

LOCATION OF FUNCTIONS FOR HEALING: A VASTUSHASTRA WAY

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Abstract

The theme of Vastushastra is hinged on the concept that the surrounding energies as affecting the earth should be optimally utilized in such a way as to be compatible to the laws of nature and functional requirements. Thus it deals with accentuation of positive energies and rejection of negative energies taking into consideration the macroscopic and microscopic effect. The cumulative effect of energies on the built form in the embodied plot has led to specific geometric form with varying energy grids on it which ultimately led to the location theory of different functions. The stipulations through observations, experimentation, which are time-tested and confirms with today's science ensures conducive energetic environment to both the performer and the function. The implementation of vastu edicts prevents and/or cures the stress conditions and pin-point the saying "prevention is better than cure".

Keywords

Vastushastra, Vastu-purush-mandal, energy dynamics, cosmic energy, Brahmsthan

Introduction

The prevailing general perception is that any ancient wisdom being sectarian is an occult science with miraculous qualities. Vastushastra is no exception to this bias. Pseudo Vastushastris has abetted this belief. Modernists refuse to reckon it as a science because the stipulations cannot be quantified/tested in the laboratories. Vastushastra is time tested normative/observatory science based on knowledge experiment and experience. The primordial thought in Vastushastra is that i) all animate things (there are no animate things) are part of the nature hence all the activities must not be in conflict with the laws of the nature as the very survival depends upon the energy drawn from nature. ii) Besides energies from other planets, Tuleric energy and man made energies, the sun is an omnipotent source of energy for life (PRANIK URJA). The investigations and findings of Vastushastra therefore take into consideration the cumulative micro effect not only at the gross level but also at subtlest level. This is the major difference between modern architecture (western science) and ethnic edicts. The present architectural norms are only materialistic and utilitarian. The present building bylaws ensure light, air, privacies etc at gross level. In addition,

Vastushastra deals with optimum utilization of energies, harmonic synchronization of conflicting energies, accentuation of positive energies, and rejection of negative energies taking into consideration the macroscopic and microscopic effect. Thus Vastushastra, which is more than scientific comprehensively out, performs the much talked about cause and effect theory. That is why Vastushastra treatises proclaim very confidently that if the tenets are strictly followed the habitants will have good health, a sound mind, efficient thoughts and improves rational decision power and through that prosperity and bliss. Since Vastushastra laws that were adjudicated as religious dogmas were pertinently followed for religion was a way and philosophy of life for Hindu mind.

Energy Dynamics Syndrome

The earth's atmosphere system is sustained by the energy from the sun. Solar radiation (electro magnetic waves) is the ultimate source of most forms of energy. Hence the sun has been a subject and much valuable information is found in our ancient treatises (Rigved 24000 BC, Suryasaparsharav Varnan, Surya Sidhanth, Sour Sukta, etc). It is astounding to note that comprehensive astrophysics information has been written in pre-telescopic era. The self spinning and orbiting earth is subjected to and governed by energies which can be classified as:

1. Cosmic Energy (pranik energy)
 - Solar radiation
 - Solar gravitational force
 - Energy emitted by other celestial bodies (i.e. planets, moons, etc)
2. Tuleric Energy (terrestrial energy, jaivic energy, organic energy)

- Geo-electro magnetic energy
- Geo-magnetic force

3. Homo-Generic

- Long wave TV, Radio, Cellophanes, microwaves, etc.

Although the dynamics of the resultant cumulative effect of energies is subject to many variables, the Vastushastra mainly deals with annihilation of positive energies and rejection of negative energies befitting to the function. Here an attempt has been made to delineate the traditional narration in terms of basic laws, logic and approach of quantum mechanics leading to the locational theory as per the energy needs of the functions.

Cosmic Energy

In tropical countries the vastu (building) receives solar radiation from the east (the rising point of sun), the south and the west (the setting point of the sun). In its diurnal travel the sun traverses from east to west via south. The altitude of the sun is identically at a very low angle in the morning and evening hours with steep or near normal angle in noon hours with interpolation of angles in between. The intensity of solar radiation is largely the function of the angle and the travel distance of the sun rays which directly affects the energy received per unit area. Thus south east, south and south west directions receive far more radiant energy i.e. remain in hot zone as compared to north east, north, and north west which receives less energy i.e. remain in shadow zone (Figure 1 – hot and Shadow Zones). This equal but opposite creates duality i.e. a sort of thermo couple. Further, the solar input is lower when the sunrays travel a long distance like in the morning and evening and is highest when the

sun is closest like at forenoon, noon & afternoon. East has been considered as a source stream of Pranic Urja (cosmic energy) and the West is a sink/divergent/termination/saturation point of energy. More precisely the North East of embodied vastu is the entry point of sun rays in the dawn. The radiant energy wave flows via north east and converge in south west. Thus NE & SW is another thermo couple (diagonal). (Figure 2-Pranic/Jaivic Urja i.e. Energy)

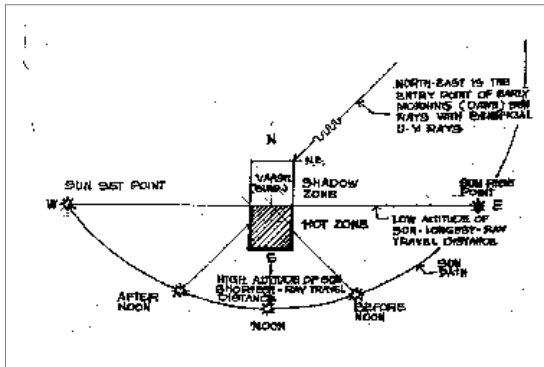


Figure 1: Hot and Shadow Zones

The highest daytime temperature does not occur at noon when the solar energy input equals the flow of outgoing energy. Measurements show that equilibrium between incoming and outgoing re-radiation occurs about two hours before sunset. That is why the south west corner gets the highest energy as compared to the south and the west in that order. This is the reason why evenings are warmer as compared to mornings although the sun altitude is identical. The phenomenon can be attributed to the fact that the afternoons & evenings get re-radiation which creates the greenhouse effect.

Due to the inclination of the spinning of earth at 23.5° strong east west wind creates stress concentration in the south west direction which is also subjected to a shock wave front when the solar wind is stopped by the earth's magnetosphere or magnetic shield. Thus the south west zone is the most unstable whereas the diagonally opposite north east remains in a comparatively stable state with regards to the solar wind and electro magnetic fluctuations.

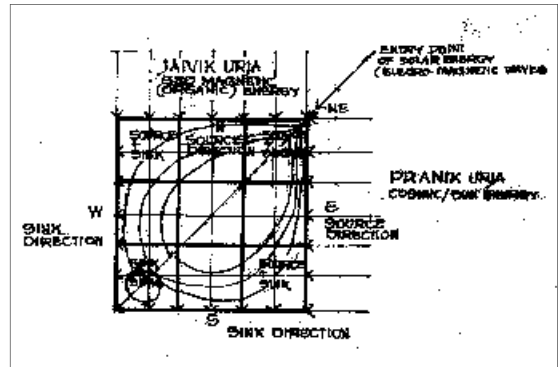


Figure 2: PRANIK / JAIKIV URJA (ENERGY)

Tuleric Energy (Jaivic Urja)

The geo-magnetic force lines are unidirectional which originate from a negative north pole and converge into a positive south pole. Thus north (NE, NW) is the source and south (SE & SW) is a sink direction of geo-magnetic flux. The temperature variation caused by sun path disturbs the symmetry of magnetic force lines primarily in the south west region. Once again a typical imbalance in energy field is evident in the south and south west zone. Gravitational waves (as yet not measured in tuleric labs) also affect the dynamics of energy flow. Cosmic Energy (Pranic Urja) or

solar flux represents dynamic ever changing vector fields through 360° because of the self-spinning and elliptical orbital path of the earth. Whereas geo-magnetic energy is unidirectional in even fixed north-south vector fields, there is no conflict in north zone. There is a unification friendship and reinforcement of Pranic & Jaivik Urja, whereas in the south zone the solar energy field is in opposition to the geo-magnetic flux. Further, geo magnetic forces have the qualities of attraction and repulsion where as gravitation is characterized by only attraction.

Vastu-Purush-Mandal

The intensity of solar radiation on Earth's curved surface is the functions of distance traveled and the angle of incidence. That is why the poles are coldest and the equator at the center is the hottest with interpolated temperatures in between. The same reasoning is applicable on a bounded plot. The difference between north and south ends may be negligible but considerable at the micro level. The disintegrated white solar ray (VIBGYOR) strikes the surface although only a very tiny portion is accompanied by short wave gamma, X-rays etc on the violet end and infra-red, microwaves etc on the red end. The square grids in the bounded square plot with its different 45 devatas (energy-gods) are indicative of different positive or negative energy zones. The demi-gods indicate negative energy and Gods (nsork) indicate positive energy. Devatas are noting but the symbolic forms of solar energy. Horizontal and vertical matrix lines are not simple division lines but are channels of gravitational and geo magnetic energy lines respectively.

Thus Vastu-Purush-Mandal with its square grid represents the resultant energy grid zones showing the cumulative effect of different

energy fluxes. The outlying square symbolizes the physical world bound in four directions. This analogy determines the square as an auspicious form of plot and the necessity of orienting the sides to the cardinal directions. The functions and the conducive energy requirement decide the spatial locational theory in Vastu-Purush-Mandal. In a way the mandal is a miniature replica of cosmic diagram. (Figure 3: Vastu Purush-Mandal).

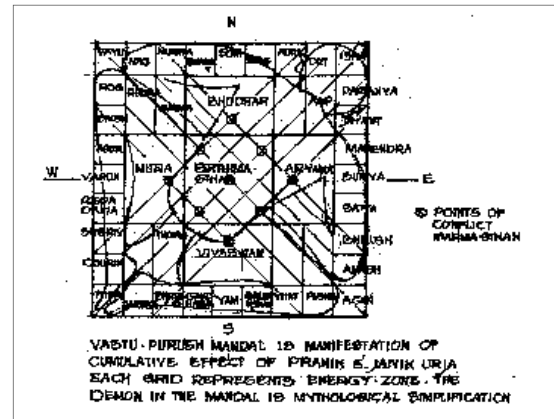


Figure 3: VASTU- Purush Mandal is manifestation of cumulative effect of PARNIK and JAIVIK URJA. Each grid represents energy zone. The demon in the Mandal is a mythological simplification.

Simplification

In its over simplification the spatial locational theory is explained by the story of a demon lying in the embodied form. The various tectonic functions are located as per the limbs of the demon. The simplified version of the Vastu-Purush-Mandal is in terms of directions as the operating factor and can be explained in as source and convergence directions of

energies. The cardinal directions north and east are sources, while south and west are convergence directions for energies. Sub directions combine confluence of two different energies of the adjoining main directions. The confluence of the energies as it happens on the whole earth also happens at its micro part that is on the plot.

The levels of energy zones can be represented graphically with a hypothetical scale. The theme of convergence and source of energy is that broadly south and west receive more energy and the north and east are the source points. Out of which south west is most vulnerable as it receives the highest energy being convergent sides of both Pranik and Jaivik Urja where as NE gets the least energy. To counter balance the energy it requires appropriate matter (physical mass and/or life). As such south west should have heavy mass and north east the least. This leads to the stipulation of slopes mainly to NE and also slopes from south to north and west to east. The slopes also ensure the draining of the south west monsoon rainwater to the lowest northern point. This may be called a weight theory which decides the thickness and opening in the wall (Figure 4: Weight Theory). For example the thickness of walls on the south and west should be with the least or no openings, whereas on the north and east the thickness of the wall should be at least with maximum openings to make the wall further lighter and allow the passage of early morning beneficial UV rays. The extra gravitational mass and the ascending sides of the south and west are necessary to intercept the energies otherwise the energy will just flow over the plot.

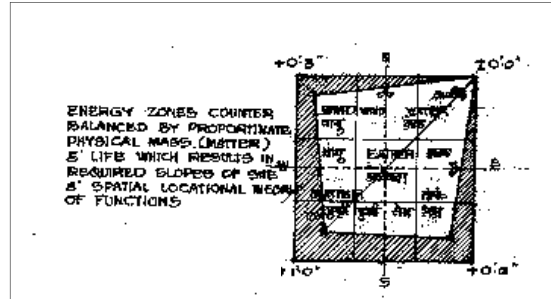


Figure 4: Weight Theory

Relevance of Vastu Norms as Per Directions

The scientific considerations have been simplified and the edicts in terms of directions are being explained below. The hierarchical order of functions, the equipments and time duration required for the activity, in addition to the performer and the energy need put together easily to decide the spatial location of any function (Figure 5: Locational Theory). The rejections, acceptance or means of absorption of the energy and co-relating to the function is the theme of Vastushastra norms of spatial location.

Preliminaries

1. Any plot may have hillocks or mounds on its south and/or west, i.e. heavy gravitational load on these sides and water body (river, pond, tank etc) on NE and north, i.e. reduced mass on the sides.
2. The depth wise plot chosen should be square or rectangle (max B: L: 1:2) with a larger north-

south axis so that the exposure to south, SW and west will be very little.

3. The geometric axis of plot or Vastu should be in line to match with the geomagnetic axis of the plot, i.e. the sides of plot and Vastu must face the true cardinal directions.

4. The building block should be located in the south-west corner so that there is small margin on the south and west and a large margin on the north and east which will absorb beneficial morning rays. Secondly, by this shifting the center of gravity of plot (in terms of energy) and that of Vastu get coincided.

5. The bore-well or open storage tank should be located in NE (also north and east) to absorb morning UV rays.

North-East

NE is the source of Pranik and Jaivik Urja due to the tilt of earth's axis ($23 \frac{1}{2}$), the early dawn sun rays with beneficial scattered UV rays enter the vastu through this direction. As such this corner should have very few absorbents of matter such as wall, furniture etc, and, should have maximum openings to allow the free passage of bacteria killer UV rays throughout the vastu. Open storage of water absorbs excessive UV rays if any and purifies the drinking water by

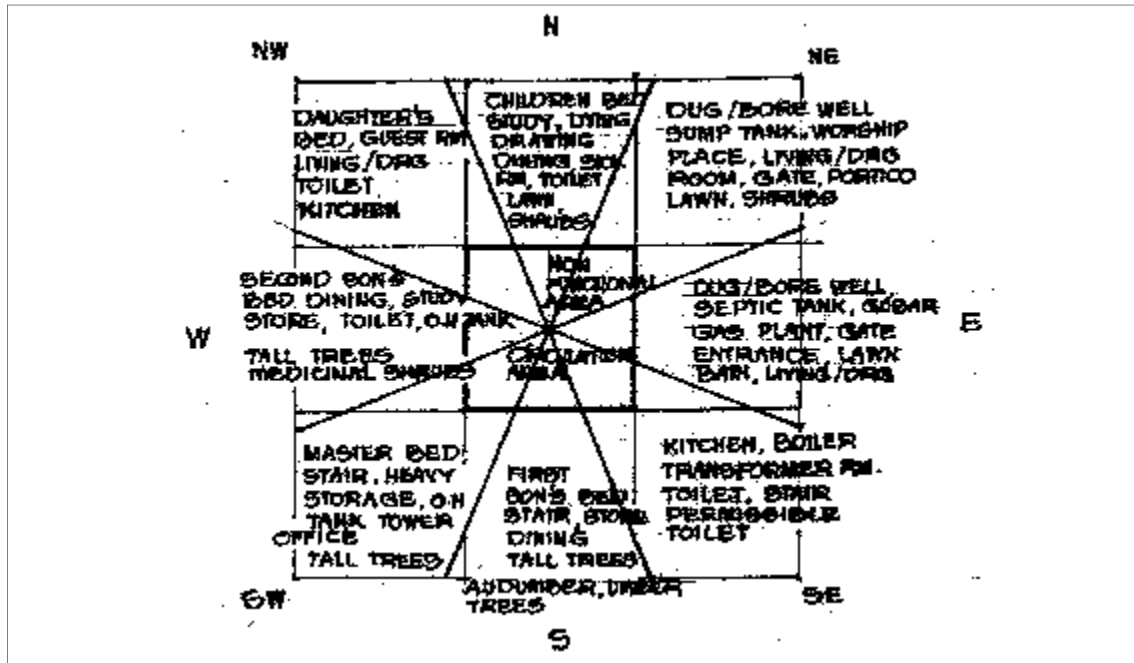


Figure 5: Locational Theory

killing micro bacteria. Very appropriately this zone is allotted to Jal Tatva (water element) as per Vastushastra. Medicines etc should be placed in this corner so that the morning solar energy enriches it. The time period being tranquil, pollution free and ozone rich is most suitable for concentration, meditation, studies, Pranayam (system of breathing exercise), etc. This very time has been advocated for daily rituals with minimum clothes on the body so that the body also gets vitamin D from the sun rays (the only source of vitamin D).

As a rule there should be no basement in the building but if at all necessary it can be in this zone. The reduced gravitational load allows the free flow of energies. The worship room, drawing room, and study room can be designed in this corner.

East

East is the direction of rejuvenation, the rising hopes and source direction of cosmic energy (Pranik Urja). It is a time for an increase in temperature and a decrease in humidity. During sun rise for the first two and a half hours, (say up to 8.00 A.M) the sun provides energy for promotion of life as the altitude of sun is low and the sun rays travel longer distance. The pranik urja refers to the highly energetic solar energy flux. Hence more openings should be provided in the lighter walls. The bathroom and the drawing room may be provided in this zone. The larger marginal open space ensures the unobstructed area for a free flow of energy. No tall trees or high compound wall should be provided least beneficial sun rays are obstructed. The main entry to the house in this direction brings the happiness through blissful energy.

South-East

Between 8.0 A.M to 11 A.M as the sun's altitude increases, it radiates more and more energy. At this end the sunrays are accompanied by long-wave infrared and microwaves which are very much helpful in cooking. So the kitchen is located here. The housewife should cook the food facing the east so that the morning sun also benefits her. This corner is exposed to the sun for major time, which helps in drying the areas and killing the micro bacteria. This direction combines the source and sink of pranik and Jaivic Urja (geo-magnetic flux) respectively which gets disturbed due to the temperature increase. As such no bedroom or any function of longer duration should be planned here. This zone is a fire zone (Agni Tatva) as per Vastushastra.

South

With high or near normal altitude of the sun during mid noon (11.00 to 14.30 hours), the sun emits intense energy spreading scorching heat throughout the atmosphere. The interruption of electromagnetic flux lines, combinations of cosmic rays and radiation particles, uneven magnetic field due to thermal imbalance and fierce heat results in excessive energy. Ascending slope, high plinth, thick & high walls and no or minimum openings provide a larger mass (matter) i.e. extra gravitational load to absorb the extra energy. This is the time of highest temperature and lowest humidity. That is why Vastushastra advises to plant Neem/Audumber/Umber family to increase the humidity by releasing the water vapor.

A rise towards the south generally implies additional mass acting as a catalyst to regulate

and absorb the excessive uncontrolled energy. As against this a slope towards the south creates imbalance in energy mass equivalence. Loading the south side rectifies this flow. Bedrooms with heavy furniture and other equipments and storage make it heavy by matter and life. For energy retardation and to control atmospheric temperature, trees that exhale water vapor such as Audumber (Ficus Glomerata) and Neem (Azadirachta Indica) should be planted on the south side of the plot. South direction has been considered an evil direction mainly because of energy imbalance. South direction per se is not evil but while planning main door entry or other openings one should be careful. This side is best for location of entertainments. One should sleep with head in the south direction for better blood circulation. The human body is para magnetic with head as North Pole and legs as South Pole.

South-West

The south west is the sink direction of both Pranik and Jaivik Urja and combines the effects of south and west directions. The rectifying measures require heavy compensation through gravitational loading. The staircase tower, the master bed room, storage of heavy goods, etc should be planned here. The stress conditions are so large which can be easily braved only by the grown up person (master). Open water storage tank is strictly forbidden here as the afternoon UV rays readily get absorbed in water that re-radiates in the atmosphere increasing the temperature and discomfort conditions. The south west quadrant is allocated the Prutvi Tatva (matter) the element matter of five primary elements.

West

West is the radiation-less hemisphere and is governed by the moon. This being the convergent direction of pranik Urja, it should be equally heavily loaded as the south which helps the free flow of electromagnetic energy (Pranik Urja). This side is meant for the bedroom of second son, dining, and overhead covered water tank toilets etc. Eucalyptus trees and other medicinal herbs should be planted on this side so that westerly winds will flow the aroma in the house. The west side is characterized by decreasing temperature and increasing humidity.

North-West

NW is the source direction of Jaivik Urja and sink direction of cosmic energy. Thus it combines the effects of the west and north directions. The radiant energy is received from the low altitude angle. The guest room, daughter's room, etc should be planned here. It is also the second best place for the kitchen. The corner is reined by VAYU primordial element.

North

North is purely the source direction of Jaivik Urja. In tropical countries it is never subjected to direct solar radiation. The difference of an incidence angle is also negligible to 10^0 for lower latitudes. In short this zone comes under the shadow zone of building. But after sun disappears, this side (north, NW and NE) is ruled by the moon. In order to allow the free flow of geo magnetic waves this side should have least absorbents with thin walls and maximum openings. The larger M.O.S and descending slope ensures the free flow of energy. Light activities like drawing room/living room should be planned on this side. This is also

the place for lawns, shrubs, flower plants etc. or vertical growth trees, which do not obstruct the energy, flow.

Brahmasthan

The angle of incidence is very high or near normal with the shortest distance of ray travel. It is characterized by high temperature and dry conditions due to lowest humidity, which is most uncomfortable for any activity. Vastushastra advocates no activity in this zone. The central open chowk acts as exhaust duct for heated air. The chowk helps in admitting the light to the adjoining areas and can be used for variety of chorus work are the added advantage. Where open chowk is not possible like in flats, the central place should be devoid of any activity i.e. may be designed as circulation area.

Epilogue

The spatial locational theory as known for the whole square (Mandala) can be also applied individually to each quadrant with the same principles. For example in any room the heavy storage or cupboards etc should be loaded along the western or southern sides and relatively less load/furniture on north or east sides. Each small square is a miniature of mandal stipulations. The Vastushastra stipulations have been analyzed purely on the basis of scientific phenomenon. The bliss and evil effects affecting the health of inhabitants have been explained avoiding the superstitions ill or bliss fortunes or mortal fear as mentioned in the Vastushastra.

An effort has been made to unveil the secrets of

ancient science on the basis of modern scientific phenomenon. Through Vastushastra edicts one co-relates micro-space to macro-space, inner space to outer space through kind of harmony and rhythm in the energy fields. One who lives in the properly attained cosmic envelope of a vastu enters an energy field where there is no friction, impedance or loss of energy.

In nature the tendency is towards equilibrium and harmony between various energy fields and the phenomenon is governed by certain principles, which is termed as ecological order. Equilibrium between energy and matter, the animate and inanimate and conformity with positive and negative energy forces is achieved. There is nothing miraculous if prescribed dose of drugs prevents or cures the disease. It means that there is cause and reasoning. Similarly the implementation of vastu edicts prevents or cures the stress conditions and hence aptly can be called holistic healing system.

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