

A Comprehensive Study of Vaastu Shastra and Environmental Harmony

Dr. Mithlesh Kumari

Associate Professor, Department of Physics, K.L.D.A.V.P.G. College, Roorkee-247667 (Uttarakhand)
India

Abstract

Vaastu Shastra, an ancient Indian science, does not deal with the architecture aspects alone, it also guides us to lead life in a healthy atmosphere. Vastu Shastra, takes into account the environmental factors that influence the quality of our lives. It involves assessing all environmental influences that affect us, such as the five elements (earth, water, fire, air and space), the sun, moon and the planets in our solar system. It highlights the importance of trees, flowers, birds, sound and artwork around us. Vaastu Shastra facilitates a harmonious relationship between human beings and the environment, which leads to sustainable development. Vaastu, also refers to the art and science of arranging objects with the goal of improving the flow of positive energy and preventing negative energy.

Keywords: Vaastu Shastra, Art work, Environmental harmony, Sound energy, fragrance, positive energy.

Introduction

The Vaastu Shastra can be understood as an Ancient art of placement of any object with respect to the cosmic energy grid which has a great effect on our lives. Vaastu Shastra creates a balance between the living beings, their houses and the environment. In our residence the balance of the five basic elements – earth, water, air, space and fire can bring full happiness and prosperity in our life [1]. Plants introduce life-giving energy into a space. Many plants boost good luck, balance energies, and promote abundance and prosperity. If we want to increase prosperity in our home, then we should choose to have a lot of green plants. The paintings or symbols, birds and flowers enhance the energy flow of space and promote different frequencies to enhance feelings.

Vaastu and Environmental harmony

When we plant a seed it takes all five elements to be in harmony for the seed to sprout, grow and be healthy. The proportion of too much or too little of any element, whether it is the quality of earth, the amount of water, wind (air) or sun, will inhibit its growth. Just as the balance of the five elements affects success in nature, the balance inherent in our environment affects our success in life. Vaastu takes into account all influences to create an environment in harmony with nature that supports our quality of life, including our success.

1. The role of trees, plants and flowers

Plants create a new world around us. We feel an extra energy when a flower blooms around us. They are an important part of any well-balanced space and connect us to nature. With proper placement and

selection, they can improve the quality of air in your home and create an environment that attracts good energy and repel bad or unwanted energies. Plants keeps us healthier and happier, offering both psychological and physical health benefits that include improving our mood, reducing fatigue, lowering stress, boosting healing and pain tolerance and minimising the occurrence of headaches by improving air quality. Some important plants for optimizing the home are as follows:

Basil (Tulsi):

Basil or 'Tulsi' is considered to be highly auspicious. The beauty of the basil plant is twofold. First, it has a pleasant aroma that boosts the energy of your environment and secondly, it is fresh and invigorating. It acts as a tonic for the house atmosphere. It has several medical benefits along with regulating the flow of energy in your home. Tulsi plant should be in the north direction or east of our house to attract good luck and wealth. It has a spiritual healing effect on the environment [2].

Conch grass (Doorva)

In Hindu rituals, the doorva grass plays an important role. The grass is believed to have a purifying effect. A blade of grass and it sprouts back, and this attribute makes it a powerful symbol of regeneration, renewal, rebirth, fertility, and hence prosperity. It is believed that if doorva is planted in the east or north direction, it strengthens the economic condition of the house. According to another belief, the greener the leaves of the doorva plant, the more prosperity and progress will come into the house. According to Vastu Shastra, the dub plant brings positive energy to the house and the negative energy of the house is destroyed [3]. Due to this happiness and prosperity comes into the house.

Jasmine (Mogra)

The Jasmine (mogra) is a calm and kind luck plant that is perfect for the home. It has a wonderful fragrance and is said to reduce stress and promote relaxation. The sweet aroma of the plant will remove the negative energy and make the room pleasant. East is the right direction for this evergreen white flower plant. According to ancient literature [4], the flower jasmine symbolizes gratitude, love, and success. Jasmine also signifies happiness in relationships.

Lilies

Lilies are a perfect indoor plant to purify the air. We can place them in our living room or bedroom to attract mental peace and harmony. It helps to clean the air and evoke a sense of harmony. It also helps to bring good luck and it wards off negative energies [5]. Since the plant attracts good vibes, this lucky plant is also good for emotional wellbeing.

Catharanthus roseus (Sadabahar)

Planting Sadabahar in the garden at home can help people get contentment. This is lucky plant for home with a fragrance and different colours (cream, light pink, light orange) that attracts prosperity. In many cultures, the sadabhar flower symbolises economic stability, joy, good luck and cheerful vibes [6]. Sadabahar should be planted in the south-west corner of the house. It has the property to reduce bacterial and viral infections, inflammation.

Hibiscus (Gudhal)

The hibiscus tree removes all the negative energy from the house and converts it into the flow of positive energy and happiness. Applying it in the east direction of the house accelerates the flow of money. Also, the person gets rapid progress in career. We can grow this plants for positive energy, stability and joy in life. Yellow hibiscus is ideal for lifting our spirits and bringing good fortune into your home. The hibiscus plant direction is either the north or east.

Bamboo Plant

Bamboo signifies a life of good health and longevity. Bamboo is straight and it is believed that bamboo represents modesty and strength. It is believed that bamboo can bring wealth for us if it is planted in the prosperous region. Placing lucky bamboo in the sunrise direction can help attract amazing health for everyone in the family. Bamboo is symbol of long life.

Mint Plant

This herb keeps bad vibes away and is ideal for attracting wealth and prosperity. The aroma of mint leaves helps calm nerves and is believed to revive hopes. It also helps in relieving stress stressed muscles and has medicinal value. Placing a mint plant near a window in the bedroom can ward off nightmares and evil spirits. Mint can also keep around sick people to drive off negative energy from sickness.

Ashoka Tree

Ashoka the evergreen tree with fragrant flowers, is believed to bring joy. This 'tree of happiness' brings positive energy and prosperity. If we plant this tree in the left corner of the door of the house, then it brings wealth, peace and prosperity into our lives. It is considered beneficial to plant it in the north direction around the house. The leaves of the tree bring positive energy and good luck are used in any auspicious work. This tree has a calming effect on the mind and body.

Harsinghar or Parijaat tree

According to Vaastu Shastra, the Harsinghar or parijaat tree removes all bad omens and energies from our home and fill our living space with positivity and tranquillity. It should always be placed either at the east or north-facing side of your house. Vaastu Shastra says that having this tree at home will eradicate all negative vibrations from the house. The swell-smelling fragrance of its flowers soothes the mind, relieves mental stress and provides relaxation to the soul.

Money plant

The money plant filters the air and makes it purer to breathe. It is considered lucky plant for house. Keeping money plant in home is also considered to bring good luck and prosperity. As per Vaastu, money plant should be placed in the south east corner which promotes peace and healthy environment in the house.

2.0 The role of artwork in environmental harmony

The artwork is super-important in Vaastu because it help to attract a good flow of energy and can anchor our intentions when we place it with care in the proper direction. It adds joy and love to life. Paintings are the most important artwork for our home. Paintings in the children's bedroom can improve their academic

performance. A beautifully designed painting touches your heart very deeply. It influences your mind and our personal surroundings. Paintings in the children's bedroom can improve their academic performance. A wall with a beautiful and life-enhancing picture transforms the energy of our living or working space and makes our heart happy and energizes. Paintings in the children's bedroom can improve their academic performance.

Similarly, Idols, stone handicrafts, wooden carvings, home decorative items, etc. have multiple different meanings based on their location and their element [7].

Painting of Sun

The artwork of the sun celebrates the endless beauty of this globe and connects deeply with nature. It emits light and warmth, or solar energy, enabling life on Earth. This symbol fills homes with additional personality. Painting with beautiful sun raising improves solar and fire energies.

Seven Horses Painting

Horses are the animals that are found auspicious in Vaastu Shastra. Seven horse paintings are a symbol of success, strength, progress, peace, and prosperity. Beautifying a place with a seven-horse painting is the best way to draw positive energy into our home. The seven-horse painting with the sun in the background has great significance in Vaastu. Running horses are also considered for speed and growth in our life [8]. Moreover, the number seven is considered auspicious.

Elephant paintings

Elephants are highly significant in Vaastu Shastra. They symbolize strength, protection, wisdom, and good luck, and can bring a range of positive energies into our home or office. According to Vastu, elephant paintings can promote prosperity and royalty. It is recommended to display such paintings on the north or east wall of our home or office for optimal benefits.

Paintings of flowers

flowers are considered as good luck in Vaastu because they trigger positive feelings and attract life force and can enhance the mood of any living space.

A cow and calf statue or painting

As per the principles of Vaastu, positioning an idol of the Cow and calf statue help to bring prosperity, good luck, and a sense of well-being to the household. A Kamadhenu sculpture or a painting in our home may fulfil all our wishes [9]. Placing it in the North-East direction will benefit us in numerous ways and bring wealth and happiness.

Painting of a river

The painting of river in our home can help to maintain the flow of positive energy and prevent stagnation. The purpose of such artwork is to symbolize movement and the continuous flow of life. It serves as an invitation for everyone to embrace change, adapt, and avoid rigidity or resistance. They bring soothing energy into the space, creating an atmosphere that is calm and peaceful.

3. The role of fragrance or aroma

According to Vaastu Shastra, positive energy and freshness in the atmosphere are maintained by keeping the house fragrant. Due to this, positive energy is transmitted along with the arrival of happiness and prosperity in the house. It strongly influences human behaviour, elicits memories and emotions, and shapes perceptions. Our sense of smell plays a major, sometimes unconscious, role in how we perceive and interact with others. Some important aromas are as follow:

Fresh Flowers:

We can use fresh flowers for a natural smell in the house. For this, we can put rose petals in a glass vessel and keep them in the house. This will not only keep the house smelling good, but the family members also generate positive energy about themselves.

Sandalwood:

According to Vaastu Shastra, the use of sandalwood is auspicious to make the house fragrant. Sandalwood has a sweet, pleasant fragrance that is associated with purity and spirituality, it brings positivity to the house. The fragrance of sandalwood gives peace to the mind. It is believed that the aroma of sandalwood helps to create a serene and sacred atmosphere within the house. The burning of sandalwood incense creates a calming effect and promote a sense of peace and tranquility.

Camphor and cloves

The house can be made fragrant by using camphor and cloves. As per vaastu Shastra, camphor can help us to get back our luck in life. If we burn two cloves with some camphor every day and rotate it all over your house, it will help us to grow in life and also improve our luck. Burning camphor and cloves can reduce our stress and help us to concentrate on our work better. They are known to bring wealth and prosperity to our house. As per Vaastu, camphor removes negative energy and purifies the surroundings with healing energies. This brings happiness, prosperity, and peace at home. The delicate aroma of camphor purifies the air and makes the home calm and tranquil.

Frankincense(Loban)

Loban has been traditionally used to purify and cleanse the energies of space for centuries. Burning loban dhoop sticks releases smoke which is believed to draw out the bad vibes while instilling fresh positive energy. Loban is the best energy purifier of atmosphere. It helps in uplifting the inspiration and creativity. It also works as a natural pest repulsive.

Myrrh(Guggal)

Guggul Dhoop is an important part of puja and havan ceremonies. It has been used in homes for centuries to bring peace, wealth, and mental focus. It is burned during religious events or poojas to clean the physical and mental space. The strong smell of guggal dhoop helps create a good environment for meditating or praying.

4.The role of musical sound

VASTU & SOUND ENERGY

Sound is produced by vibrations. These vibrations affect the balance of the five elements within the human

body as well as in the atmosphere around us. The harmonious sounds generate positive energy within us and create a pleasant environment around us. A person reacts differently to different sounds. On the other hand, the sound of gentle music, bird songs, sacred chants and gentle rippling water all have a therapeutic effect. The soft melodious tunes can induce peace, relaxation and reduce sadness, tension and anger.

Sound of flute

According to Vaastu Shastra, keeping a flute in the home happiness and prosperity resides in our house. The bamboo flute gives the message of love and peace. The sound of a flute has a profound impact on our emotions and surroundings. According to Vaastu principles, it can amplify positive energy and create a harmonious atmosphere. The melodious tunes of a flute emit vibrations that resonate with the cosmic energy. Placing a flute in specific areas of our home can enhance the flow of positive energy, inviting prosperity and joy [11]. A flute, often associated with the element of air, can help balance the energies within a room, creating equilibrium and tranquility.

Listening to the soothing melodies of a flute can induce a sense of relaxation and calmness. The harmonious sound of a flute is believed to attract wealth and abundance.

Sound of conch shell (sahankha)

A shankha is considered auspicious and its sound invites peace, prosperity and luck at home. Shankha literally means 'the conch which holds the sacred water'. The sound of Shankha possess the power to clear away obstacles in our life. Blowing a Shankh creates a resonance that is said to purify the energies that are present in our home. The vibrations produced are associated with healing and good sleep. When the Sahankha is blown with controlled breath, the sound emanates from it helps the mind to relax. It is believed that the one who blows the conch gets the blessings of long life and health [12].

Sound of bells (ghanti)

The sound of the bell drives away all evil spirits. It activates the higher chakras of the body. Ringing the bell also cleans the negative energies within the human body and it helps in bringing the focus inwards towards our soul. It balances the right and left part of your brain. The sound of ghanti increase our concentration and keep us alert. It also removes negative thoughts on our mind.

Sound of mantras

Chanting Mantra brings peace and harmony to life. If there is any vaastu-defect then chanting the Mantra helps in resolving it. Chanting Mantra in the office increases creativity. The primary effect of chanting mantras is on our mind and nervous system and highly beneficial for the health [13]. Scientists have done a lot of research on mantras effect on our brain. They found that certain brain parts activated when we recite mantras. It is a positive vibration that eliminates negativity from our mind.

5.The role of Birds

Humans and birds have shared a close relationship for centuries. According to Vaastu, birds are considered auspicious. Where birds are there, the environment becomes blissful on its own.

Conclusion

The specific type of artwork and different wavelengths of various colours promote harmony in the desired direction. This helps in creating a healing environment. Having the plants, in our home we have good vibes, prosperity, good luck, balance energies and natural beauty. The natural beauty of our home showing the world that we care about the environment. Using different types of fragrances makes the environment pleasant around us. There is no doubt that by using a particular fragrance, we can make your surroundings alive. According to science the art-therapy, aroma-therapy, sound-therapy have a significant role in our life.

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