air, and space each governing not only the physical environment but also human physiology and mental well-being. when examined through the interdisciplinary lens of architecture, environmental psychology, and integrative health sciences, reveals a sophisticated framework that connects human well-being with spatial orientation. Its foundation in the five elements earth, water, fire, air, and space mirrors both ecological and physiological systems, demonstrating how environmental balance directly influences physical health and cognitive stability. Moreover, its associations with planetary energies and numerological structures highlight the deeper synchrony between microcosm and macrocosm, suggesting that spatial design can act as a mediator of cosmic order. Contemporary research increasingly supports these correlations, indicating that Vastu is not merely a cultural tradition but a dynamic, scientifically relevant paradigm that

offers sustainable solutions for enhancing health, harmony, and productivity in modern living and working environments.

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