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Indian architecture (Vastu Shastra): Part of powerful traditional medicine

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Introduction: Our life style is defined by the way we live our life. In life, lots of things are important but nothing can be more important than our health. An ordinary person with good health is happier than a prosperous person with poor health. Therefore, good health is priceless blessing of life than wealth. According to WHO, health means physical, mental, social and spiritual well-being of person. Here physical well being means our body has many constituents such as blood, enzymes, hormones, tissue, etc. they all need to be in equilibrium state and this balance of body constituents is called wellbeing of physical health. Secondly, mental wellbeing means mind has power of intelligence, memory and learning capabilities, one should have all these in balanced form, is the wellbeing of mental health. One should have friendliness and good will for society which shows social health. Lastly, spiritual health means person has well control over thoughts and mind. As per ancient medical science Ayurveda, human body is made up of five basic elements viz: water, air, fire earth and space. Similarly, according to ancient Indian science of architecture vastu shastra, the universe is also made up of with these five elements. We as human beings continuously need as energy exchange between us and the universal energies where our vastu (place where we live) act as a medium to facilitate this process. So, if the vastu, where we stay is as per the vastu shastra principles then it promotes a favorable energy exchange between human body and universal energies, which helps us to get early recovery from ailing physical, mental, social and spiritual health means good health.

Objectives: According to this science there are three main points which involved in the good health and which can help in early recovery of health. Among that, first is Vastu Purush Mandal, if we draw Vastu Purush Mandal over our house plan then it is seen which part of the Vastu Purush corresponds to which part of our body. Secondly, Marmasthan, the intersection points present on Vastu Purush Mandal which are the most sensitive points of Vastu Purush. Lastly, combination of five elements in human body and presence of these five elements in specific direction of vastu. The combination of these five elements in human body gives rise to three energies called Doshas or Constitutions. They are Vata Dosh (Kinetic energy) which is the combination of space and air, it governs all movements, flow of breath, the pulsation of heart, all muscle contraction, tissue movements and communication throughout the mind and nervous system. Pitta dosh (Thermal energy) is form with fire and water, which governs digestion, nutrition, metabolism and body temperature. Water and Earth elements combination give rise to Kapha dosh (Potential energy) means muscles, teeth bones everything dense in our body.

Conclusion: By co-relating dosha with directions we can find out imbalance in five elements. By using directional presence of elements, we can balance the elements of the body to bring it in equilibrium state to maintain good health. Thus, using above three points which are base of Indian architecture i.e. Vastu Shastra, one can easily make vastu energy helpful to become healthy and can recover fast from any illness to maintain good health.



Biography

Jaanhavi Sachin Mahadik has completed her Graduation and Post Graduate Diploma in Microbiology from Pune University and Ph.D. in Vastushastra, from the Open International University for Complementary Medicines. After training and certification from various institutions from India, such as Vaastu and Building Biology, Aural Vision Energy, Vastu World Lecher Antenna, now she is a Vaastu Energy Consultant, especially in industrial sector and hospitals, having professional experience of more than 12 years. Jaanhavi is a proud awardee of Mrs. Pune – 2006.

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