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## Influence and effects of vastu shastra on health

**Nayana Dhuru**

Vaastu Spandan, India

**Introduction:** *Vaastu Shastra* is the study of planet and stars with balancing natural elements like earth, water, space, fire and air. According to *Vaastu Shastra*, all five elements of nature must be in their perfect balance like earth in the South-West, fire in South-East, air in North-West, water in North-East and space in the Center. While constructing a house, this delicate balance might be disturbed and this can cause a health problem from sleep disorder to major incurable diseases. Everything in the house is affected by the (geopathic stress) ground energy and we can experience the disturbance on our mind, body and soul within seconds as we enter into the house, same as Ayurveda and yoga which creates the harmony in the human body and mind.

**Objectives of Research Paper:** The objectives of this study are to: 1) Discuss the impact of direction, five elements for precautions and remedy of various diseases; 2) According to *Vaastu Shastra* directional defects such as cuts and extension, which causes diseases, suggest different Vedic remedies, prayer, etc., to instant recovery and healthy life; and 3) Observe the effects of various remedies in curing diseases.

**Conclusion:** Unfortunately modern house architecture is based on form and function alone and is not designed in harmony with the elements of nature, which play an important role in influencing our health, wealth and happiness. Hence, designers and architects should consider *Vaastu* before the construction stage of the house. Good *Vaastu* planning of a house is a catalyst in the overall well-being of a family and avoids health, wealth and emotional disturbance.

### Biography

Nayana Dhuru has completed her Bachelor of Social Work in 1988 from Nirmala Niketan College, Mumbai University, India. She has completed her MPhil in 2013 and PhD in 2014 from the Open International University for Complementary Medicines, Colombo and Diploma in Naturopathy from Nasik in the year 2007.

nayanadhuru@yahoo.com

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