

# Natural Energies on the Earth and their Relation with Ancient Indian Science Vaastu Shastra

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## Abstract

Physics is the study of matter and energy and in general, the field aims to analyse and understand the natural phenomenon of universe. On the other hand Vaastu Shastra is the traditional Indian system of architecture and design of Vedic origin. The Sanskrit word ‘Vastu’, derived from Vedas, means ‘dwelling’, and in the modern context, it covers all buildings. Vaastu Shastra takes into account of various natural energies which are available free of cost around us, in atmosphere on earth. Utilization of such energies gives us pleasure, peace and prosperity in our lives. According to vaastu –shastra, energy lines run like a large grid across the earth from north to south and East to West. The movement of energy through a 4-side building is similar to the flow of energy across the earth and electromagnetic field thus generated, affects the human body.

In physics there are various forces in action and for the stability of anything the balance of force is necessary. In case of vaastu there are three forces in action to create harmony, Wind or Air (Vaayu), Water (Jal) and Fire (Agni). If these forces are kept in their appropriate places, there will be no disturbance. But if water is put in place of fire and wind in place of water or in any other combination the force will stand acting accordingly and create disharmony and un-peaceful environment. Vaastu is a logical explanation of scientific truths and facts and is based upon two important scientific facts, magnetic property of the earth and rotation of the on its axis. This paper correlates various forms of energies with vaastu and their effects on residents.

**Keywords:** Vaastu Shastra, Basic elements, Solar- energy, Cosmic energy.

## 1. Introduction:

Physics is the study of matter, motion, force and energy [1-2]. The root word of physics is Phys- and is Greek word for “knowledge of nature” and in general, the field aims to analyse and understand the natural phenomena of nature. On the other hand, Vaastu Shastra aims at using rules and techniques to optimize the benefits of nature’s positive energy by symmetry, direction and structure. The origin of Vasstu Shastra is found in the Sthapaty veda which is subdivision of the Atharva Veda [3][. The Vaastu principles are related with the natural energies of our earth and the proper management of the primary natural force. It prescribes desirable characteristics for sites and buildings based on the flow of energy. When a structure is built over the surface of earth, it comes in the way of natural interaction. Vaastu Shastra takes into account the various natural energies which are in atmosphere on the Earth, like: solar energy, lunar energy, electric energy, magnetic energy, thermal energy, wind energy, light energy and cosmic energy. Utilisation of such energy gives us pleasure, peace and prosperity in our life. According

to Vaastu Shastra energy lines run like a large grid across the earth from North to South and East to West. The electromagnetic field thus generated, affects the human body at the cellular level and controls the organs of the human body. We can also divide the natural energy into two parts; 1) Positive or constructive energy and 2) Negative or Destructive energy. The positive energy gives us the happy and healthy life without any struggle, on the other hand negative energies makes our actions, efforts, thinking negative so that ultimately the whole life is ruined. The science of Vaastu guides us about the rules we have to follow so that the structure has a positive atmosphere.

Human beings and their dwellings are affected by the motion of the earth and the forces of gravitational and electro- magnetism. These two forces have direct influences on the animate and inanimate objects of the earth. Modern research has proved that the ancient science Vaastu has scientific basis and it is connected with the natural laws. The natural law has provided a building technology that will transform the thinking and feelings of the residents. In this paper some aspects of the Vaastu which are directly related to the physical science is presented.

## **2. The Universe and five basic elements**

The universe is the combination of five elements. These elements are earth (Prithvi), Water (Jal), Fire (Agne) Air (Vaayu) and space (Aakash). The human body is also a combination of these elements e.g.; a 'water' element is present in foot, 'Earth' in Knee, Air in naval, Fire element in both the shoulders and 'space' element in the brain[5]. If there is no co-ordination among these five elements our energies weaken and its result is tension, ill health and disturbs the peace of mind. Similarly in making or constructing a building all five elements of nature are considered and it gives good health, wealth and prosperity to human beings. A human being cannot survive in the absence of even a single element. By adopting Vaastu-Shastra all the elements can be brought into our favour. The various effects, direction and energies of these elements are discussed here.

### **2.1 Earth**

Millions of years ago some planets got out of solar orbit due to sun's revolving activity, out of which nine planets and other satellites emanated. After some time earth, situated at third place, got distanced from sun and started getting cooler. As a result of this change mountains and valley emerged. There was inherently static magnetism, coupled with gravitational forces on earth that effect all the object. Earth represents the solid state of matter in nature. Earth is the only planet in the whole universe to sustain life. It is replete with qualities of sound, taste, smell touch and form. In India, earth is worshiped as mother and is called "Bhumi Devi". According to Vaastu the south-west corner of a place is called "Naritya Kon" and is considered as the related position of basic element earth. This direction gives us strength and protects us from evil foes.

### **2.2 Water**

Water makes the life possible for Human being and plants. No one can survive without water. Our bodies are constituted of a large degree of water and our blood could not be generated without water. The habitat and physical life are only there where water is present. All the civilian cultures had developed on the bank of a water body.

In Vaastu Shastra, the north-east corner of a place is called "Eeshaan," and is considered as the related position of this element ,it is a source of health , wealth and success. It represents the liquid state of the matter.

**2.3 Fire**

Sun is the main source of heat energy and is considered as fire guard and emits lot of heat energy and light without which the life will be extinct. The light and heat are responsible for day, night, the seasons, energy, enthusiasm, passion and vigor. The south East corner is the place of fire and is called “Aagneya”.

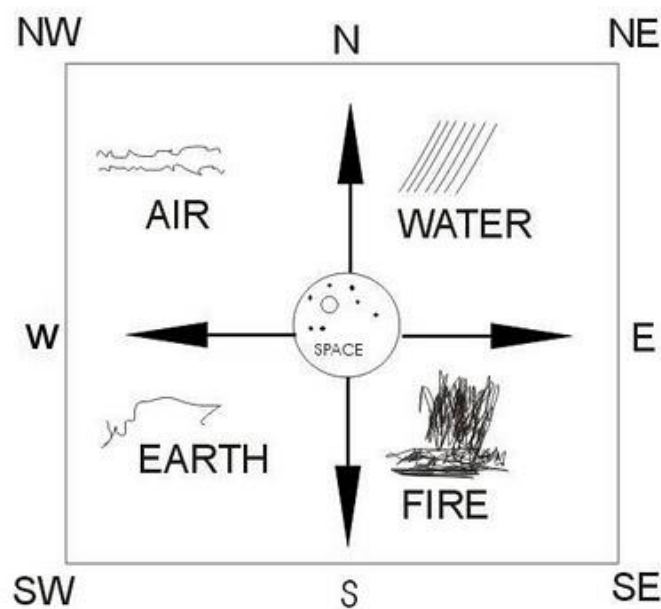
**2.4 Air**

Air is a precious gift given by nature. It gives support to all life on earth and it is very power full life source and life supporting element. Pure Air with oxygen is good for blood and brain. Air represents the movement. North West corner of a place called “Vayvaa” and is considered as the related position for this.

**2.5 Space**

All the natural elements are contained in the space. It is endless and infinite and provides shelter to all the remaining elements. The entire solar system and the entire galaxy exist in it. The center of place is considered as the related position of this element. Open to sky place in the centre, of place is good to gain the energy of space.

Element	Form of energy	Direction
Air (Vaayu)	Wind	North West
Water (jal)	Rain	North East
Fire (Agni)	Solar	South East
Earth (Prithvi)	Gravitational and magnetic	South West
Space (Aakash)	Sound	Center of all these” Brahma Sthanam”



**Fig 1. Direction of Basic five elements [8]**

Hence, according to Vaastu Shastra there is always an invisible and constant inter-relation between all five elements so for a house we must take into account all these and plane accordingly. A building that is made according to the rules of Vaastu-Shastra will give the habitants health, happiness, wealth and prosperity and we realize our true potential.

### 3. Energy and Vaastu

Vaastu Shastra is an ancient science and one of the eminent features of our vedas. Sthapatya Veda which is a part of Atharuv Veda is an ancient system of knowledge the connection between people and the building in which they live and work. There are many types of energy are present in the universe such as Solar energy, Magnetic, Gravitational and cosmic energy. All these are named as the positive energy or Constructive energy, there are some Negative energy or 'Destructive Energy' is also present in the universe. The worms, bacteria, virus do the destructive work. The Vaastu-Shastra is based upon two important facts:

1. Magnetic property of the earth and the gravitational and magnetic forces created by the materials inside the Earth.
2. Rotation of the Earth on its axis and the centrifugal and other forces created by its movement.

Due to these factors we have the Solar Energy, Magnetic Energy, gravitational energy and cosmic energy. All these energies play an important role in human life or on human body. The positive and negative effect of all these depends on the way of utilisation of these energies.

#### 3.1 Solar Energy

The source of solar energy is only from sun. Solar radiations is made up of visible spectrum as well as ultraviolet and infrared radiations. As sun rises in the east and sunset takes places in the west, the sun rays appear to have difference in their frequency range from morning to evening. The morning sun is very beneficial for human body. Vaastu recognizes the importance of sun and has defined methods to avoid harsh effects of the sun and minimize its impacts on health and mental peace and well-being. While sunlight is essential to good health but the excursive exposure to solar radiation can cause health problems.

If houses are built as per laws of nature, most of the natural sources of energy can be utilised for the good of house residents. The morning sun rays i.e., solar energy is rich in Vitamin D and it directly affects our body. Similarity Sun-rays in noon carry ultra-violet radiation which spells adverse effects on the body. So the house orientation should be planned in such a way that the afternoon sun-rays have minimum effect on the house and body. If there are more doors and windows in Eastern side the whole mansion will benefit from the morning sun rays because sun rays have the capacity to decimate diseases. The reason for keeping a kitchen in South-East direction is that morning sun-rays which are rich in Vitamins, travel to the South[9]. As the earth orbits round the sun from south-east, this side derives optimum benefit from sun rays which are rich in Vitamin F and D and thus the kitchen ware and eatables remain pure for longer period. In addition to it, the moisture in western wall is also eliminated due to heat of sun,

The reason for keeping the place of worship in the North-East is that, when we worship, wearing scant clothes, our body should benefit from natural Vitamin D and also the magnetic energy from northern side has salutary effects on the body.

The water channels, flowing from North-East side, are more exposed to quick contamination. As the sun rises, its rays fall on water and carry sun heat to water and the electromagnetic waves keep the water pure.

Hence the moderate exposure to sunlight has beneficial effects on mental and physical health of a person.

#### 3.2 Magnetic Energy

Our earth was created from the minerals and dust from lava of sun 4.54 million years ago. Due to the

large content of iron particles in the form of solid and molten state, it has a magnetic property. The North pole emits the positive magnetic energy and the south pole performs the negative part receiving this energy. Hence the earth is surrounded by magnetic field all over its mass and the direction of magnetic lines of forces is from north pole to south pole. Vaastu Shastra lays down principles on location, direction and disposition of buildings, so that human can absorb the positive effects of Earth's magnetic field throughout the day, which will ensure enhanced health, wealth, prosperity and happiness.

According to Vaastu Shastra, the Earth's magnetic field has a profound effect on all living things. Human Body is also a magnet with the Head, the heaviest part of the body, corresponding to North pole and the feet as South-pole. Due to effect of magnetic field of earth it is advised to keep head towards south, as the magnetic beams travel from North to South[4]. If head is kept on the North, magnetic effect won't be there, because North pole of earth will repel man's North pole and would not admit magnetic effect, as a result of which blood circulates in the body would not be able to derive mileage, causing tension in mind and give peaceful sleep[6].

It is the most positive manner

1. Sleeping with the head in south direction is ideal, it would bring positivity and help achieving deep sleep.
2. Facing East and North is best when sitting on dining table and for study.

### 3.3 Gravitational Energy

The earth gravity signifies that the earth has the power to pull everything towards itself. This power gives momentum to all our activities and provides stability to the structures constructed on the Earth's surface. In Vaastu, the gravitational force is not only limited to the material used for house construction but also extends to the level of quality of the soil on which the construction is made. The more compact the soil molecules, the better it is in terms of qualities.

Earth is the only planet in the whole universe to sustain life. In the solar system huge planets including earth revolve around the sun and its own axis as well. The only gravitational force keeps these huge cosmic bodies to move in a definite orbit and hence this gravitation pull of sun and earth's own force of gravitation has a considerable effect on the lives of all living beings. According to Vaastu Shastra, the heavy items of the house should be in South-West direction and light weight items in the North-East direction.

### 3.4 Cosmic Energy

Cosmic energy is one of the English translation of Hindi term 'Shakti'. It refers to external spiritual energy and can also refer to 'prana' or life energy. It is also known as the energy of supreme consciousness and intelligence. It is present everywhere at all times.

The Earth is tilted 23.6 degree towards North-East direction and it is moving from West to East. For an example when we run, feel the air is coming against our directions. Similar thing happens to the movement of earth towards North-East direction, the cosmic energy comes in from the North-East direction. According to Vaastu Shastra cosmic energy moves smoothly through a building and around it. The cosmic energy coming from North-East provides positive energy to the structures. Hence this zone of the house should be open, clean and tidy and light-weight or no weight at all. Keep windows open here in the morning for the beneficial morning Sun.

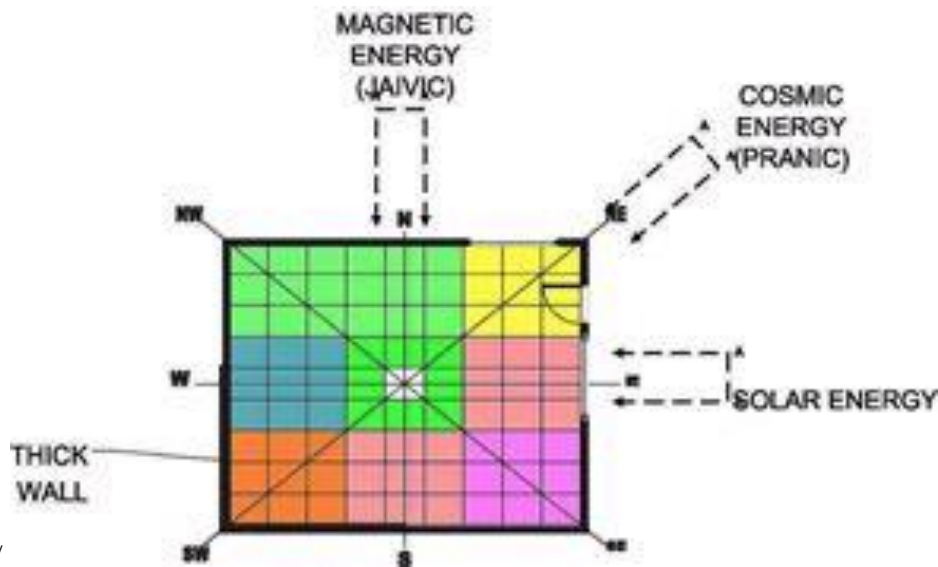


Fig.3 Direction of magnetic, solar and comic energy [7]

Vaastu Shastra is to facilitate a harmonious relationship between human beings and the environment, which leads to sustainable development.

There are some 'Destructive' or harmful energies in Vaastu in form of radiation, those are emanating from earth and from cosmos. These energies work on structures or matter and humans or animals i.e ; Bio-energy fields. Some negative energy are :

- a) Geo -Biology: The geological structures under the buildings, consisting of harmful mini cells give harmful radiations, faults, consciences bones in rocky structures which effect residents living directly.
- b) Building Biology- Some unnatural structures irregularities, broken items, metallic steams, electrical EMF gadgets, skin or hides decorative pieces may give infra-red radiation, Their negative energies may result in unidentifiable nausea, head ache and allergies etc.

#### 4. Conclusion

On the basis of above discussion we conclude that if we take due and proper cognizance of all the basic five elements and utilize the natural energy in people manner then all the universal powers will bestow the residential and commercial buildings and human will make happy and prosperous.

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