



Research Paper

Role of Vastu in Redefining Interiors and Exteriors of Houses

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DOI: <https://doi.org/10.5281/zenodo.20406349>

Abstract	Manuscript Information
<p>Vastu Shastra, the ancient Indian science of architecture and spatial planning, has gained renewed importance in contemporary housing and interior design. In modern times, homeowners and architects increasingly seek harmonious living spaces that integrate aesthetics, sustainability, functionality, and psychological well-being. This paper explores the role of Vastu in redefining the interiors and exteriors of houses by analysing its principles in relation to modern architectural practices.</p> <p>The study highlights how Vastu influences room orientation, furniture placement, ventilation, lighting, landscaping, façade treatment, and energy balance within residential structures. The research also examines the integration of Vastu principles with contemporary interior design trends and sustainable architecture. The findings reveal that Vastu contributes significantly to creating balanced, healthy, and culturally rooted living environments while adapting successfully to modern urban housing needs.</p>	<ul style="list-style-type: none"> ▪ ISSN No: 2583-7397 ▪ Received: 10-05-2024 ▪ Accepted: 28-06-2024 ▪ Published: 30-06-2024 ▪ IJCRM:3(3); 2024: 216-218 ▪ ©2024, All Rights Reserved ▪ Plagiarism Checked: Yes ▪ Peer Review Process: Yes
	<p>How to Cite this Manuscript</p> <p>Singh D. Role of Vastu in redefining interiors and exteriors of houses. International Journal of Contemporary Research in Multidisciplinary.2024; 3(3): 216-218.</p>

KEYWORDS: Vastu Shastra, Interior Design, Exterior Design, Sustainable Architecture, Residential Planning, Traditional Architecture, Home Science.

1. INTRODUCTION

Housing is not merely a physical shelter; it reflects human culture, emotions, spirituality, and lifestyle. In India, traditional architectural practices have long emphasized harmony between human beings and nature. Among these practices, Vastu Shastra occupies a significant position. Derived from Sanskrit, "Vastu" means dwelling and "Shastra" means science or knowledge. Thus, Vastu Shastra refers to the science of designing and organizing spaces in harmony with natural energies and environmental forces. Modern residential architecture increasingly combines traditional wisdom with contemporary aesthetics. Many homeowners now incorporate Vastu principles while designing interiors and exteriors to achieve mental peace, prosperity, health, and positive energy flow. The growing relevance of wellness-oriented design, biophilic architecture,

and sustainable living has further strengthened the importance of Vastu in modern homes

2. OBJECTIVES OF THE STUDY

To understand the basic principles of Vastu Shastra in residential planning. To examine the role of Vastu in modern interior design. To analyse the influence of Vastu on exterior architectural elements. To study the relationship between Vastu and sustainable housing practices. To evaluate the contemporary relevance of Vastu in redefining residential spaces.

3. Concept and Principles of Vastu Shastra

Vastu Shastra is based on the balance of the five natural elements: Earth (Prithvi), Water (Jal), Fire (Agni), Air (Vayu), and Space (Akash). These elements are believed to influence human life and environmental harmony. The directional

alignment of spaces is another major aspect of Vastu. Each direction symbolises a specific type of energy and function.

Direction	Associated Element	Recommended Function
North-East	Water	Prayer room, meditation
South-East	Fire	Kitchen
South-West	Earth	Master bedroom
North-West	Air	Guest room, ventilation
Center	Space	Open circulation area

The proper arrangement of these zones is believed to create positive energy flow and improve physical and psychological well-being.

4. Role of Vastu in Interior Design

Spatial Planning and Room Arrangement

Vastu significantly influences the spatial arrangement of interiors. Rooms are positioned according to directional energies to maximize comfort and functionality. For example, kitchens are ideally placed in the southeast direction because it represents the fire element, while bedrooms are recommended in the southwest for stability and security. Modern interior designers often integrate these principles with contemporary layouts to maintain both utility and traditional harmony.

Furniture Placement

Furniture arrangement according to Vastu enhances free movement and energy circulation within the home. Heavy furniture is generally placed in southern or western zones, while open spaces are maintained in northern and eastern directions. Beds are ideally positioned so that occupants sleep with their heads towards the south or east, promoting restful sleep and

mental peace. Mirrors are carefully placed to avoid reflecting beds directly.

Lighting and Ventilation

Natural lighting and cross-ventilation are important features in Vastu-based interiors. Windows and openings are often encouraged in northern and eastern walls to allow sunlight and fresh air into the house. Modern sustainable architecture also supports these principles because natural ventilation reduces energy consumption and improves indoor air quality.

Color Psychology in Vastu

Colors play a vital role in Vastu-oriented interiors. Light and soothing shades are preferred because they create calmness and positivity. Modern designers combine these traditional color preferences with contemporary aesthetics to create visually pleasing interiors.

Room	Preferred Colors
Living Room	White, cream, light green
Bedroom	Light blue, pastel shades
Kitchen	Orange, yellow
Prayer Room	White, light yellow

Interior Décor and Accessories

Decorative elements such as indoor plants, water fountains, paintings, and artifacts are selected according to Vastu principles. Clutter-free interiors are emphasized because clutter is believed to obstruct positive energy flow. Biophilic interior design, which promotes the integration of natural elements indoors, closely aligns with Vastu philosophy.

5. Role of Vastu in Exterior Design

Building Orientation

The orientation of a house is one of the most important aspects of Vastu. East-facing and north-facing houses are generally considered favourable because they receive ample sunlight and positive energy. Modern architects often analyse solar movement and climatic conditions alongside Vastu recommendations to improve energy efficiency.

Entrance Design

The main entrance is regarded as the gateway for energy flow. Vastu recommends well-lit and aesthetically pleasing entrances positioned in favourable directions. Today, entrance design combines Vastu principles with modern façade aesthetics, landscaping, and security requirements.

Landscape Planning

Gardens, water bodies, and open spaces are strategically planned according to Vastu principles. Water elements are preferably placed in the northeast, while large trees are recommended in southern or western zones. Landscape architecture today increasingly incorporates ecological sustainability along with traditional Vastu planning.

Exterior Aesthetics and Façade Design

Modern residential exteriors blend Vastu principles with innovative materials and architectural styles. Balanced proportions, symmetry, and openness are often emphasised. Contemporary houses may include:

Courtyards

Balconies

Green terraces

Skylights

Sustainable façades

These features improve both aesthetics and environmental comfort.

6. Vastu and Sustainable Architecture

One of the strongest modern arguments supporting Vastu is its relationship with sustainability. Traditional Vastu principles naturally encourage energy efficiency, climate-responsive architecture, daylighting, thermal comfort, natural ventilation, and eco-friendly construction. Research indicates that many Vastu principles correspond with sustainable building strategies used in green architecture today.

7. Contemporary Relevance and Challenges

In modern urban society, Vastu has evolved from a purely spiritual belief system into a holistic approach to environmental design. Contemporary homeowners seek homes that provide emotional comfort, cultural identity, and psychological well-being. Real estate developers, interior designers, and architects increasingly market Vastu-compliant homes due to rising consumer demand. However, critics argue that certain Vastu concepts lack scientific validation. Therefore, modern practice often adopts a balanced approach by integrating practical architectural science with traditional beliefs.

Challenges in Implementing Vastu

Despite its advantages, several challenges exist:

Limited space in urban apartments.

Conflicts between modern layouts and traditional guidelines.

Increased construction costs in some cases.

Lack of scientific standardisation.

Misinterpretation by non-professionals.

Nevertheless, flexible adaptation of Vastu principles can address many of these challenges.

8. Suggestions and Recommendations

Vastu principles should be integrated with scientific architectural planning.

Interior designers should adopt flexible and practical interpretations of Vastu.

Awareness programs may help people understand the environmental and cultural aspects of Vastu.

Sustainable housing policies can incorporate traditional ecological wisdom from Vastu Shastra.

Future research should examine the psychological and environmental impact of Vastu-based living spaces.

9. CONCLUSION

Vastu Shastra continues to play an influential role in redefining the interiors and exteriors of modern houses. Its emphasis on spatial harmony, natural elements, environmental balance, and positive energy aligns closely with contemporary goals of sustainable and wellness-oriented living.

While some traditional beliefs may remain symbolic, many Vastu principles possess practical architectural relevance related to lighting, ventilation, orientation, and human comfort. The fusion of Vastu with modern interior and exterior design demonstrates how traditional wisdom can coexist with contemporary innovation. As society increasingly values holistic living environments, Vastu is likely to remain an important aspect of residential planning in India and beyond.

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