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## Relation between Vasthu and yoga

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### Abstract

Science presents the Vasthusasthra (traditional architecture) in a yogic manner. According to this yogic concept, each structure is commanded in vasthusasthra. Yogasasthra has a great influence on the constructional process of vasthusasthra. In vasthupurushamandala (construction field), the yoga saasthra also give special emphasis on the construction of structures, from the arrangement to the roofing. "Both of these sciences place special emphasis on the navel concept. In yoga (as well as in Ayurveda) the "navel" is the midpoint of the body. The focal point is connected to all the nerves in the body. The nerves and formulas of architecture are designed accordingly. In both these sciences, the "navel" or "*brahmanabhi*" is considered to be the focal point of all energy sources.

**Keywords:** Vasthusasthra, Yogasasthra

### Introduction

All areas of human life are covered by two concepts, the physical world and the abstract world. When studying the science of architecture, it is possible to build as good a dwelling as possible only if the two are properly and equally matched. Construction Materials, Construction Equipment, Construction Completion Period, Rules required for construction, Sthapathi or Acharya, Contractor Estimated Cost, labour works includes the Physical world. In the category of abstraction we encounter the mysterious and the extra-terrestrial. Many subtle and insignificant objects are not visible, but experiential. There are many facts and theories in Vasthusasthra that can only be symbolic or positive.

Religions, Traditions, the interaction of the five demons and their manifestations, the octaves, magnetism and other domains, the frequency range of sound waves and light waves, their interrelationships, the human mind influenced by traditional values and beliefs, mythology, astronomy and influence of planets includes the Abstract world.

### Vasthusasthra and Yogasasthra

Yoga is one of the most important aspects of Vasthusasthra. The concept of prana in yoga is pervasive throughout Vasthusasthra, as Vasthusasthra considers each object to be an organic form of the Vasthupurusha. Analysing the basic concepts in yoga once understood, it is clear that governing these two ancient sciences is a general principle.

Yoga considers the nerve as the source of all goodness. It is said that the Ganeshabeeja, the starting point of all actions, is located there. According to the Puranas, the nabhi (navel) is the abode of Brahma and the source of all creation. Starting from the navel, the basic energy biological connection between a mother and baby is established through the spiral form. The Vasthusasthra significance of the spiral form is relevant here.

Nervous matters are repeatedly mentioned in the pranayama practiced in yoga. Some of these nerves, as illustrated in yoga, can be considered similar to the arteries, nerves, and blood vessels in the respiratory and circulatory systems that define their function in modern physiology.

Ida, Pingla and Sushumna are considered to be the most important nerves. Swami Vivekananda has described this commandment in very simple words as follows.

"Sunlight (pingala) and moonlight (Ida) deliver energy to all parts of the body. Excess energy is stored in the nervous system, commonly known as the spinal nerve centers. A spinal cord called the 'Kundalini' rises through the so-called very thin and costly radiant third nerve".

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Similar commands can be found in Vasthusasthra. The north-eastern current, which is considered auspicious by Vasthusasthra judgment, can be compared to the lunar eclipse. The south-east direction, which is considered to be unlucky, can be compared to the sunny Pingala. The neural spheres in the nervous system, the energy streams that connect our animal body to our subtle bodies and their sublime qualities of genius and love, are called 'chakras' or centers of consciousness. It is through these chakras and nerves that our five cells (internal chambers) function as smoothly and intelligently as the single organ, and that 'consciousness' (knowledge) is immediately transmitted from the physical body to the emotional, intuitive, and spiritual realms.

Our five cells, the physical, the vital (soul), the emotional (mental), the instinct and the superconscious are intertwined beautifully like onion slices. Each of them functions in our daily consciousness as it is covered by an adjacent microcosm. The body communicates with each chakra through the nerve centres in the spine and head. The nerves in the body are usually measured in micrometres and millimetres. It is measured by vibrations similar to low radio frequencies. Experts in the field of biochemistry and medicine have shown experimentally that the intensity of a signal transmitted by a nerve centre depends not on the frequency of the change but on the frequency or decrease of the frequency. The sages who invented Yogasasthra and Vasthusasthra must have been aware of this fact. They adapted it in such a way as to maintain a healthy body and mind and to build houses in harmony with the cosmic forces.

In spite of all the mysteries, the material tries to provide clear guidelines for the construction of non-destructive radiation-friendly, eco-friendly houses, and structures that are compatible with cosmic forces and that are compatible with the flow of the soul through micro-nerves and chakras without stress.

The flow of the soul through a human body and the effect of the cosmic energy on a Vasthumandala are similar concepts in essence.

According to the science of yoga, the universe is made up of two substances, the sky (ether) and the soul (cosmic energy). Of a fixed form or combination, all the resultant matter originated from the sky. The sky is everything that becomes air, matter, solids, human bodies, animals and plants. Heaven is the source of all that we can touch, visible and exist. It is so subtle that we cannot see it. We can only see it when it has taken shape. The soul is the force that transforms it into the universe.

Everything we refer to as energy and power comes from the soul. The soul resides as a life force in all living things, from the highest to the lowest. The basis of all power is the soul. It is the source of motion, gravity, magnetism, physical activity, nerve currents, and the power of thought. The life is the soul of all power and energy. No life is possible without it. It is present in air, water and food. The soul is the life force that resides within every living being. 'Thought' is considered to be the most sublime and purest act of the soul. The focus of the mind is somewhere and the soul is focused. The cosmic energy in the human body is the combination of the five elements and the five souls, such as the sky, the air, the radiance, the water, and the earth. Vasthusasthra considers the house to be a shield for the human body with

the same basic logic that applies to the five elements and the five souls.

If the rules of Vasthusasthra are applied in such a way that accurate directional maintenance, precise magnetic flux and precise interaction of the basic five elements are possible. Stimulated the genius to balance with the reality of the universe and is possible to be at peace.

When we breathe through the left nostril, the Ida nerve works and when we breathe through the right nostril, the Pingala nerve works. The spinal cord operates during the transition from Ida to Pingala and vice versa.

According to Vasthusasthra judgment, the color of the soil in the material chosen for housing should be white, yellow or at least red. Its taste should be sweet or thin salty. Due to the presence of elements such as calcium, potassium, manganese and magnesium, loamy and yellow soils have natural pesticide properties. Due to the low water storage capacity of such soils, the base itself is protected by nature and avoids variations in levels and seasons. White and yellow colors give the soil heat resistance due to solar energy direct penetration is reduced and as a result a comfortable atmosphere is created around the house. In addition to these, the construction cost is less as such soils are generally more resilient to impact.



The yoga concepts of prana, navel, nerve, chakra, Panchamahabhutas and Panchamahakoshas are clearly related to Vasthusasthra principles. Shanmukhemudra in Yoga gives the body the benefits of the Panchamahabhutas (Five Basic Minerals). The three main currents, Ida, Pingala and Sushumna, are related to directions. The main facts of Vasthusasthra are based on concepts such as directions from the Panchamahabhutas, which are basically related to Yogasasthra. Directions are also important in astrology as the constellations and stars associated with the directions have the properties of the five great demons. In addition, the cult trees defined for a star have the colors, rhythms, and qualities of the five elements.

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