GLIMPSE OF VASTUHASTRA 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 Aynams and the Precession of the Equinoxes also seen to have been reckoned with while formulating the vastusutras.

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 highest. The human body is also a magnet with millions of biomagnetic waves transmitted from and to the brain every split second. Vastushatra considers head as the north pole and feet as the south pole of the magnetic body.

Vastushatra 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 Vastushatra. The sanctum sanctorum (garbhgriham) lies right below the dome (gopuram) and dome of temple is reflector of sound. 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”. 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 junctions. It was found that sleeping over these crossed junctions can cause organic diseases including cancers.

Vastushatra 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 Vastushatra is specific to an individual but, there are some basic concepts which will benefit everyone. These concepts are as follows.

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 swedan7 (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 Vastushatra have been mentioned for better results of fomentation therapy in patients. Acharya Charak has explained about putreshti yagya8 (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 sansakar9 (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 Ashthanghridaya. He has mentioned that kuti should be made in north side of the nagar (town) for rejuvenation therapy16.
Table 1: DIRECTIONS & THEIR GODS

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

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 Samuchchayatath* *Rasashala* 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 *Vastushatraare* 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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