

GLIMPSE OF VASTUSHAstra IN AYURVED

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ABSTRACT

Vastushastra was a developed science like *Ayurveda* in ancient India. Every buildings, hospitals and temples were made following instructions of *Vastushastra*. These instructions are followed in present time also for peaceful life. Instructions of *Vastushastra* have been also mentioned in *Ayurveda* to get better results in patients. This is need of present era to emphasize and elaborate the parts of *Vastushastra* in *Ayurveda*.

Keywords: *Vastushastra, Ayurveda, Rasashala, Geopathy*

INTRODUCTION

Vastushastra is the science of dwelling. The universe is made up of five essential elements i.e. *prithvi, jal, agni, vayu* and *akash*. The human body is also made up of these five elements and the same elements involve in the construction of a house or workplace. A man can make his condition better by properly planning, designing and constructing his house and workplace. The *vastu* influence of building on human beings is like the cosmic influence of the sun on our ecosystem. The principles of *Vastushastra* have been formulated keeping in view the positive influence of the sun, its light and heat, the direction of wind, the earth's magnetic field and the influence of cosmos on our planet earth. The tilting of the earth by about 23 degrees at the meridian on its either side, each of six months called *Aya-*

nams and the Precession of the Equinoxes also seen to have been reckoned with while formulating the *vastusutras*¹.

Solar energy associated with electromagnetic energy generated in a plot of land influences the condition of human. There are many examples in *ayurvedic* texts which indicate that *Vastushastra* was as developed as *Ayurveda* in ancient times. The instructions of *Vastushastra* were followed in the construction of hospitals and collection and storage of medicinal plants.

REVIEW

Vastushastra gives directions about how a plot of land should be chosen for residential, industrial, educational, commercial or any other purposes and how the buildings on

the plot should be constructed and various amenities located there in, considering the movement of the sun and moon and suggests layouts in relation to the four magnetic directions i.e. north, south, east and west. According to the science, positive magnetic energy that initiates from the north-east corner of a plot passes diagonally to the south west. Therefore, to contain the innate energy within a plot, the north-east corner should be lowest part in the plot and south west the highest². The human body is also a magnet with millions of biomagnetic waves transmitted from and to the brain every split second. *Vastushastra* considers head as the north pole and feet as the south pole of the magnetic body.

Vastushastra was a highly-developed knowledge in ancient India. The ancient architectural principles are slowly disappearing in building constructions except temples. The temple complexes continue to be built according to *Vastushastra*. The sanctum sanctorum (*garbhgriham*) lies right below the dome (*gopuram*) and dome of temple is reflector of sound³. The saying of prayers and chanting of *mantras* are more effective in a dome. The ancient *shilpacharyas* had built the temples with mystic significance.

In the western world, it has been developed the science of geopathy. Geopathy is the study of diseases of the earth. Geopathy recognizes that electromagnetic radiations which are cosmic in origin surround the globe. The geopathists say that radiation distortion is a natural phenomenon which makes the site unsafe for building anything over it. Dr. Curry of Germany discovered electrically charged lines of natural origin flowing on north east-

south west and south east-north west lines at three meters apart forming a grid which is now known as "Curry Grid"⁴. Dr. Hartmann, another German scientist discovered charged lines crisscrossing on east-west and north-south directions and where two lines meet, they form a double positive or double negative junctions⁵. It was found that sleeping over these crossed junctions can cause organic diseases including cancers.

Vastushastra contains mathematical calculations along with the knowledge of astrology, geometry, philosophy and the purpose for which the construction of the building is required. The use of *Vastushastra* is specific to an individual but, there are some basic concepts which will benefit everyone. These concepts are as follows⁶-

1. One should never keep his/her head towards the north while lying because it disturbs the circulatory system causing irregular sleep, tension, paranoia and other mental problems. The magnetic fields of the same poles repel each other and the opposite poles attract each other. Therefore, a person should keep his/her head towards the south or east.
2. The boundary walls are an effective way of containing the energy level and magnetic field of the plot. The wall should be thick and high in the south west directions and thin and low in the north-east directions. Outlets of rainwater should be in the north-east directions.
3. The main entrance of the house should be in the north east, north or east directions.
4. The balconies should be in the north east, north or east directions.

5. The plot should be symmetrical in shape i.e. square, rectangular, circular or hexagonal.
6. The central part of the building should be free from any obstruction like wall, pillar or beam.

Many text books have been written in ancient times on *Vastushastra*. Some text books are *Manasara*, *Brihat Samhita*, *Mayamata*, *Gargya Samhita*, *Griha Pithika*, *Vastu Chakra*, *Vastu Prakash* and *Vastu Vidya*, etc. Instructions of *Vastushastra* have been explained in many places in ayurvedic text books. *Acharya Charak* has mentioned about *jentak swedan*⁷ (a type of fomentation) that a pond should be situated in north or east direction of the hospital. The *kutagar* (a round room for fomentation) should be made on south or west side of the pond and entry gate of the *kutagar* should be in north or east direction facing towards the pond. These instructions of *Vastushastra* have been mentioned for better results of fomentation therapy in patients. *Acharya Charak* has explained about *putreshti yagya*⁸ (a ritual for achieving son) that the *ritwik* (priest) should select a place in the north or east direction of the house having slope towards north or east. The priest should take his seat in west of the *vedi* (altar). The woman expecting a son should take her seat along with her husband in the west of the fire and south of the priest. It has been mentioned here about importance of seating arrangement of a couple and priest in the ritual for better results. Again, *Acharya Charak* has mentioned about *punsavan sansakar*⁹ (a ritual for procreating male progeny) that sex of the fetus can

be changed before its manifestation by *Vedic* rituals. For this, after taking two undamaged leaf-bud from the easterly and northerly branches of a banyan tree grown in a cow-shade and putting them into curd along with two excellent blackgram (*mash*) or white mustard seed, it should be given to the pregnant lady to drink in *pushya nakshatra*. It has been depicted here about special effect of medicine taken from special direction of special place and administered in a special time. He has mentioned that one should not take meal without facing towards north direction¹⁰. *Acharya Charak* has explained that *kuti* (health resort for rejuvenation therapy) should be prepared in the north-east direction of the *nagar* (town)¹¹. *Acharya Charak* has mentioned that collection of medicinal plants should be done from the land of north direction¹². Medicinal plants of north direction are more potent than south direction. If the plant is not available in north direction, then it should be taken from south direction. He again says that gate of store room of medicinal plants should be in north or east direction¹³. It has been said so that proper light and air can be reached to the medicinal plants. There is glimpse of *Vastushastra* in *Sushruta Samhita* also. *Acharya Sushruta* has mentioned that *pakashala* (kitchen) of the king should be made in appropriate direction on appropriate place¹⁴. He has also explained about properties of wind of different directions¹⁵. *Acharya Vagbhat* has also explained about importance of *Vastushastra* in *Ash-tanghridaya*. He has mentioned that *kuti* should be made in north side of the *nagar* (town) for rejuvenation therapy¹⁶.

Table 1: DIRECTIONS & THEIR GODS

S. NO.	DIRECTIONS	GODS OF DIRECTIONS
1.	North	<i>Kuber</i>
2.	North-East (<i>Eshan</i>)	<i>Shiva</i>
3.	East	<i>Surya/ Indra</i>
4.	South-East (<i>Agneya</i>)	<i>Agni</i>
5.	South	<i>Yama</i>
6.	South-West (<i>Nairitya</i>)	<i>Pitri</i>
7.	West	<i>Varuna</i>
8.	North-West (<i>Vayavya</i>)	<i>Vayu</i>

There are eight directions, one *akash* (upward direction) and one *patal* (downward direction) - total ten directions. There are ten *dikpalas* (Gods to protect directions) for all directions. Instructions of *Vastushastra* are followed in the formation of *Rasashala* (laboratory for metallic preparations). It has been mentioned in *Rasaratna Samuchchayathat Rasashala*¹⁷ should be made in north direction of *Kuber* or north east angle of *Shiva* or east direction of *Indra* on the land having medicinal plants and river or ponds. *Rasabhairav* (*Rasalinga*) should be established in the east side of the *Rasashala*. Furnaces should be made in south east angle and *pashankarma* (mixing of drugs in kharal) should be done in south side of *Rasashala*. *Shastrakarma* (cutting and breaking metals) should be done in south west angle and washing of medicinal plants should be done in west side of *Rasashala*. Drying of medicines should be done in North West angle, compounds of mercury should be prepared in north side and storage of oil, *bhasma* and *avaleha* should be done in north east angle of the *Rasashala*. Thus, locations of rooms for various activities in *Rasashala* have been explained per instructions of *Vastushastra*.

CONCLUSION

In ancient India, every buildings and temples were made per instructions of *Vastushastra* to achieve a peaceful and prosperous life. *Vastushastra* is a developed science. In *Ayurveda*, *Acharyas* have mentioned to follow instructions of *Vastushastra* for better results in patients and for better quality of medicines. Formation of *kuti* for rejuvenation therapy, formation of *Rasashala* for preparations of medicines and collection and storage of medicinal plants are done following *vastusutras*. Although, the term "*Vastushastra*" has not been mentioned in ayurvedic text books, instructions of *Vastushastra* are followed for different purposes in *Ayurveda*.

As we know that branches of different knowledges relate to each other. *Ayurveda* is also connected with other branches which are concerned with health. According to *Ayurveda*, *nidan parivarjan* (removal of cause) is a treatment of diseases. When the cause of disease is physical then, it can be removed by medicines. When the disease is due to *grah dosh* or *vastudosh* then, it cannot be removed by medicines. *Grah dosh* can be removed by *Jyotish Shastra* and *vastu dosh* can be removed by *Vastu Shastra*. Like that, some diseases can be treated by music therapy. It has

been seen that sometimes disease is not diagnosed and cured even after highly advanced diagnostic and therapeutic techniques. In such cases, the disease may be due to *grahdosh* or *vastu dosh* and therefore, *Jyotish Shastra* or *Vastu Shastra* should be referred. *Ayurveda Shastra*, *Yoga Shastra*, *Jyotish Shastra*, *Vastu Shastra* and *Sangita Shastra* should be connected and elaborated for holistic approach in recalcitrant diseases of human. This is need of present era to combine all the concerned knowledges of health to provide peace and prosperity to humanity.

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