



VASTU SHAstra'S IMPORTANCE IN INTERIOR DESIGN

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Abstract : This research investigates the enduring significance of Vaastu shastra, an ancient Indian architectural traditional, in contemporary interior design. Vaastu shastra emphasizes creating harmonious and balanced spaces by aligning structures with nature forces and energies. By incorporating Vaastu principles- analyzed through case studies and professional insights – interior designers can create spaces that Vaastu shastra not only enhances functionality and aesthetics but also fosters a supportive environment for occupants. This exploration contributes to the growing discussion on how traditional knowledge systems can inform modern design practices, highlighting the lasting impact of Vaastu shastra in shaping holistic living experiences through interior design.

IndexTerms - Vaastu shastra, interior design, traditional knowledge systems, sustainable design, well-being, positive energy flow.

I. INTRODUCTION

Brief Introduction to Vaastu Shastra

Vaastu Shastra, an ancient Indian architectural and design philosophy, has gained significant attention in the modern world for its holistic approach to interior design. Originating from the Vedic texts thousands of years ago, Vaastu Shastra is a traditional practice that emphasizes the harmonization of living spaces with natural forces. Rooted in Vedic traditions, it incorporates principles from astrology, art, and science to create environments that promote health, happiness, and prosperity. This profound set of principles aims to create harmony and balance in built environments with a focus on aligning structures with the natural elements and cosmic energies. Core principles include directional alignments, the five elements (earth, water, fire, air, and space), and the concept of energy flow (Prana). This approach has captured the interest of designers, architects, and homeowners seeking a deeper connection with their living spaces.

Vaastu Shastra, an ancient Indian architectural science, is renowned for its profound influence on the design and layout of living and working spaces. This research paper aims to explore the significance of Vaastu Shastra principles in interior design, highlighting their potential to enhance the overall well-being, functionality, and aesthetic appeal of indoor environments.

The foundational principles of Vaastu Shastra emphasize the harmonious integration of the built environment with natural elements and cosmic forces. Architects and designers, acting as mediators between the site and its occupants, must strive to create a balance between the physical, mental, and spiritual realms through their design choices. By incorporating the appropriate scale, proportions, and energy-balancing techniques prescribed by Vaastu Shastra, designers can optimize the flow of positive energy and minimize the impact of negative influences within a space.

GROWING INTEREST IN HOLISTIC DESIGN APPROACHES

In recent years, there has been a notable rise in the adoption of holistic and wellness-focused design philosophies in architecture and interior design. Vaastu Shastra, similar to Feng Shui, provides a comprehensive framework for creating spaces that promote physical and mental well-being. Its principles are increasingly recognized for their potential to enhance the quality of living environments.

A growing trend towards holistic design approaches prioritizes not only aesthetics but also the well-being of occupants and the energetic flow within spaces. Vaastu Shastra, with its focus on creating environments that support physical and mental health, offers a unique contribution to this movement. By incorporating Vaastu principles into interior design, practitioners believe it is possible to enhance overall quality of life, promote positive energy flow, and foster a sense of harmony in living and working environments.

II. POTENTIAL BENEFITS OF INCORPORATING VAASTU PRINCIPLES

The potential benefits of integrating Vaastu Shastra into interior design are numerous. Studies suggest that following Vaastu principles can improve mental clarity, increase productivity, and enhance physical health among occupants. By aligning spatial arrangements with natural elements and optimizing energy flow, spaces designed according to Vaastu guidelines are believed to promote peace, balance, and well-being.

Integrating Vaastu principles in interior design can lead to several benefits, including:

- Improved mental and physical well-being through balanced spatial arrangements.
- Enhanced energy flow, positively influencing mood and productivity.
- Creation of harmonious living environments that promote overall well-being.

III. LIMITATIONS OF EXISTING RESEARCH

Despite growing interest, research on Vaastu Shastra's impact on modern interior design remains limited. Most existing studies are anecdotal or culturally specific, lacking rigorous scientific validation. This gap highlights the need for further exploration to substantiate the practical benefits of Vaastu in contemporary settings.

While interest in Vaastu Shastra's impact on interior design is increasing, existing research on the subject remains scarce. There is a need for more exploration and empirical studies to fully understand the effectiveness of Vaastu principles in modern design practice. This research paper aims to investigate the potential of Vaastu Shastra as a valuable tool for creating harmonious and healthy living environments, highlighting its relevance in today's design discourse.

IV. REVIEW OF LITERATURE

Vaastu shastra: A Guide to Sustainable Building and Settlement Design

Naman Mirajkar (2016), This research aims to compare Vaastu Shastra with contemporary sustainable building rating systems. While the ancient text does not reference modern technologies, it demonstrates a remarkable understanding of passive design principles for environmental responsiveness. Additionally, Vaastu Shastra considers factors like climatic variations and spatial organization, which are often absent in current rating systems. It also addresses economic and social aspects that are typically not included in these modern tools. The research concludes that incorporating these valuable aspects from Vaastu Shastra could lead to the development of more comprehensive and robust sustainable building rating systems.

Analyzing the applicability of Vaastu Shastra under various climatic conditions in India.. Kulkarni and Mange's 2022 research examines the applicability of Vastu Shastra, an ancient Indian architectural system, across India's diverse climatic regions. While acknowledging Vastu's core principles, the study emphasizes the need for adaptation based on climatic variations. Factors such as sunlight, wind direction, and temperature are deemed crucial for occupant comfort and energy efficiency. The authors suggest that while Vastu principles offer a valuable foundation, they should be flexibly applied to suit the specific climatic context of each region.

Utility of the Ancient Indian Science of Vaastu in Modern Architecture. Antara Nandy (2017). This research explores the potential integration of Vastu Shastra principles in contemporary architectural design. It investigates the applicability of Vastu's core concepts, such as directional alignments, spatial arrangements, and the utilization of natural elements, within modern building practices. The aim is to assess the potential benefits of Vastu on occupant health, well-being, and overall living experience. The research acknowledges the need for further studies to bridge the gap between traditional knowledge and contemporary advancements. By examining the synergy between Vastu and modern design principles, this study seeks to contribute to the development of more holistic and sustainable architectural approaches.

Understanding comfort in homes designed on principles of Vaastu Shastra. Malini Karan (2019). Vaastu Shastra, an ancient Indian practice, creates comfortable homes. This study explores how these principles align with modern passive design for user comfort. Vaastu Shastra focuses on natural elements and spatial organization, similar to how passive design utilizes sunlight, wind, and layout. Researchers examined homes in Dubai built using Vaastu Shastra and found connections between the design and resident comfort. The study suggests that these principles can be further optimized to improve comfort in dwellings.

Vaastu shastra: towards sustainable development. Reena Patra (2008). This article proposes that Vaastu Shastra, an ancient Indian architectural practice, holds solutions for sustainable development in modern cities. It argues that Vaastu Shastra promotes self-sufficient, ecologically friendly living environments. By examining the cultural and historical background of Vaastu Shastra, the paper explores its potential to create sustainable human settlements, drawing connections between this traditional knowledge and modern concepts of sustainability.

Vaastu shastra: A HOLLISTIC APPROACH TOWARDS MODERN ARCHITECTURE. Priyanka Barodia (2009). Vaastu Shastra, an ancient Indian architectural practice, emphasizes harmony between humans, nature, and the environment. While not magic, its principles align with sustainable design. Local materials, site vegetation, and sun orientation all promote a comfortable microclimate. These concepts can be adapted globally, considering local climate knowledge. Vaastu Shastra goes beyond design, connecting humans and their surroundings. Analyzing its principles with modern engineering can create sustainable, affordable buildings that integrate green practices. This approach can redefine how we plan human settlements.

There is no outer without inner space: constructing the haveli as home. Inga Bryden (2004). This study explores the haveli, a traditional Indian courtyard house, using Vastu Shastra principles to examine how the haveli's design and layout connect the residents, the home itself, and the cosmos. Focusing on women's experiences in Jaipur, it explores how haveli spaces are both "enclosed" and "open," allowing for adaptation to modern life. By questioning the idea of the haveli as purely traditional, the research uses interviews to understand how residents interact with and shape their living space, highlighting the haveli's role as a gendered space and its connection

to Vastu principles.

State of Art on Vastu Shastra. Piyush D. Patel, Dr. Piyushkumar J. Patel (2023). Vastu Shastra is an ancient Indian wisdom of structure design and construction that involves the creation of harmonious structures and structures in agreement with natural laws and cosmic powers. The principles of Vastu Shastra are erected around the five rudiments of nature (earth, water, fire, air, and space) and the directions (north, south, east, west, and center). According to interpreters, aligning a structure with these rudiments and directions can impact the well-being, success, and happiness of the people living or working in that structure. While numerous believe in Vastu's benefits, there's a lack of sufficient scientific substantiation. This paper presents a brief review of exploration on Vastu Shastra and its impact on people's lives, along with a relative analysis of significant studies. It includes a check of around 200 people to gauge belief in and mindfulness of Vastu principles, with results presented in the paper.

Application of vastu shastra principles in house construction by home dwellers. Shashi Chawla (2020). Vastu Shastra is the Indian system of architecture and design with Vedic origins. To provide useful and authentic guidance to the general public, a study was planned and conducted in 2014 in Udaipur, Rajasthan, to observe the application of Vastu Shastra principles in house construction, from plot selection to Greh Parvesh (housewarming). This was the first research study in Rajasthan's city to examine awareness and application of Vastu principles in house construction and interior design by home dwellers. The study involved 200 home dwellers from newly constructed localities to identify their level of faith in Vastu principles and to assess the physiological and psychological effects of Vastu application on their lives. The purpose of the study was to evaluate the application and utilization of Vastu Shastra by home dwellers in constructing their houses.

Bhartiya vastu Shastra: Principles of vastu shastra for achieving health, wealth, prosperity, longevity, family happiness and all-round progress. Tileshwaranath Shastri (1996). The book "Bhartiya Vastu Shastra: Principles of Vastu Shastra for Achieving Health, Wealth, Prosperity, Longevity, Family Happiness, and All-round Progress" by Tileshwarnath Shastri, published in 1996, delves into the profound principles of Vastu Shastra, an ancient Indian architectural science. It aims to elucidate how adherence to Vastu Shastra can lead to various aspects of well-being, including health, wealth, prosperity, longevity, family happiness, and overall progress. Through comprehensive insights into Vastu Shastra principles, the book offers practical guidance on aligning living and working spaces with harmonious energies, thereby fostering positive outcomes across different facets of life.

By conducting empirical research and analysis, the study investigated the potential relationship between adherence to Vaastu Shastra guidelines and user comfort levels in workplace environments. Through this approach, the research aimed to gain insights into how Vaastu Shastra principles, particularly regarding ergonomic factors and spatial organization, contributed to enhancing user comfort and satisfaction in workplace settings.

S.NO.	Authors name and year	Title	Aim and Objective	Method
1.	Naman Mirajkar (2016)	Vaastu Shastra: A Guide to Sustainable Building and Settlement Design	Analyse Vaastu principles and their contribution to sustainable architecture and interior design	Literature review, case studies
2.	Nandini Kulkarni, Purva Mange (2022)	Analyzing the applicability of Vaastu Shastra under various climatic conditions in India.	Analyzing the applicability of Vaastu Shastra under various climatic conditions in India.	Surveys, interviews
3.	Antara Nandy (2017)	Utility of the Ancient Indian Science of Vaastu in Modern Architecture	Analyse Vaastu application in contemporary residential planning.	Literature review, case studies
4.	Malini Karani (2019)	Understanding comfort in homes designed on principles of Vaastu shastra	Analyse understand how the ancient Indian architectural practice of Vaastu shastra influences user comfort in modern homes built in Dubai.	Literature review, historical analysis

5.	Reena Patra (2008)	Vaastu Shastra: Towards sustainable development	Explore the potential of Vaastu Shastra, an ancient Indian architectural practice, to create sustainable and culturally sensitive urban living environments.	Surveys, pre- and post-occupancy evaluations in Vaastu-compliant spaces
6.	Priyanka Badoriya (2019).	Vaastu Shastra: a holistic approach towards modern architecture	Explore how Vastu Shastra principles, emphasizing nature and local environment, can be used in modern architecture to create sustainable and harmonious buildings.	Literature review, comparative analysis
7.	Inga Bryden (2004)	There is no outer without inner space: constructing the haveli as home	Examines the haveli, a traditional Indian courtyard house, covering its design, history, and modern usage.	Literature review, case studies



8.	Piyush D. Patel , Dr. Piyushkumar J. Patel. (2023)	State of Art on Vastu Shastra	Evaluate the impact of Vastu Shastra on people's lives through a review of existing research, a survey, and a discussion of future research directions.	Literature review, expert interviews
9.	Shashi Chawla (2020)	Application of vastu shastra principles in house construction by home dwellers	Study was to evaluate the application and utilization of Vastu Shastra principles by home dwellers in constructing their houses and to assess its physiological and psychological effects on their lives.	Surveys, interviews
10.	Tilleshwarnath Shastri (1996)	Bharatiya vastu shastra : principles of vastu shastra for achieving health, wealth, prosperity, longevity, family happiness and around progress	Explores the principles of Vastu Shastra for achieving holistic well- being and prosperity.	Comparative study and practical applications.
11.	Sarjoo Patel (2015)	Extent of Satisfaction Experienced by Home Owners on Application of Vastu Shastra	Assesses the application and satisfaction levels of Vastu Shastra principles in households in Nashik city.	Assessment of problems faced, extent of Vastu application, and satisfaction levels.
12.	Sarjoo Patel and Minal Talwelkar (2015)	Scientific Vastu Shastra in Homes	Investigate the integration of Vastu Shastra principles in interior design to enhance both aesthetic appeal and overall well-being of the house.	Literature review, survey, analysis of Vastu Shastra principles, and feedback collection from homeowners.
13.	Neetima (2005)	Vastu shastra in house construction and furnishings	Examines the impact of incorporating Vastu Shastra principles on the harmony and well-being of occupants in house construction and furnishing.	Literature review, case studies, analysis of Vastu Shastra guidelines, and survey of occupants.
14.	Shukla, A. (2012)	Vaastu Shastra: Principles for Peace, Prosperity, and Health.	Analyzes the core principles of Vaastu and their potential benefits for peace, prosperity, and health.	Literature review and case studies.
15.	Agarwal, A., & Mathur, S. (2010)	Vaastu Shastra: A Sustainable Approach to Interior Design	Explores the potential of Vaastu as a sustainable approach to interior design.	Literature review and case studies.

16.	Saraf, S. (2015)	Vaastu Shastra: A Legacy of Sustainable Practices.	Analyzes Vaastu principles in the context of sustainable design practices.	Literature review and comparative analysis.
17.	Bhattacharya, S. (2019)	Living in Harmony with Nature: The Ecological Significance of Vaastu Shastra	Investigates the ecological significance of Vaastu principles and their connection to living in harmony with nature.	Analyze resource utilization and building orientation, literature review, and case studies.
18.	Dubey, S. K., & Mishra, S. K. (2013)	Vaastu Shastra and its Application in Modern Residential Planning	Examines the application of Vaastu in modern residential planning.	Literature review, case studies, and comparative analysis.
19.	Trivedi, J. P., & Desai, J. A. (2011)	A Study on the Impact of Vaastu Shastra on the Residents of Residential Buildings	Investigates the impact of Vaastu Shastra on the well-being of residents living in spaces designed according to Vaastu principles.	Surveys and pre- and post-occupancy evaluations.
20.	Chakrapani, V., & Rao, T. V. (2017)	Can Vaastu Shastra Principles Enhance User Comfort in Workplaces?	Explores the potential of Vaastu principles to improve user comfort and well-being in office spaces.	Case studies and pre- and post-intervention evaluations in Vaastu-compliant classrooms.

V. RESEARCH GAP

Despite existing research providing valuable insights into the utilization of Vaastu Shastra in design, significant gaps persist. A scientific explanation for its effects remains elusive, and there is a need to explore the integration of Vaastu with modern design principles. Future studies should focus on bridging this divide by investigating the correlation between Vaastu principles and factors such as ergonomics and natural light. Moreover, there is a necessity for research on the practical implementation of Vaastu in contemporary spaces. Additionally, current research heavily relies on subjective experiences, highlighting the importance of employing objective measures like physiological responses and space utilization in longitudinal studies. Insights from other disciplines, such as neuroscience, can contribute to a more comprehensive understanding of Vaastu's potential role in creating harmonious and well-being-enhancing interior environments.

Aim:

This study aims to explore the relevance of Vaastu Shastra principles in modern interior design and assess their impact on occupant health, well-being, and overall living experiences within Vaastu-designed spaces.

Objective:

1. Analyze the scientific rationale behind Vaastu practices and their influence on human well-being.
2. Evaluate the effectiveness of integrating Vaastu principles into interior design projects.
3. Develop practical guidelines for incorporating Vaastu principles into contemporary design approaches.

VI. RESEARCH METHODOLOGY

The research adopts a qualitative approach to comprehensively understand the principles, applications, and impacts of Vaastu Shastra. The study is divided into three primary phases: Literature Review, Field Study, and Analytical Assessment.

Key Elements of Vaastu Shastra

According to Vaastu science, the world is composed of five fundamental elements known as the Panch Mahabhoot. These elements form the foundation of life and existence, and their harmonious balance is crucial for human well-being. Out of the eight planets in our solar system, only Earth supports human life due to the presence and equilibrium of these five elements:

1. **Water (Jal):** Water symbolizes purity, fluidity, and abundance. It represents the essential life force and is associated with emotions, growth, and sustenance.
2. **Air (Vayu):** Air signifies movement, vitality, and breath. It represents the life-sustaining force and is associated with communication, freshness, and the circulation of energy.
3. **Fire (Agni):** Fire represents transformation, energy, and illumination. It symbolizes passion, inspiration, and the source of warmth and light.
4. **Space (Akash):** Space is the element that accommodates and contains all other elements. It symbolizes expansiveness, vastness, and openness, providing a sense of freedom, possibilities, and connection to the universe.
5. **Land (Bhoomi):** Land represents stability, foundation, and grounding. It signifies the physical realm, support, and material resources.

These five elements are intricately woven together, and their balanced presence is essential for creating a harmonious environment that supports human life and well-being according to the principles of Vaastu. **Vaastu Purush and Vaastu Grid**

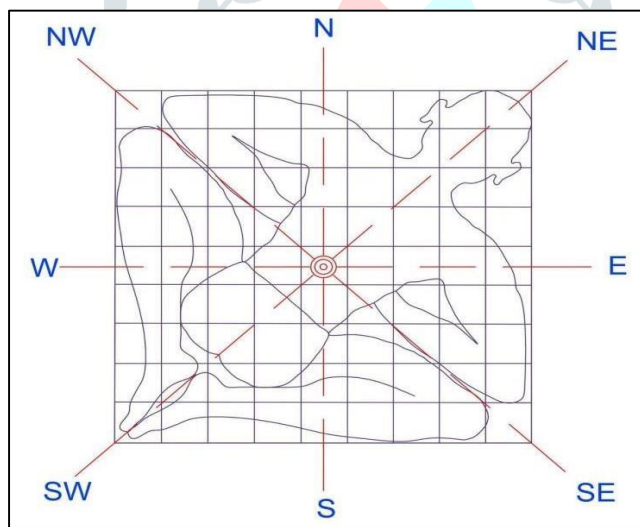


Fig. 1. Vaastu Purush

Representation of Vaastu Purush.

In Vaastu Shastra, Vaastu Purush is considered a malevolent spirit or energy field believed to reside within every building. The term "Vaastu" refers to the science of construction, while "Purush" denotes a person or entity.

According to Vaastu Shastra, Vaastu Purush is a deity who guards the building and protects its inhabitants from negative energy. It is believed that the Vaastu Purush lies face down with his head to the northeast and his feet to the southwest, with his body divided into sections corresponding to different directions and elements.

Legend has it that the Vaastu Purush was once captured by Lord Brahma, who pinned him face down to the ground. Lord Brahma then requested all the gods and goddesses to step over him. After everyone did so, the Vaastu Purush was pleased and granted them permission to build their own houses and live peacefully.

The concept of Vastu Purush is integral to Vastu Shastra in determining the proper placement of rooms, doors, and windows within a building. By adhering to Vastu Shastra guidelines, one can ensure that the building is in harmony with the Vastu Purush, thereby keeping negative energies at bay.

Vastu Elementes and Planet Position

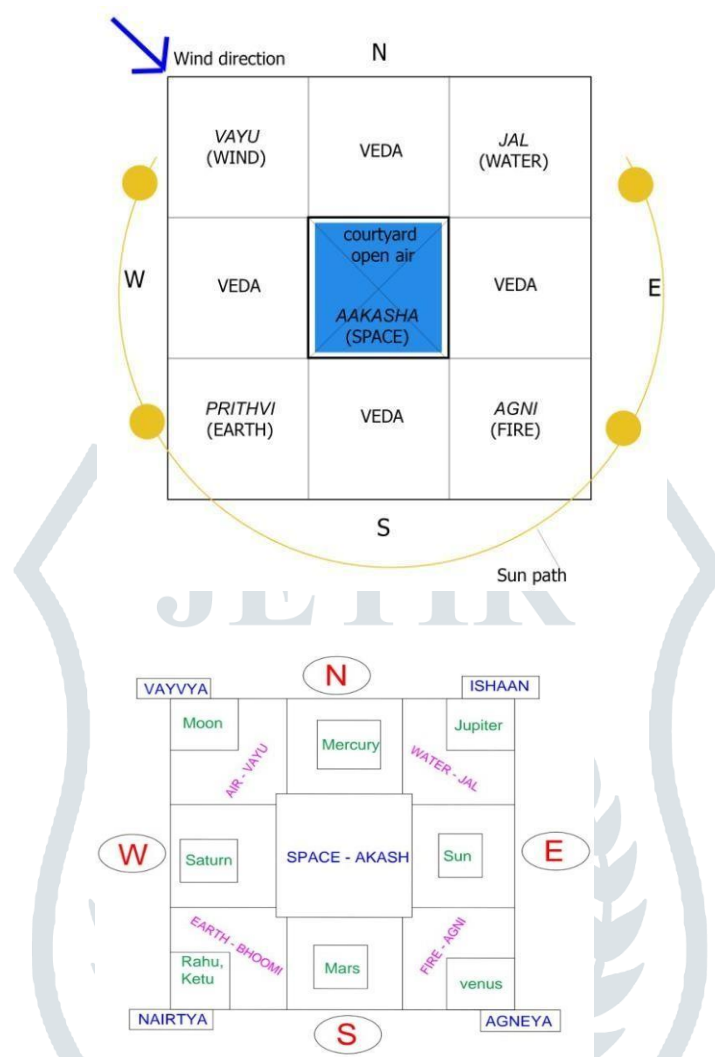


Fig.2.Vaastu Elementes and Planet Position

Figure 2 illustrates the Vastu Grid,

Pressing the crucial rudiments of Vastu Shastra and the positions of globes. This grid is a abecedarian tool in Vastu Shastra, an ancient Indian architectural system, used to determine the proper placement and exposure of colorful rudiments within a structure. According to Vastu Shastra, the arrangement of apartments and rudiments within a structure should align with the Vastu Grid to insure harmony and balance.

Vastu Shastra emphasizes that every element in the macrocosm has its unique energy, which extends to structures and land as well. These powers can be positive or negative, and Vastu aims to minimize negative energy while enhancing positive energy within a house through strategic room and space arrangements.

Basic Principles of Vastu Shastra

Vastu principles are deduced from ancient Indian textbooks and are grounded on design, layout, measures, ground medication, and spatial figure. These guidelines are intended to produce harmonious living spaces that promote well- being and substance. crucial principles include exposure, point planning, proportion, and placement, which balance the five rudiments of nature earth, water, fire, air, and space.

Accurate exposure and dimension are pivotal, using tools similar as compasses, measuring videotapes, and EDM bias. Structure planning principles in Vastu involve designing structures that are functional, safe, aesthetically pleasing, sustainable, and cost-effective. Important considerations include aspect, prospect, cabinetwork conditions, roominess, grouping, rotation, sanitation, fineness, sequestration, inflexibility, frugality, and practicality. The thing is to produce structures that meet these criteria and give a harmonious terrain for inhabitants.

Auspicious Times for Construction and Moving

Vastu principles also specify auspicious times for constructing and moving into a new house, believed to enhance the well-being and prosperity of the family. Construction is recommended during specific periods considered auspicious:

1. Phalgun (February 14 to March 13)
2. Vaishaka (April 14 to May 13)
3. Shraavan (July 14 to August 13)

These periods are favored for starting construction, while other times of the year are generally discouraged. It is also advised to commence construction during the waxing moon phase, as it symbolizes growth and completion. Specific days during the waxing moon, such as the 2nd, 3rd, 5th, 6th, 7th, 10th, 11th, and 13th days since the new moon, are considered particularly auspicious.

When moving into a new house, the following months are regarded as suitable:

1. Magh (January 14 to February 13)
2. Phalgun (February 14 to March 13)
3. Vaishaka (April 14 to May 13)
4. Jyeshtha (May 14 to June 13)

Additionally, the month of Karthik (October 14 to November 13) can be considered if there is an urgent need to move. Following these guidelines is believed to bring harmony and prosperity to the household.

However, it is advised to avoid moving on Tuesday, Saturday, and Sunday, as these days are considered inappropriate for house entry. Beneficial days for moving during the waxing moon phase include the 1st, 2nd, 3rd, 5th, 7th, 8th, 10th, 11th, 13th, and 15th days since the new moon. Additionally, it is ideal to enter the new house during daylight hours to ensure an auspicious transition.

SURVEY ON VASTU BELIEF AND USE

A survey was conducted to assess beliefs and practices related to Vastu Shastra. A Google form with three multiple-choice questions was distributed, and responses were collected from approximately 200 participants. The survey questions were as follows:

1. Do you believe in Vastu?
 - a. Options: Yes, No
2. Is your house designed according to Vastu principles?
 - b. Options: Yes, No, Don't Know
3. How much do you know about Vastu?
 - c. Options: Nothing, Basics, Good Enough, Almost Everything

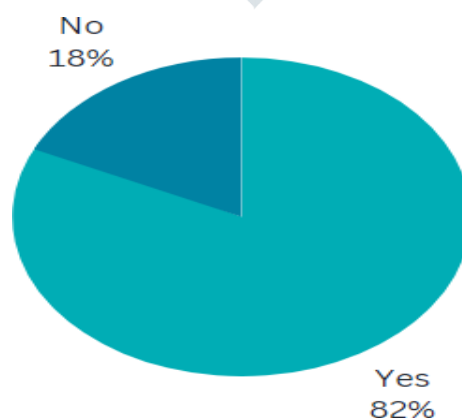


Fig.3. Percentage belief in Vastu

Fig. 3 illustrates a pie chart depicting the percentage of people who believe in Vastu Shastra, based on the responses to the first survey question. This chart indicates that a significant number of individuals still have faith in the principles of Vastu Shastra.

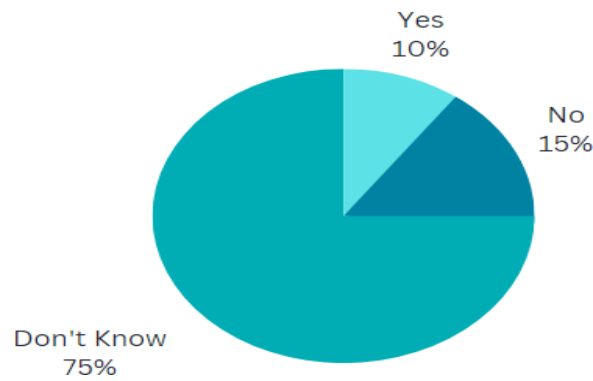


Fig.4.Percentage of Houses Abiding Vastu Principal

Fig. 4 shows the percentage of houses designed according to Vastu Shastra principles, based on the second survey question. The graph reveals that more than half of the respondents are unsure whether their houses adhere to Vastu principles. Only 10% of participants confidently affirm that their houses are constructed according to Vastu Shastra guidelines.

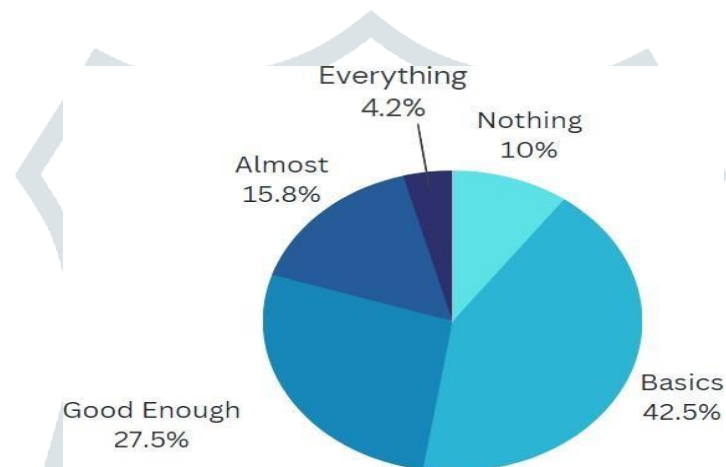


Fig.5.Percentage of Knowledge of vastu

Fig. 5 displays a graph illustrating the percentage of people's knowledge about Vastu Shastra, as indicated by the responses to the final question of the survey. The data suggests that while a significant portion of the population has some level of knowledge about Vastu Shastra, a relatively small percentage claim to know everything or almost everything about it.

VII. CONCLUSION

This study underscores Vaastu Shastra's pivotal role in interior design and its potential to elevate occupant well-being. By stressing the integration of Vaastu principles into design practices, it provides practical guidance for professionals and homeowners alike. Moreover, the study acknowledges the necessity of addressing limitations and suggests avenues for future research to delve deeper into Vaastu Shastra's impact on contemporary design.

In conclusion, the research reaffirms Vaastu Shastra's ability to cultivate harmonious living spaces conducive to overall well-being. It emphasizes that Vaastu Shastra goes beyond aesthetics to address occupants' deeper psychological and spiritual needs. Additionally, it underscores the compatibility of Vaastu Shastra with modern environmental concerns, such as sustainable building design.

Through a mixed-method approach and consideration of potential limitations, this study aims to offer a comprehensive understanding of Vaastu Shastra's relevance in modern interior design and its potential to positively impact occupant well-being. The insights gleaned from this research can significantly contribute to advancing the field of interior design and inform future studies exploring the intricate connections between built environments and human well-being.

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