

What is Vastu Shastra - by Pallav Kumar (Vastutalks)

Elements of Vastu Shastra and their remedies



Vastutalks

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Vastu Shastra is holistic in nature and operates at the basic level of human existence—physical, psychological, spiritual.

Vastu Shastra has different dimensions to affect--

- a- It deals and defines man's relationship with nature.
- b- It builds a gateway between inner space and outer space.
- c- It transforms voids into space, which are wombs of creation, care and comfort.
- d- It defines one's path effortlessly and overcomes hindrances and blockages.
- e- It creates a positive relationship between an individual and outer world. Little rectification in personal holistic alignment on the cosmic reference changes life's goal and destiny.

The basic elements of Vastu being five elements, eight directions, Sun and Moon streams, deities in Vastu Purusha mandala, the study of vibrations, waves, sound and light. Permutation and combination of all this above. The basic principle of Vastu science is least obstacles to natural energy streams, that is Earth magnetic energy flow from North East to South West, Easy access of Sunlight and air. It orients human behaviour in a positive direction to shower divine bliss, leading to success, prosperity, and peace.

Qualitative, matured and rich thought process is the outcome of Vastu, which in turn converts into opportunity, action, the outcome of effort, money, fame, recognition, relationship, education, health, wealth, peace and prosperity.

Five elements--- Panchatattwa—The ingredients in the chemistry of life.

The universe evolves in the form of five elements. These five elements are water, air, fire, earth and space.

These five elements are five pillars of nature. Whatever exists in this universe is the composition of five elements. Be it any form of life, non-life. The human body is also a form of these five elements. The building is also a composition of five elements. When these five elements are in a balanced state, nature becomes smooth, positive, stable. The imbalanced state creates turmoil like a cyclone, depression, tsunami etc. Global warming is one of the major reason of imbalanced elements in nature.

Ayurveda is based on five elements. Any disease diagnosis in Ayurveda is through the study of imbalance of these five elements called Tridosha. Vatta, Pitta and Kapha. Vatta is a combination of space and Air, Pitta is a combination of Fire and Water, Kapha is a combination of Earth and water. All disease in a human being is the outcome of due to the imbalance of any one or more elements.

Five elements work under three principles. Theory of creation, the theory of control and theory of destruction.

Water creates air, Air creates fire, fire creates earth and earth creates space. It is to nurture the next element.

Water weakens space, space weakens earth, earth weakens fire, fire weakens air and air weakens water. It is to control the excess of the previous element.

Water destroys or exhausts fire, air exhausts earth, fire exhausts space and earth exhausts air. It is for putting a check and balance of any elements which disturbs the other element.

The human body is a pure constitution of five elements. The space element is in the brain, Air element in the naval, Fire element in shoulders, Water element in the foot and Earth element in the knee. The human body requires to be harmonized with the elements of nature in order to lead a balanced, healthy, organized life. For a human being, all element hold equal importance and survival is impossible without even a single element. Vastu principle and techniques make these five elements stand by human beings and prevent things from going wrong in our life.

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Water----

Water is a lifeline. Earth is the only planet in the solar system known for having water. Earth consists of around 70% of water. The human body also consists of 70% of water. Water is the fusion of all elements in proportionate. Heaviness property of water is Earth. Water, when evaporates, become air. This is the ability to move and flow of water. State of fluid or flowing manner comes from the fire. The surface tension of vapour released in the form of lightning. As the vapour goes into space and merges with it gains an association of space as well.

Water is the driving force in nature. Water is soft and flexible but impossible to resist. Water has the tendency of flowing. It has cleansing abilities. It represents clarity in thought process, the flow of new ideas, creation of new vision, flowing of new opportunity, immunity, healing energy. It teaches us how to move ahead in life.

Water is blue and black in colour. Its shape is weaving in nature. Moon is also associated with water.

The balanced water element in the building, dwellers leads a happy, prosperous, fortunate, spiritual life. They are able to encase opportunity for themselves. Their immunity is strong. They aim higher and able to reach their goal.

The imbalanced water element in a building causes a nagging sense of insecurity, the opportunity has lapsed, narrow-minded, lack of vision, lead a life of myopic vision with no desire for growth. Mental peace is disturbed by trivial issues. No growth in career. Once things start moving out of control, it becomes difficult to restore the situation back to normalcy. Immunity gets weak leading to a regular

health problem.

On everyday life—

Emotions, progress in everything, career, business, liquid money. Water maintains electrolyte balance in the body. The lymphatic system of the body. Potential to experience taste through the tongue. Excessive water weakens the digestive system. Deficiency water in the body creates dehydration, dry skin, weakness in reproductive tissues. Soft body and round face, slow walk, wear a mismatched dress, least worry of their personality. Caring and emotional. Creativity, artist, informative, Water has a strong capacity for memories.

Excess emotion, depression, dryness, unhappiness, disappointment, detachment are the cause of imbalanced water element.

How to activate water element—

swimming. Long shower bath, spending time near a water body like a river, ocean, Lake Etc. Decorating home with water painting, water fountain, blue clothing, seafood, liquid food like juice etc.

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Air—

Life lies in the Air. A lack of air tells the end of life.

Air is constantly moving. It has also the property of growth. Wherever there is growth air is present. The growth of the human body needs air (breathe).

The tree gives air which has the property of growth. Balanced air element encourages residents to take the risk. Opportunity keeps coming to them throughout their life. People around will always support them to lead a life of success. It shapes the association you make and your position around you. It is the energy that inspires you and you inspires others.

Imbalanced Air element will not allow sharing good relationships with society and neighbours due to excessive rage and stubbornness. Will feel like stuck in a situation and unable to move forward. Joint pain, Skin infection, sexual dissatisfaction, depression are some of the symptoms reflected on residents.

The shape of the Air element is rectangular and oval. Colour is green and brown. Overall body language is Air. Touch and air are unified which elects skin as the associated sense organ of the air element. Heart and lungs are the primary organs of the air element.

The air element is related to Anahata chakra (Heart chakra)

Air people should have small to medium height with broad, solid and strong physique. They do not like much on spending money on fashion.

Storyteller, good orator, analytical skill, humorous, personality, attitude, active participation and helping others, logical, independent and bold, astute manipulators, higher target, justice, are some of the qualities of the balanced air element.

How to activate Air element—

Breathing exercise is one of the best exercises to activate the air element. Pranayama. Well ventilation inside the house, walking and spending time in nature, green colour clothes, plants, dresses, jewellery, home décor etc. can be used to increase air. Shape like oval, rectangular, wooden items. Eat more green vegetables.

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Fire---

Fire is the spark of life-- Tejas. Anything that attracts has a spark. Be it voice, personality, physical features, something very beautiful etc..

Fire is an ideal fusion of emotions and materialism.

Fire is the fusion of Air and ether. Ether provides space to exist within and air provides movement. The energy of fire present in all living being as the spark of life and energy.

The fire element is triangular in shape. Sharp edge. Colour is red and orange. Pink, violet are subtle fire colour. Manipura chakra is associated with the fire element. The spicy taste is the fire element.

Fire is driving force, inspirational, strength, courage, sound sleep, health, enthusiasm, will power, Warmth relationship, ignites the desire for materialism.

Knowledge of anything is a fire which takes you to a higher level. Excessive fire makes one overconfidence which sometimes backfires to ruin fame.

Romance, sex, bedroom, strong sexual desire and strong libido are an indication of strong fire forms. Fire enhances the lustre of skin and eyes, but excess fire causes skin rushes, grey /pale skin, skin erupts.

In a balanced state, fire brings you fame, recognition, confidence, power, money, which becomes the driving force in life. It creates a passion to execute the desired things. Capable of handling multiple tasks at a time.

The imbalanced fire element is denied of recognition due to them, They are underestimated, ill-fame, disrepute, depression, accidents, miscarriage, thefts, mishaps, Lack of zeal, enthusiasm, confidence. A person becomes introvert, fearful, lack of cash liquidity, obstacles in performing the auspicious activity.

Activate fire by—

Morning walk, jogging, running, bright clothing, use of cosmetic. Decorate home with beautiful lighting, candles. Increase proportionate bright colours in the house in a cautious manner. Addition of little spicy food in daily diet will benefit. Objects of triangular shape can be used as decoration purpose.

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Earth—

Earth is the mother of the universe. Ether is the father of the universe. Other three-element water, air and fire are coexisting within two. Mother earth holds all creatures on its womb and provides nourishment

and food.

The land is a basic requirement to exist, for house, cultivation. Earth is the base of everything and represents the physical shape of the universe. Base element puts up with support, stability and nourishment.

Origin of the earth element is the smell. The nose is the sense organ of the earth. The rectum is action organ of earth. Colour of the earth is yellow. The shape is square. Weight is property of earth. Earth dominant people are fleshy. Soft, round look. Dress sense is comfortable clothing. Earth shows giving in nature and selfless and always remain the first person to lend helping hand. Very reluctant accepting help. Dominant earth shows extra nurturing motherly care.

When we say our presence carries weight, our speech carries weight; It means it indicates stability and strength. That is an earth element. Earth imparts stability and fixes things in position.

Mother earth gives whatever one aspires in life. Stability, balance, strength, solidity, patience, maturity in character, is some of the nature of earth element. Earth provides you with the capacity to give, including removal of wastage from the body, thoughts, relation in life.

Mother Earth knows the way, goes the way, and shows the way.

Balanced earth element induces stability in life, career, behaviour, relationship, efforts, feeling of peace and harmony with society, and blood relation. It is a source of abundance, growth, riches.

Imbalanced earth creates lethargic, laziness, tiredness, lack of will power, job insecurity, delayed marriage due to suitable partner not available or no marriage. A dispute among family members and blood relation occurs for trivial issues and property dispute reflects. Expenditure increases for no reason.

Activate Earth—

Activate smell by using perfume. Change fragrances. Keep walking barefoot in the morning. Frequently use yellow and dark brown colour. Add sweet in your diet. Decorate earthenware in the house to enhance the earth element. Use square shape decorative items to beautify a house. Do gardening. Sit on the floor, grass in the park.

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Space--- Vastu Shastra is basically is the science of space. The creation of space is manifestation. But the source is mother Earth. It represents interrelationship of all elements as well as human beings. The space element is related to Centre portion or Brahmasthan which deemed as the calmest and cosmic place of a plot. It is also called an Ether element.

Space is definite boundaries, the medium of connectivity, expansion, communication, thought process, growth. Whether it is an expansion of happiness through knowledge, marriage, wealth, education, prosperity, business, support, the strength of physical, immunity, emotional, and financial, overall gains, are all governed by space.

If space is balanced in the house then it allows residents to make their destiny success. It gives one a sense of direction and imparts the ability to be organized, ensuring that you excel in all that you do. You

gain to learn from past mistakes. It allows you to understand old beliefs and adopt creative, new, beneficial ideas.

In an imbalanced state, the resident will lose skillset, wisdom, knowledge, thinking abilities, creativity. Gain is not as per the effort you made. Unable to give shape to ideas, would remain in confusion always on what they are doing and what they need to do. Growth would remain a dream. Unable to change things, ideas, situations in a progressive way.

Metallic, grey and white are the colour of space. Round circle shapes. The throat chakra, sound. Sense organ is ear and action organ is voice. Long throat, tall height, overall slim body with high neck. Always prefer to wear a white colour dress, silky, lightweight clothes. Camera sign people, ego and pride within the self, silent philanthropic, good donor, are some of the characteristics. Ether people appear as calm and cool, highly matured, strong wisdom, analytical skill, intuitive.

How to activate Ether – Yoga, activities like dancing, cycling, swimming, sports, anything similar to. Transparency in communication, healthy relationship, listening to light music, soothing lights around your space. Metallic, white, grey-coloured decorative items inside the house, round shape décor items etc.

Add bitter gourd in food as a test of ether is bitter. Coffee beans, dark chocolate, fenugreek seeds in the diet.

Significance of Brahmasthan or centre part of house/plot----

Centre of plot or Vastu is called Brahmasthan which is the naval point. The inception of a human being is from the womb of the mother and attached with the naval cord. Till the baby is in the mother's womb is attached to the mother through Navel cord. It gets food and other related to grow to the full-fledged baby. It is only when the baby is born then the naval cord is cut to make independent. The naval portion of the human being is most sensitive. Food first goes to belly the Centre portion of human anatomy for due process and subsequent energy flow to the rest of the body.

Space element in a structure is represented by the Centre portion is called as Brahmasthan in Vastu terminology. All the four-axis lines – Jaivik(North-South) axis, pranik (East-West)(solar) axis, earth (Northeast - Southwest)axis and fire (Southeast-Northwest)axis pass through brahmasthan and cross-section point of four-axis. Brahmasthan is considered as spiritual Centre of plot/building. The central portion is considered as lungs of plot/building. You can imagine consequences if a filled central portion is filled with solid substances like a pillar, wall, staircase toilet etc. heavy objects other than air. Brahmasthan is a building/plot is like an umbilical cord joining to the sun and other heavenly bodies. The navel is a life source. The source of happiness, the Centre of the existence of human being. The root of human being, the secret of life is hidden in the navel not only physically but spiritually too.

Yatha pinde –Tatha brahmande, a building is like a child in the womb of the universe the Supreme Being the space. Brahmasthan(the umbilical cord) and Paishachamsha(skin of dwelling) fulfil the demand of life energies. These life energies are pure air for breathing, the cosmic influence of sun's light and heat, the nectar-like cool rays of the moon, benefic magnetic radiation of planets and the influence of whole of the cosmos on earth.

Imbalanced Brahmasthan produces unusual thoughts leading to irritable sort of behaviour in inhabitants.

Nabhi bidhi is one of the best and proven remedy to balance faulty brahmasthan apart from other

effective and simple remedies.

The relevance of Nabhi bidhi in Vastu—

The source point of building/plot is Brahmasthan. The navel is the Centre of the house/plot where all the axis(Earth axis, solar axis, organic axis and fire axis) are making cross point and all directions instigate and release to. Brahmasthan is also known as garbhagruha in a temple where the main deity is placed at Centre of the temple. It is the most sacred and sanctified place in a house/building/plot etc.

Brahmasthan is a source of happiness, harmony, prosperity and wellbeing. Once the Centre portion of house/plot/building is balanced the whole system will be balanced and all the energy flow will be balanced by default. Any health disorder starts from the stomach only that is Centre of human being, the brahmasthan. If the stomach is ok then your health system is ok.

To keep plot/ house energized nabhi bidhi process is conducted at the Centre of house/plot. Geopathic stress if persists in house /plot also gets corrected with the help of nabhi bidhi process.

Nabhi bidhi is the collection of natural mineral stones, metals, roots, leafs, aroma, from nature etc. are buried in Centre with due process. With the process immunity level of plot/house is enhanced and the energy functional level is increased.

vastutalks@gmail.com



Media Contact

Vastutalks

vastutalks@gmail.com

Govind Residency, Patia

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