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## **Application and implementation of Vastu principles in interior designing of rooms in a house**

**Dr. Shashi Chawla**

### **Abstract**

It was the first ever research study in the city of Rajasthan on application of Vastu principles in house construction and interior designing by home dwellers. This study was conducted during the year 2014 in Udaipur-Rajasthan. In this research study 200 home dwellers from newly constructed localities were undertaken to find out application of Vastu principles in interior designing by home dwellers and to assess the physiological and psychological effects of Vastu application on the lives of home dwellers.

**Keywords:** Application, interior designing, construction psychological, Vastu Shastra, assess

### **Introduction**

Vastu for house involves several important traits, which depicts unique style in building and in every room of your home. Constructing a house by closely sticking with the Vastu principles greatly bring peace, success and opulence to the dwellers residing in the home. Moreover, a good Vastu Shastra drives away the negative powers and brings holiness and supreme powers into the home. Hereunder author makes an attempt, to know from the respondents about Vastu application and its implementation in a house and various rooms by closely sticking with the Vastu norms.

### **Methodology**

The present study on Vastu Application and implementation in interiors Of various rooms of house was planned and undertaken in the year 2014 at Udaipur city of Rajasthan state to find out the application of Vastu Shastra principles in house construction from selection of plot to Greh Pravesh by home dwellers. It was the first ever research study in the city of Rajasthan on awareness and application of Vastu principles in interior designing by home dwellers. In this research study 200 home dwellers from newly constructed localities were undertaken to identify their level of faith in Vastu use and to judge the physiological and psychological effects of Vastu application on the lives of home dwellers. The assessment of the respondents is presented in the following objectives.

### **Objectives**

1. To observe the Vastu use in interiors of various rooms of a house by the home dwellers.
2. To assess the average application of Vastu principles for a Particular Factor.

### **Analysis and presentation of data**

In this variable the actual placement of various items, household accessories, arrangement of furniture and furnishing, household equipments and materials was observed with the help of Vastu compass in terms of directions and was measured as Applied.

### **1. Drawing room**

Drawing /Living room is a place where we spend most of our time, relaxing and soothing ourselves. One of the common sources of entertainment which is television is also now-a-days placed in the living room itself. It is place where all the members of a family congregate at least once in a day. So the Vastu considerations for a living room are to be strictly followed for the better understanding and positive vibrations of the family members.

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Therefore, it is extremely important to do a careful setting of your drawing room, so that it exudes positive energy and

fosters healthy relationships.

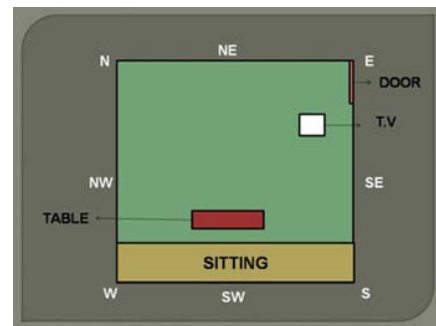
**Table 1:** Application of Vastu Principles in Drawing Room / Living Room n=200

Principles	Applied		Not Applied	
	N	%	N	%
The drawing room in my house is in the East or North of the building	154	77.00	46	23.00
Heavy furniture is placed along big wall one inch away from wall	169	84.50	31	15.50
All the electronic gadgets are placed in SE corner (TV, Telephone and aquarium etc.)	95	47.50	105	52.50
The AC is positioned on the West wall	99	49.50	101	50.50
Colours of walls and tiles are white or blue or green or light yellow	179	89.50	21	10.50

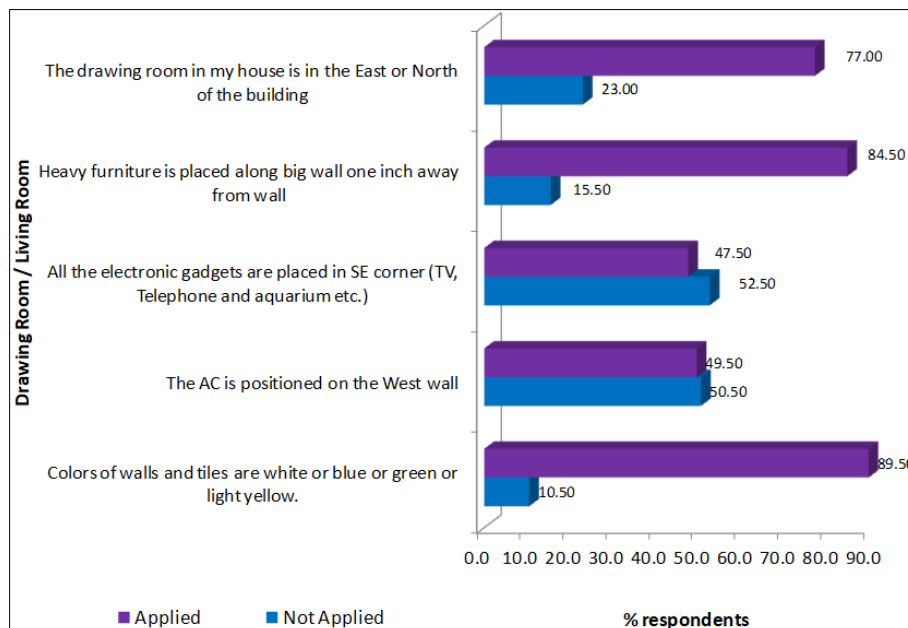
We all know that drawing room represents the whole picturesque of a house and when it is built in accordance with Vastu doctrines it gives soothing effect, enhances beauty, health and fortunes of house residents.

With regard to positioning of the drawing room in house, it was observed that majority of the residents i.e. 77.00 percent were following the Vastu principle that they had constructed it in the East or North of the building. Very miraculous and stunning results were found when 84.50 percent of the respondents had placed heavy furniture along a big wall one inch away from wall while others did not. 49.50 percent of the dwellers of the house had placed air conditioner on the side of West wall and 50.50 percent were found to position the apparatus anywhere in a house. With regard to other electronic gadgets 47.50 had placed in SE corner (TV, Telephone and aquarium etc.) while rest 52.50 percent kept them according to their convenience. Enhancing the research, it was further investigated to know about colours of walls and

tiles of a drawing room/living room. Very interesting results were there when 89.50 percent of the respondents had followed this Vastu doctrine and applied white or blue or green or light yellow colours on walls while meager number of respondents abstained from this Vastu fact.



**Fig 1:** Vastu Interiors of Drawing Room



**Fig 2:** Vastu Application in Drawing Room / Living Room



**Fig 3:** Pooja room

**2. Pooja Ghar**

One of the most important and sacred corners in any home is a zone of tranquility, the prayer or meditation area; usually known as 'Pooja Ghar'. Although placement of a Pooja Ghar itself brings positive energies in a home but designing this sacred place as per Vastu guidance enhances positivity in the environment all around. According to Vastu Shastra, the north east zone or the Ishan corner of a house is the best suited area for placing the Pooja room.

It is believed that when Vastu Purush was brought down to the earth, his head laid in the north-east direction as also contemplated by Rao (1995) [12]. So while worshipping in this

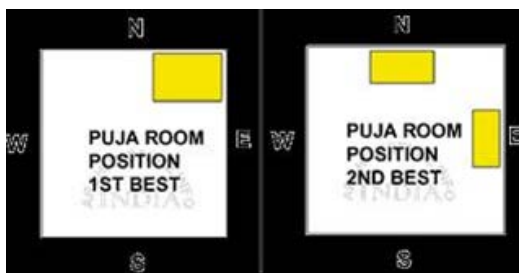
direction along with coming closer to the deity, we also pay obeisance to him. The direction also receives the purifying rays of the rising sun, which purifies the environment and

brings positivity and prosperity into our homes. The findings of the study also support all the above Vastu facts.

**Table 2:** Application of Vastu Principles in Poojaghar n=200

Principles	Applied		Not Applied	
	N	%	N	%
Poojaghar in my house is in North East corner	168	84.00	32	16.00
Our Poojaghar is of pyramid shape	103	51.50	97	48.50
The idols in poojaghar are positioned in East or West or North-East direction of room	154	77.00	46	23.00
The colour of marble in poojaghar is white light yellow or light blue colour	168	84.00	32	16.00
Poojaghar is far away from bed room or toilet	186	93.00	14	7.00
We don't have broken idols or torn pictures or war scenes	190	95.00	10	5.00

It was found by actual observation by the researcher that construction of Pooja room in North- east corner of the house was applied by more than three-fourth (84.00%) of the residents. While in other sixteen percent cases this worship place was found in any other direction or room in accordance with space availability or their self-choice.



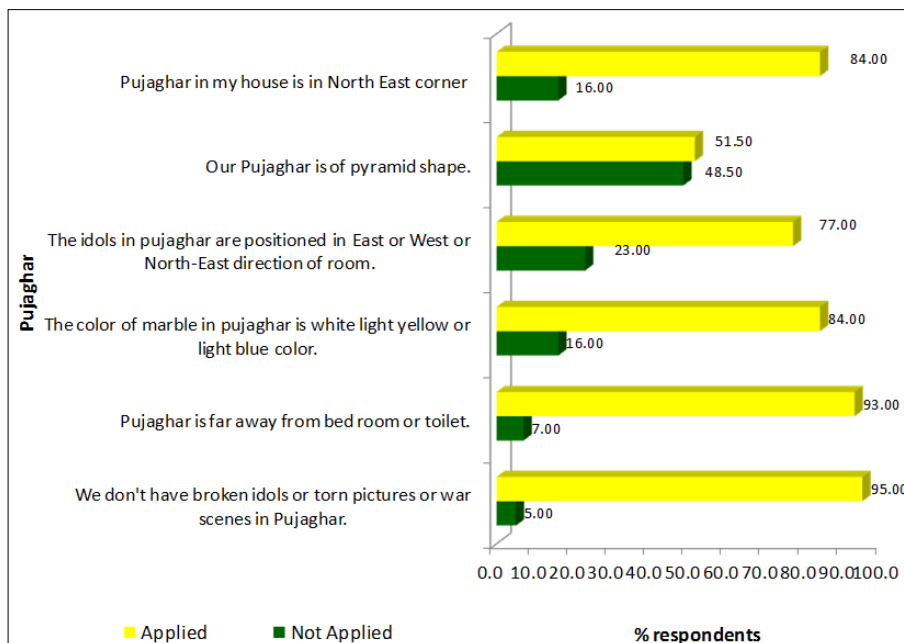
**Fig 4:** Puja and room position

Pooja Ghar of pyramid shape was considered as beneficial for praying as per Vastu Shastra principle and was found to be

applied among more than half of the respondents (51.50%) and remaining people (48.50%) were not having Pooja Ghar in pyramidal shape even though they believed that this shape for worship room was very auspicious.

Further it was observed that the principle regarding positioning of idols in Pooja Ghar in the right place i.e. East or West or North-east direction of room, 77.00 percent respondents had placed idols at correct place while others not. Application of the colour of marble in Pooja Ghar (white, light yellow or light blue colour) was seen in majority of homes i.e. eighty four percent while sixteen percent ignored this Vastu fact. The enormous number of respondent i.e. 93.00 percent favored and applied that Pooja Ghar must be far away from bed room or toilet, treating Pooja Ghar a holy place which provides favorable and fortune changing waves while only 7.00 percent didn't follow this Vastu treatise.

Further 95.00 percent of the respondents applied the Vastu rule and were not placing broken idols, torn pictures or war scenes in their worship place and rest of only five percent did not follow.



**Fig 5:** Application of Vastu Principles in Pujaghar

**3. Dining Room**

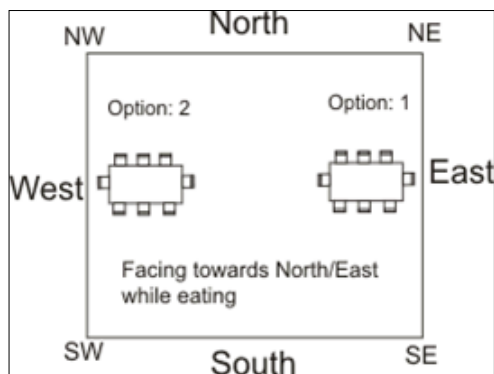
Dining room is a very important part of the house and should be carefully planned. There are people who think that a dining room is not really required but it is good to have one rather than having your meals in any part of the home. Vastu for dining room makes sure that the food you are eating will have positive effects on you and your family. There are plenty of

things to be considered while giving the right Vastu remedies for dining room, like the proper location of dining room, proper placement of dining table, position of electronic gadgets, the direction you face while eating food and so on. The researcher explored all the basic Vastu remedies for dining room.

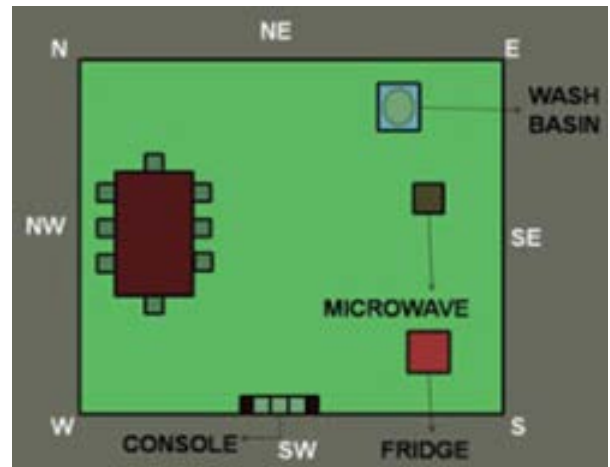
**Table 3:** Application of Vastu Principles in Dining Room n=200

Principles	Applied		Not Applied	
	N	%	N	%
The dining room is in the west side of house	114	57.00	86	43.00
Wash basin is in East, north corner	123	61.50	77	38.50
Dining table is in East / North / West direction of the room	152	76.00	48	24.00
Crockery cabinet is in South or West side	114	57.00	86	43.00
Colour of walls in the drawing is light green / orange / cream / light pink / light blue /white	181	90.50	19	9.50

As per Vastu norms, as shown in the table the dining room was found to be located in the west side of house by exact 57.00 percent of the respondents while rest had retained the same either of the places in the house. 61.50 percent of the respondents had their wash basin in East or North corner of the dining room while rest 38.50 percent ignored this fact. Dining table was found to be kept in East / North / West direction of the room by 76.00 percent of the respondents while rest 24.00 percent ignored this fact.

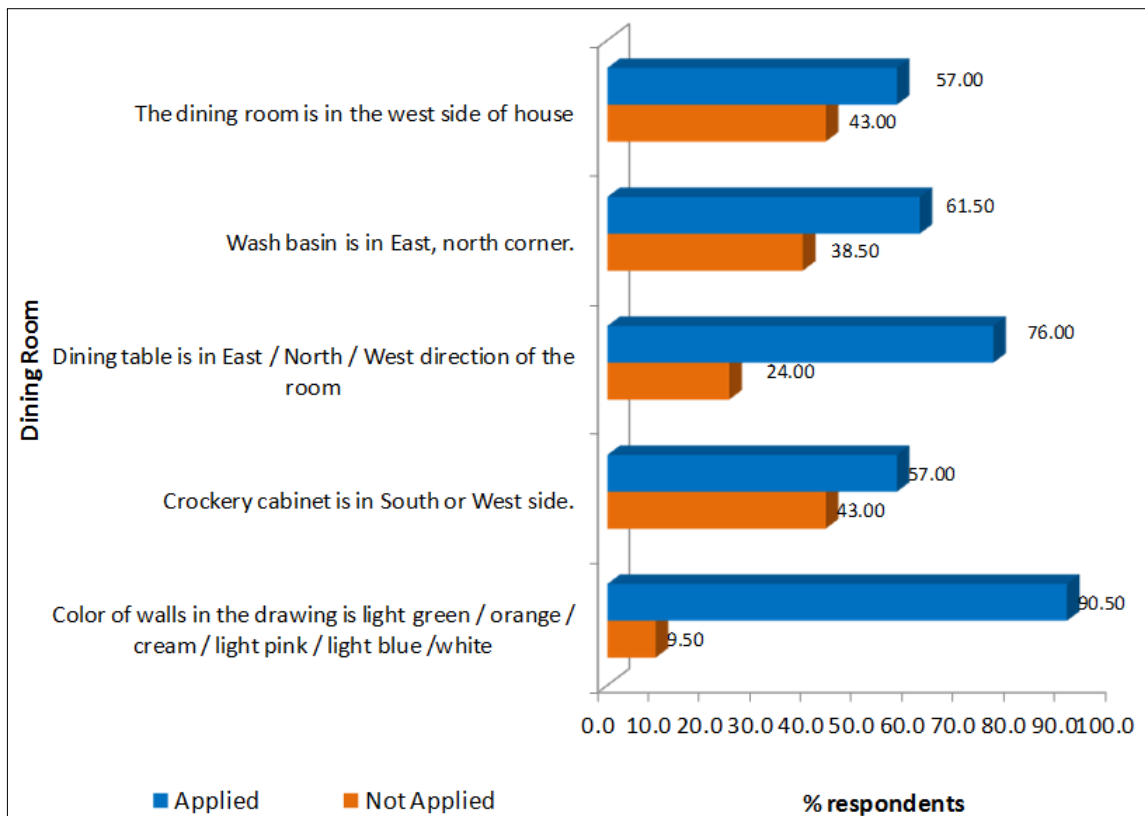


**Fig 7:** Facing towards north/east while eating



**Fig 8:** Vastu interiors of dining room

The most important feature of the dining room was colour scheme of the dining room which was followed by 90.50 percent of the respondents by applying colour of walls in the drawing in light green / orange / cream / light pink / light blue or white while remaining only 9.50 percent painted it in any other colour.



**Fig 9:** Application of Vastu Principles in Dining Room

**4. Kitchen Planning**

Kitchen being the important part of home is the primary contributing factor in the general health and well-being of

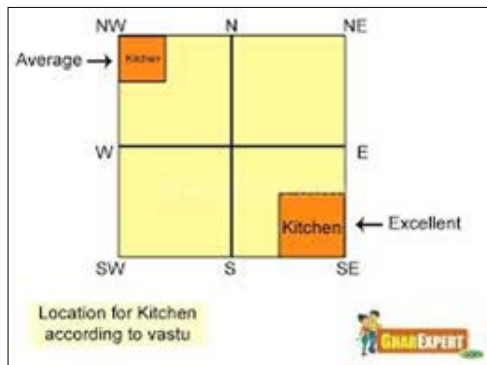
occupant. This important part of house must be placed on its corresponding place *i.e.* south governed by element Fire.

**Table 4:** Application of Vastu Principles in Kitchen Planning n=200

Principles	Applied		Not Applied	
	N	%	N	%
Kitchen is in South-East or North-West direction	158	79.00	42	21.00
The main kitchen platform / Gas Cylinder /Cooking Gas /Chimney is in South East corner	145	72.50	55	27.50
Sink is in North East Corner	119	59.50	81	40.50
Storing Racks are in West or South wall	137	68.50	63	31.50
Windows and exhaust fan installed in East direction	134	67.00	66	33.00
Drinking water storage is in North-East or North direction	166	83.00	34	17.00
Colour of walls is Green / Pink / Blue / White	181	90.50	19	9.50

Kitchen is the most effected area of house from where all kind of energies prevails. The researcher made sincere efforts and tried strenuously to note down how the respondents were complying Vastu norms in their kitchen planning.

**Vastu constructed kitchen**



**Fig 10:** North Facing

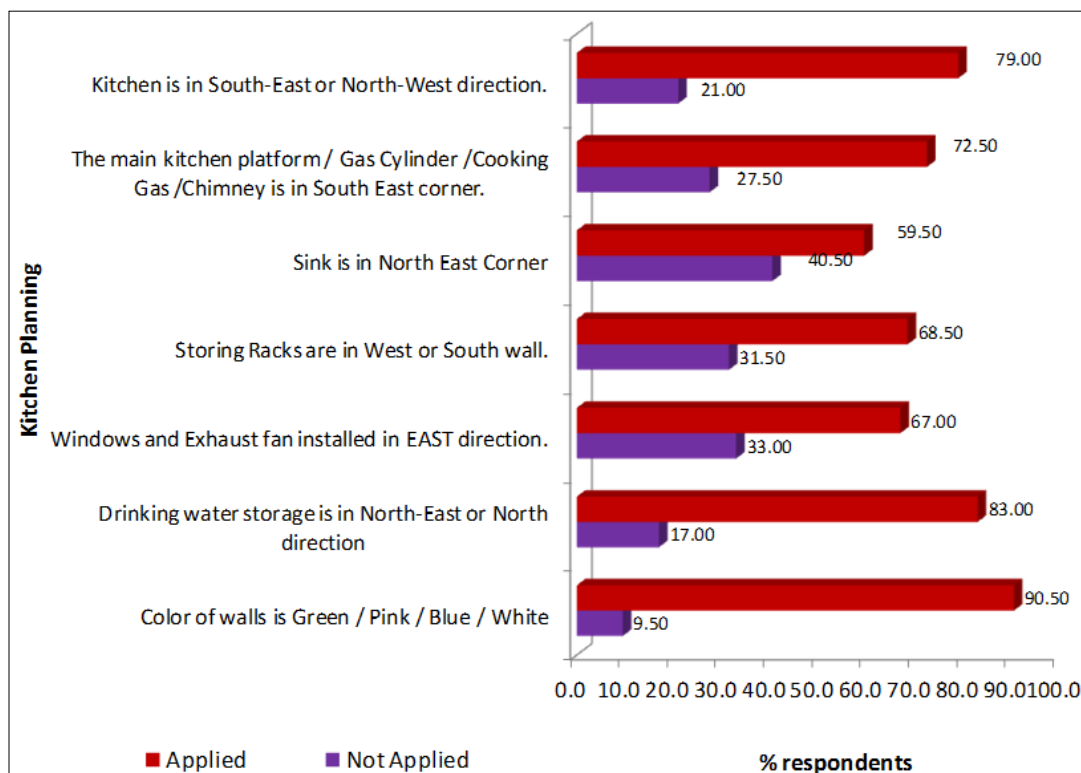
Sink was placed in North- East corner of the kitchen by 59.50 percent of the respondents while 40.50 percent kept them

abstained from following the same. The storing racks were found to be installed in West or South wall and this Vastu principle was implemented by 68.50 percent of the respondents while 31.50 percent home dwellers kept them away from this Vastu fact. In 67.00 percent cases windows and exhaust fan was installed in East direction of the kitchen while 33.00 percent had not applied it due to unawareness.

Following Vastu doctrine, drinking water storage was maintained in North-East or North direction by 83.00 percent while only 17.00 percent had neglected this Vastu objective.

Researcher was surprised to note when huge majority 90.50 percent of the house occupiers had followed the Vastu norm of color and got painted their kitchen in Green / Pink / Blue or White colour while 09.50 percent didn't apply it.

During comprehensive survey, it came to acknowledge that 79.00 percent of respondents applied this very important Vastu doctrine and got constructed their kitchen either in South-East or North-West direction while only 21.00 percent abstained from it. Peeping inside, it was observed that 72.50 percent of the respondents were having the main kitchen platform / Gas Cylinder /Cooking Gas /Chimney in South East corner whereas 27.50 percent did not follow this Vastu treasure.



**Fig 11:** Application of Vastu Principles in Kitchen Planning

**5. Master's Bed Room**

The Vastu plays a major role in placement and designing of the master's bedroom. The way you sleep with your head in

different direction and your placement of bed is a major decision which must be taken properly with utmost care.



**Table 5:** Application of Vastu Principles in Master’s Bed Room n=200

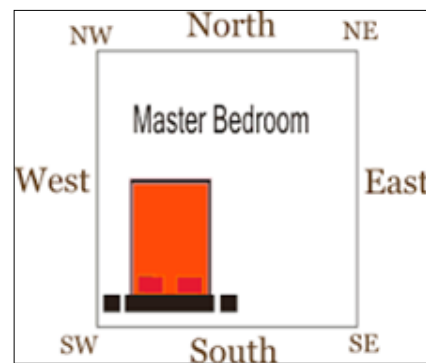
Principles	Applied		Not Applied	
	N	%	N	%
Placement of master bed room is in South direction	161	80.50	39	19.50
Bed is placed in South-West, South or West direction of the room	168	84.00	32	16.00
Wardrobes and the safe are in NW or SW directions	137	68.50	63	31.50
Dressing table and mirror are placed in East or North	136	68.00	64	32.00
Placement of TV, telephone, computer, heater and AC in South East corner	108	54.00	92	46.00
Colour of the walls is light rose or grey or blue	150	75.00	50	25.00
I/We sleep with head towards South or West and not in the North	191	95.50	9	4.50
The mirror in the bed room is not facing bed	181	90.50	19	9.50

The questions were put up before the respondents as shown in the table above. It was observed that huge majority *i.e.* 80.50 percent of the residents were having their master bed room in the south direction while only 19.50 percent were having their bed room in any other side of the house.

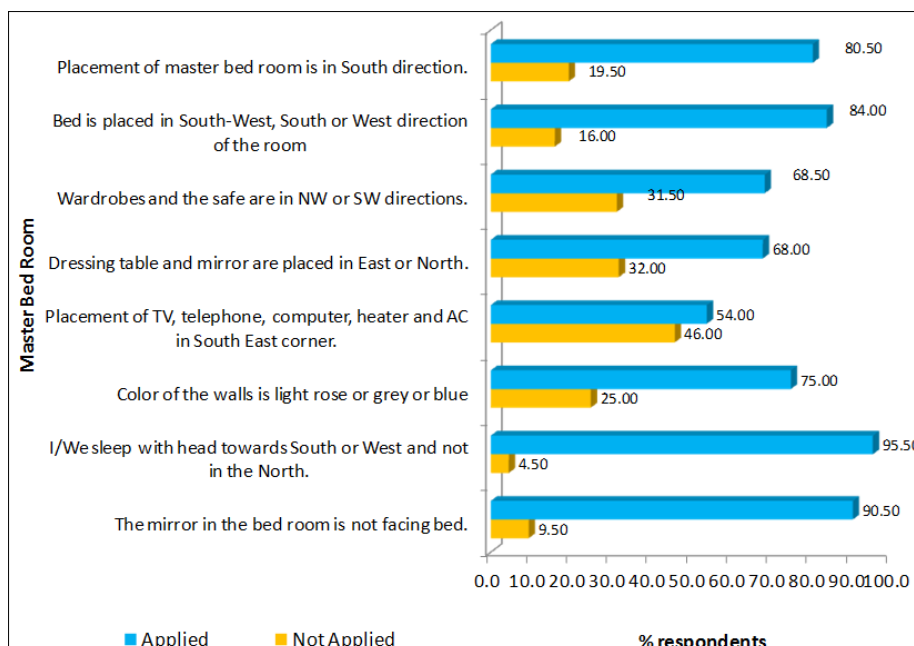
It was also delightful to note that 84.00 percent respondents had placed their beds in South-West, South or West direction of the room while only 16.00 percent were having their beds in any other side of the house. Wardrobes and the safe were found to be installed in NW or SW directions by 68.50 percent of the respondents while 31.50 percent chose any other side as per convenience and according to availability of space. 68.00 percent dwellers had placed their table and mirror in East or North direction while rest *i.e.* 32.00 percent chose any other. The electronic gadgets like TV, telephone, computer, heater and AC were found to be placed in South East corner by 54.00 percent whereas other 46.00 percent of the respondents placed them as per suitable places. The researcher was surprised to find that 75.00 percent of the respondents got painted their bed rooms in light rose or grey or blue colours while rest of the respondents opted for any other colour. The researcher obtained very alarming, amazing and exhilarating outcome that 95.50 percent of the respondents slept with their head towards South, East or West and never in North while only 04.50 percent slept as per position of their beds. The researcher was also pleased to note that that one other important feature that mirror should not face bed was being followed strictly and by 90.50 percent of the respondents while other 09.50 percent were not advertant about this Vastu fact.



**Fig 12:** Sleeping positions



**Fig 13:** Master bedroom



**Fig 14:** Application of Vastu principles in master’ bed room

### 6. Children bed room

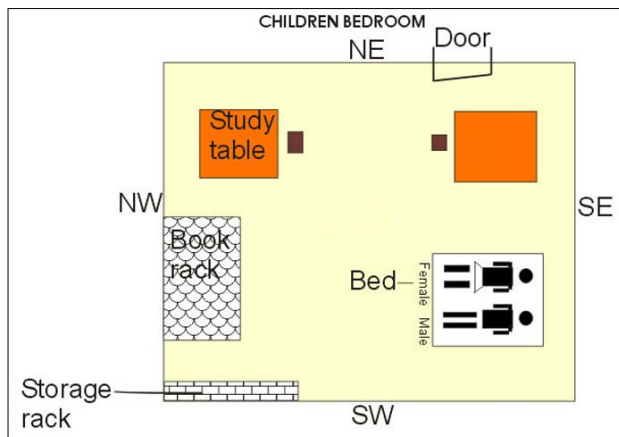


Fig 15: Children Bedroom

some basic things should be taken care of to make a child an all-rounder. Vastu compliant room suggests placing everything at its proper location according to corresponding direction such as table, bed, bathroom, clock, window, door and so on. Proper placement of things instills positive thinking in children’s mind to work harder and making them cheerful.

Every parent is keen to see their child’s progress in every sphere of life while there are some negative things that every house has due to Vastu defects which affect children’s behaviour and mind. Improper placement of things transforms children into brat, stubborn and low in concentration pushing their parents to get on nerves. Converting your child’s room with Vastu set of rules can perhaps give you positive results making your child obedient and progressive. This theory is also found supported by Karni (2012) [8]. While conducting survey researcher was keenly to know Vastu application in children’s room and found underlying stunning results.

Children room is a hub of recreation, fun and frolic; however

Table 6: Application of Vastu Principles in Children’s Bed Room n=200

Principles	Applied		Not Applied	
	N	%	N	%
Location of children bed room is in west and northwest and not in middle of the house	149	74.50	51	25.50
Wardrobe is in North-West or South-West of the room	128	64.00	72	36.00
The bed in South-West corner	148	74.00	52	26.00
The children’s head face South or Eastwhile sleeping.	163	81.50	37	18.50
The place of television or mirror or computer in the left or the right hand side of bed	144	72.00	56	28.00
Room’s walls are painted in the shades of green / white for peace and freshness.	177	88.50	23	11.50

Most of the respondents had followed this Vastu principle and consequent upon 74.50 percent got constructed their children bed room in West side and North-West and not in middle of the house while the rest had located it in any other direction of the house. Exact 64.00 percent of the respondents were having wardrobe in North-West or South-West of the room while other 32.00 percent had not followed this fact. The bed was placed in South-West corner by 74.00 percent while 26.00 percent placed it any other side of the room. The children’s head towards South or Eastwhile sleeping was

found to be applied by 81.50 percent while 18.50 percent had not applied this Vastu fact.

The place of television or mirror or computer in the left or the right-hand side of bed was found to be located in 72.00 percent of the room while rest of the respondent retained such items at any other place of the room.

Further 88.50 percent of the respondents had painted their room’s walls in the shades of green / white for peace and freshness while 11.50 percents painted their walls of this special room in any other colour.

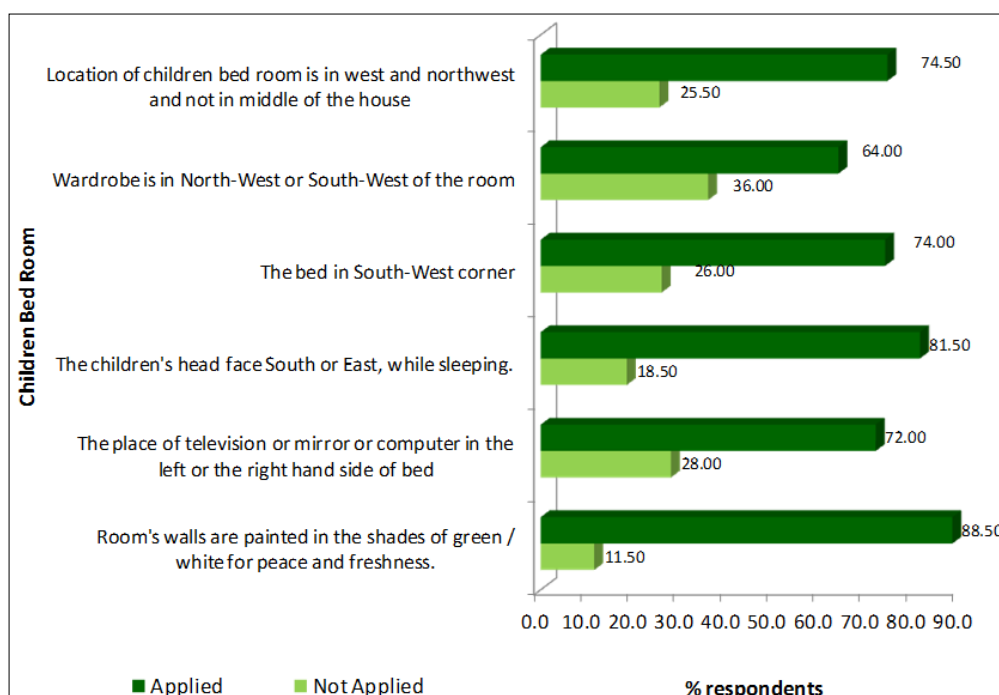


Fig 16: Application of Vastu Principles in Children’s Bed Room

### 7. Study Room

A study room is an important part of a house. This is where

residents acquire knowledge. It is therefore necessary to ensure Vastu principles are followed for the best effect.

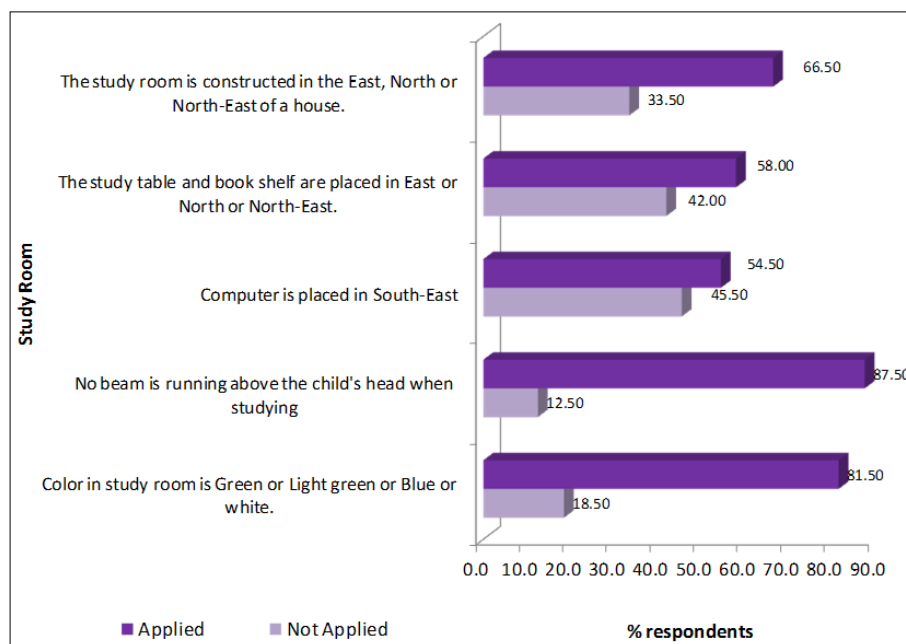
**Table 7:** Application of Vastu Principles in Study Room n=200

Principles	Applied		Not Applied	
	N	%	N	%
The study room is constructed in the East, North or North-East of a house	133	66.50	67	33.50
The study table and book shelf are placed in East or North or North-East	116	58.00	84	42.00
Computer is placed in South-East	109	54.50	91	45.50
No beam is running above the child's head while studying	175	87.50	25	12.50
Colour in study room is Green or Light green or Blue or white	163	81.50	37	18.50

As shown in the table above that 66.50 percent of the respondents had applied this rule and constructed their study room in the East, North or North-East of a house while 33.50 percent did not follow this aspect. 58.00 percent of the respondents placed their study table and book shelf in East or North or North-East while 42.00 percent had not followed this Vastu principle. Computer was found to be placed in South-East in 54.50 of the study room while rest 45.50 percent

behaved it in any other manner.

The best part of the study room was observed when 87.50 percent of the respondents were not having beam running above the child's head while studying and other 12.50 percent behaved otherwise. The other important aspect of Vastu was colour scheme which was found to be applied by 81.50 percent of the respondents while rest 18.50 painted their study room in any other manner.

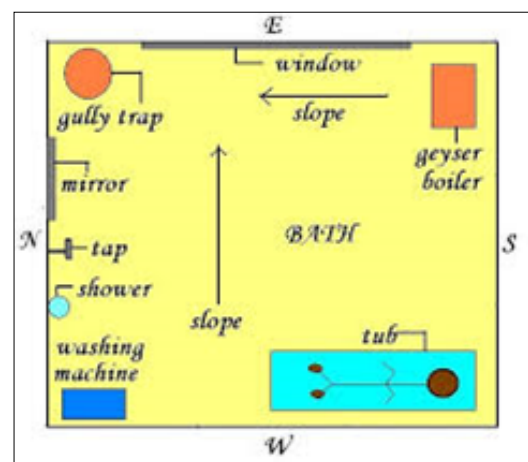


**Fig 17:** Application of Vastu Principles in Study Room

### 8. Bathroom

Bathroom is a broad term used to describe a room where one takes bath, uses the WC and uses the wash basin for brushing teeth and washing face. In ancient times, when there was no water supply through pipes and no drainage and sewage pipeline system, people used the open spaces for daily ablutions. Therefore, toilets were restricted to open spaces far from the house while bathrooms meant for only bathing were located elsewhere, generally near the water source.

However today with the easy availability of water through taps and underground sewage-line system, we can afford to have bathrooms as a part of the house, with the W.C., wash basin and bath shower/bathtub, all combined in one room. Through interviews researcher attempted to make a walkover at the bathroom via respondents and achieved wonderful results on Vastu application.



**Fig 18:** Best Vastu Interiors in Bath Room

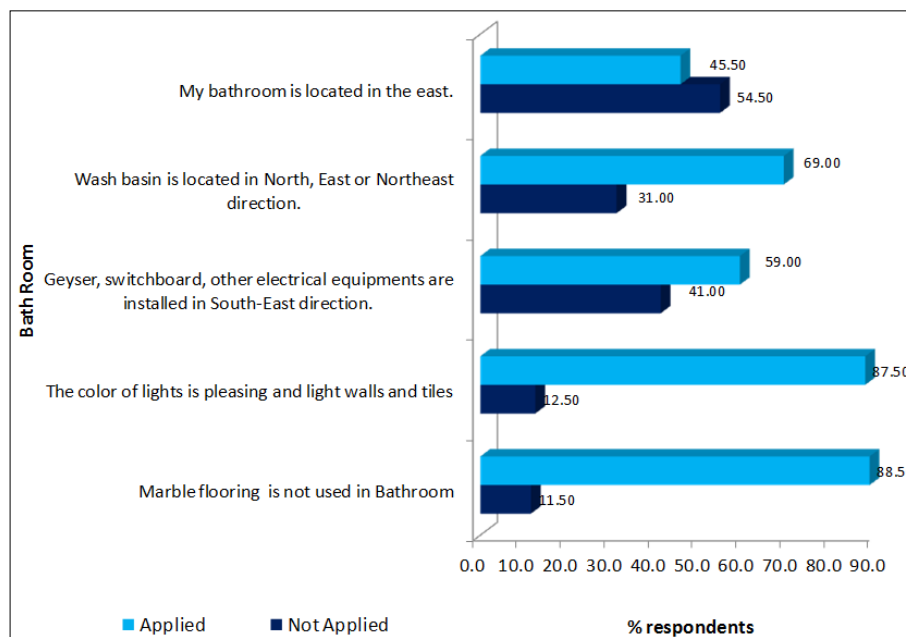


**Table 8:** Application of Vastu Principles in Bath Room n=200

Principles	Applied		Not Applied	
	N	%	N	%
My bathroom is located in the east	91	45.50	109	54.50
Wash basin is located in North, East or Northeast direction	138	69.00	62	31.00
Geysers, switchboard, other electrical equipments are installed in South-East direction	118	59.00	82	41.00
The colour of lights is pleasing and light walls and tiles	175	87.50	25	12.50
Marble flooring is not used in Bathroom	177	88.50	23	11.50

Researcher interacted with respondents for ascertaining about direction of the bathroom in their houses. It was observed that 45.50 percent had located their bath in the East side while rest 54.50 percent had not applied this Vastu principle and got constructed it any other direction. 69.00 percent of the respondents were having their wash basin located in North, East or Northeast direction while rest in any other spots of the house.

Electrical appliances like Geysers, switchboard, other equipments were found to be installed in South-East direction by 59.00 percent while remaining 41.00 percent respondents had not cared about this Vastu principle. Keeping sanctity, 88.50 percent had not applied marble in bath room. Following Vastu fact, 87.50 percent of the respondents had applied light colour on the walls of bath.



**Fig 19:** Application of Vastu Principles in Bath Room

**9. Toilet**

Placement of toilet in a home is most important for the health and wealth of the inmates living there. If a toilet is placed at undesirable place then surely it would lead to major problems such as finance loss, health problems, mental tension and stress etc. Vastu-Shastra lays down rules for the

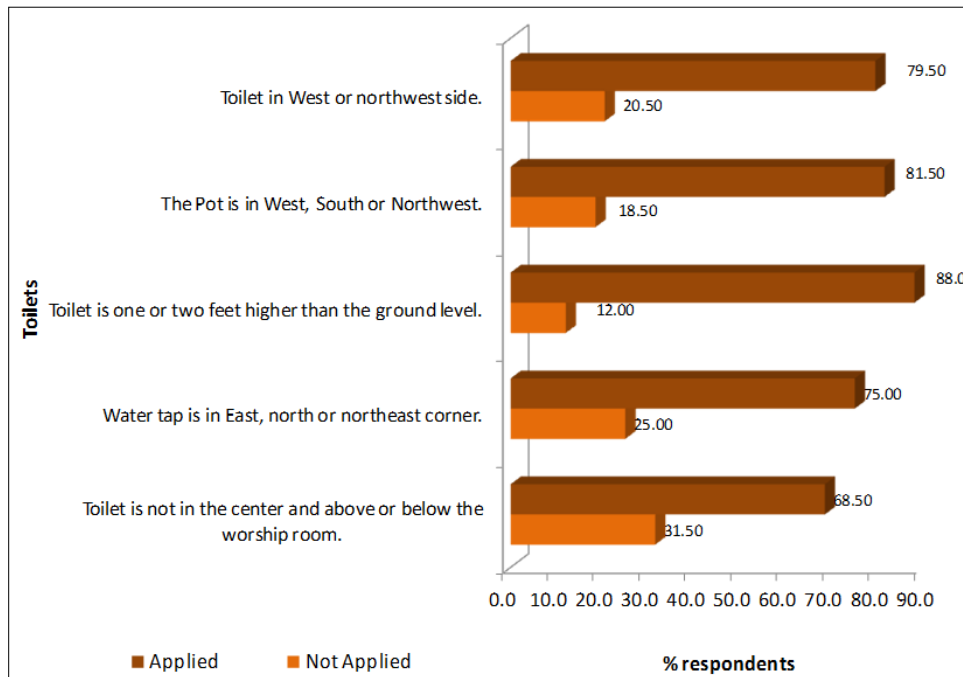
placement of toilet and WC so that it won't create any complication for any occupant. The positioning of toilet should be compliant to Vastu norms in every way. The table given below describes application of Vastu principles by home dwellers in toilets.

**Table 9:** Application of Vastu Principles in Toilets n=200

Principles	Applied		Not Applied	
	N	%	N	%
Toilet in West or northwest side	159	79.50	41	20.50
The Pot is in West, South or Northwest	163	81.50	37	18.50
Toilet is one or two feet higher than the ground level	176	88.00	24	12.00
Water tap is in East, north or northeast corner	150	75.00	50	25.00
Toilet is not in the center and above or below the worship room	137	68.50	63	31.50

Very favourable results were achieved when the researcher interacted with respondents and found that 79.50 percent had got located toilet in West or Northwest side. 81.50 percent were having pot in West, South or Northwest. The maximum number of the respondents exact 88.00 percent had got installed toilet at one or two feet higher than the ground level. 75.00 percent had got plumbed water tap in

East, North or Northeast corner. Further it was observed that 68.50 percent of the respondents by eliciting their ethical knowledge had not kept their toilet above and below the worship room and not even at the centre of the home. Above table had also figured out some of the respondents couldn't follow Vastu line due to their own compulsions.



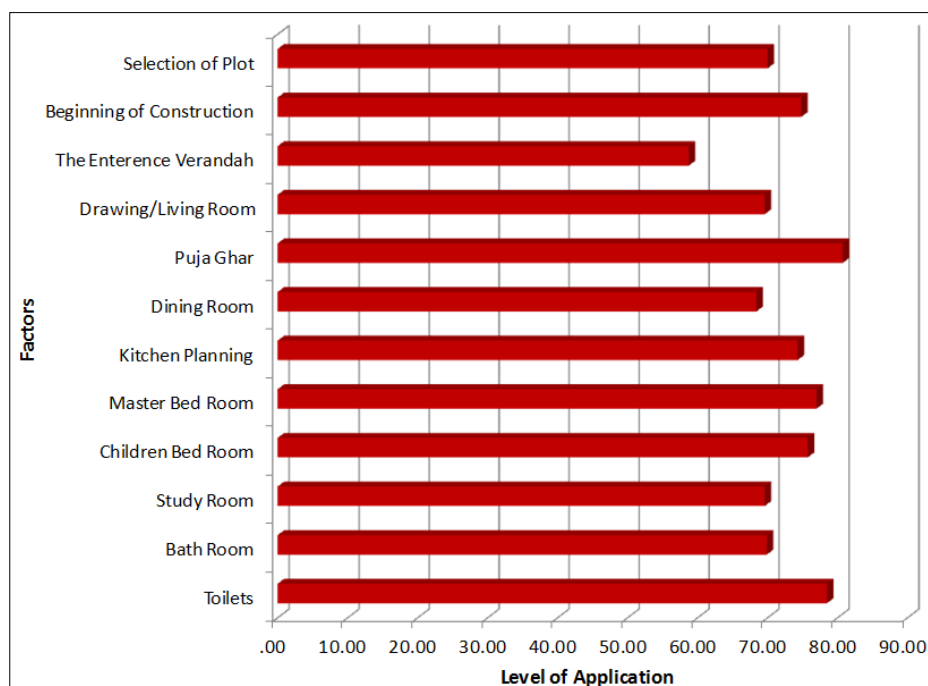
**Fig 20:** Application of Vastu Principles in Toilets

**Table 10(a):** Average Application of Vastu principles for a Particular Factor n=200(for each factor)

Factor	Application
Selection of Plot	70.00
Beginning of Construction	74.80
The Entrance Verandah	58.75
Drawing/Living Room	69.60
Pooja Ghar	80.75
Dining Room	68.40
Kitchen Planning	74.29
Master Bed Room	77.00
Children Bed Room	75.75
Study Room	69.60
Bath Room	69.90
Toilets	78.50

Table 10 (a) describes about average level of application for a particular factor. After analysis of results it was found that on an average the application of Vastu principles by the home dwellers was 70.00 percent in plot selection, 74.80 percent in beginning of construction, 58.75 percent in the entrance verandah, 69.60 percent in the drawing room, 80.75 percent for their worship place, 68.40 percent in the dining room, 74.29 percent in kitchen planning, 77.00 percent for master’s bed room, 75.75 percent in children’s bed room, 69.60 percent in the study room, 69.90 percent in the bathroom and 78.50 percent for the toilet principles.

Further it was also concluded that average application for all the factors considered for measuring the level of application of home dwellers in Vastu principles of house construction and interior designing was 72.28 percent and it was statistically high and significant.



**Fig 21(a):** Average Application of Vastu principles for a Particular Factor

**Table 10(b):** Extent of Application of Vastu Shastra Principles for a Particular Factor

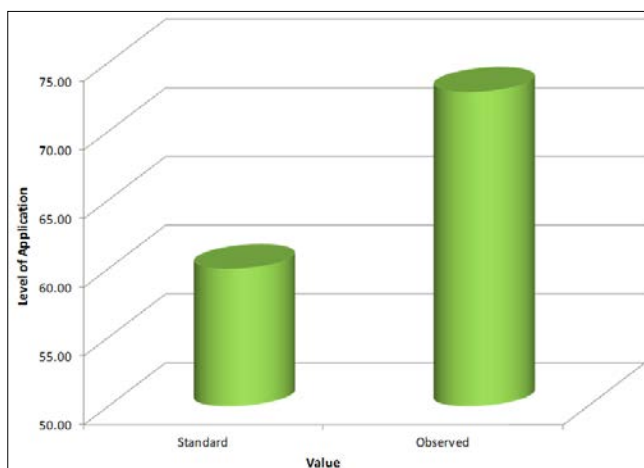
Extent of Application for a Particular Factor	N	Mean	SD	T	Result
Selection of Plot	200	70.00	22.42	6.31	***
Beginning of Construction	200	74.80	29.00	7.22	***
The Entrance Verandah	200	58.75	30.05	-0.59	NS
Drawing/Living Room	200	69.60	24.55	5.53	***
Pooja Ghar	200	80.75	24.56	11.95	***
Dining Room	200	68.40	30.03	3.96	***
Kitchen Planning	200	74.29	26.64	7.58	***
Master Bed Room	200	77.00	23.46	10.25	***
Children Bed Room	200	75.75	29.12	7.65	***
Study Room	200	69.60	32.45	4.18	***
Bath Room	200	69.90	26.07	5.37	***
Toilets	200	78.50	25.59	10.22	***
Application	200	72.28	17.43	9.96	***

Inference: The extent of application about all Vastu Shastra principles in house construction and interior designing by home dwellers for all particular factors given in the above table (10b) was found to be significantly higher than the normal assumed level except for entrance verandah. The extent of application about entrance verandah was found to be significantly slightly lower than the normal assumed level.

**Table 10(c):** Extent of Application of Vastu Principles

	N	Mean	SD	t	Df	Result
Application of Vastu	200	72.28	16.39	11.06	199	***

To check average level of application of Vastu principles in construction of house and interior designing by home dwellers, the extent of application of Vastu in their homes or work places was tested statistically. The test results are given in the table above (10c). Test results show that the extent of application of Vastu in their homes and various work places was significantly higher than the standard/assumed level ( $t = 11.06, p < 0.001$ ). Hence on the basis of our sample respondents, on an average it is concluded that people are applying Vastu at significantly higher level in their homes and work places also.

**Fig 21(b):** Extent of Level of Application of Vastu Principles

## Conclusion

Vastu Shastra can be successfully used by all professionals like Doctors, Attorneys, Consultants, Counselors, Engineers and Contractors to create a space that enhances health, well being and a pleasant atmosphere which encourages good communication between clients, customers and professionals.

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