

2nd International Congress on**RESTORATIVE & ALTERNATIVE MEDICINE**

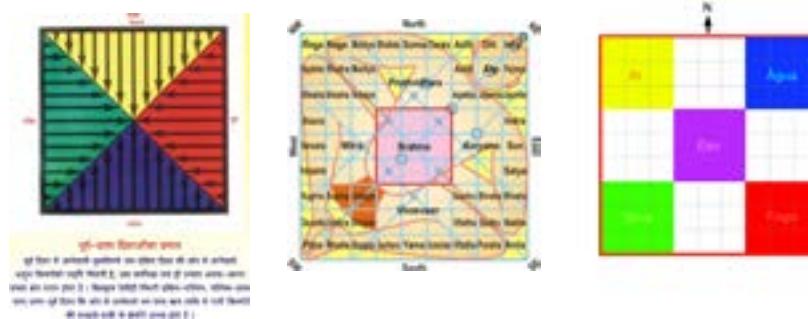
November 06-07, 2017 | Vienna, Austria

Importance of Indian architecture in medical and spiritual domain**Prachi Prashant Malamkar**

Vastu Shastra, India

Vaastu Shastra is a Sanskrit word, means Science of Indian Architecture. Indian architecture is based on Directional Impact, Impact of five elements and Structure of building. Principles of Vaastu Shastra are applicable to the different geographical areas around the world. By using the principles of this science, buildings can be designed to harmonize with the different climatic conditions of each region. It attains 3 P's of life namely Peace, Progress and Prosperity. Generally principles of Vastu are followed in such a way that the occupants suffering from any illness or some defect cures naturally as soon as the directions are altered.

Shelter is the one of the basic need of every living being. We build house for our living and to live a peaceful, happy and healthy life. The theory of Vaastu Shastra depicts the position of Vastu Purusha in every house mainly focusing on the position of head towards the NE direction. Also, the center of the house is very important as it is connected with health of the occupants and is considered to be the heart of the house. Center of the house is called Brahmasthan, which is the meeting point of all the energies from different directions of the home. Many occupants who are unaware of this concept of Vastu defects don't really understand the reason behind prolong illness of people living in that house. Some houses inherit disease due to constructed in wrong direction, which can only be cured with effective remedial measures. The present paper discusses the positional impact of vastu purusha mandal on the health of occupants.



Figures showing the directional impact, position of Vastu purusha and five elements.

Biography

Prachi Prashant Malamkar has done D.E.E; Diploma in Interior Designing, Vastu Shastra & Pyramid Vastu Shatra, Mantra Shastra in Jyotish, Handwriting Analysis, Ramal, Crystal Healing, Numerology, Meditation Basic & Advance, Yoga basic.

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