

# Vastu Shastra And Its Relevance In Modern Building Design And Layout: A Review

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**Abstract-** *Vastu Shastra is an ancient Indian architectural science that deals with the principles of design, layout, and space arrangement. The word "Vastu" means dwelling, and "Shastra" means science. Vastu Shastra is based on the concept of energy and its flow within a building, and it aims to harmonize the individual with the surrounding environment. This system of knowledge provides guidelines for the construction of buildings, orientation of rooms, placement of furniture, and other aspects of architecture. Vastu Shastra has a significant impact on the well-being and success of individuals and communities, as it is believed that the arrangement of spaces can affect the flow of energy in the environment. This abstract provides a brief overview of the ancient science of Vastu Shastra and its impact on the design and construction of buildings. It highlights the importance of energy flow and harmony within the built environment and its influence on human well-being.*

**Keywords-** vastu shastra, science,

## I. INTRODUCTION

Vastu Shastra is an ancient Indian architectural science that provides principles and guidelines for the design, construction, and layout of buildings and structures. Vastu is based on the idea that buildings and structures should be aligned with the natural forces and elements, such as the sun, wind, water, and earth, to promote harmony and balance in the living environment. The principles of Vastu cover a wide range of aspects, including the placement of rooms, the orientation of buildings, the selection of building materials, and the use of colours and decorations. Vastu is still widely used in modern-day India and has gained popularity in other parts of the world as well, especially among those interested in alternative and holistic approaches to architecture and design.

The relevance of Vastu in modern building design and layout lies in its ability to promote balance, harmony, and well-being in the built environment. The principles of Vastu offer guidelines for the proper placement and orientation of buildings and rooms to optimize the flow of natural energy and light. This, in turn, can enhance the quality of life of

building occupants, promote good health, and boost productivity and creativity.

In today's world, where people spend a significant amount of time indoors, the need for a healthy and harmonious living environment has become more critical than ever. By incorporating Vastu principles into modern building design and layout, architects and designers can create buildings that not only meet the functional requirements but also enhance the overall quality of life of the occupants.

Vastu principles also emphasize the use of natural materials and sustainable building practices, which align with modern trends towards green building and sustainable design. Moreover, Vastu is not just limited to residential buildings but can also be applied to commercial and industrial buildings, including hospitals, schools, and offices.

Overall, the relevance of Vastu in modern building design and layout lies in its ability to provide a holistic approach to architecture and design, which considers not only the functional requirements of buildings but also the well-being of the occupants and the environment.

## II. PURPOSE AND OBJECTIVE

The purpose of the research paper on "The impact of Vastu principles on the design and layout of modern buildings" is to explore the relevance and effectiveness of incorporating Vastu principles in modern building design and layout. The research paper aims to examine the potential benefits and drawbacks of applying Vastu principles in modern buildings, and to evaluate the impact of Vastu principles on the quality of life, health, and well-being of building occupants.

The objectives of the research paper include:

- To review the existing literature on Vastu principles and their application in modern building design and layout.

- To identify the different Vastu principles and how they can be applied in modern building design and layout.
- To evaluate the effectiveness of Vastu principles in enhancing the quality of life, health, and well-being of building occupants.
- To analyze the potential benefits and drawbacks of applying Vastu principles in modern building design and layout.
- To contribute to the body of knowledge on alternative and holistic approaches to architecture and design.
- To study vastus sashtra during traditional and modern times

### III. VASTU PRINCIPLES

Vastu principles have been a part of Indian culture and architecture for centuries. These principles are based on the idea that buildings and structures should be aligned with natural forces and elements, such as the sun, wind, water, and earth, to promote harmony and balance in the living environment. The application of Vastu principles in modern building design and layout has gained popularity in recent years.

The principles of Vastu Shastra are based on the concept of energy and its flow in the environment. The ancient texts on Vastu Shastra provide guidelines for the proper placement and orientation of buildings, rooms, furniture, and decorations. According to Vastu principles, a building should be designed in such a way that the flow of energy is optimized, and the negative energy is minimized.

The following are the principles of the vastu shastra

- **Orientation :**

Orientation is a crucial aspect of Vastu Shastra, as it plays a significant role in determining the flow of energy within a building. The orientation of a building refers to its placement in relation to the cardinal directions of north, south, east, and west.

According to Vastu Shastra, the ideal orientation of a building is one that maximizes the benefits of solar and cosmic energies. The north-east direction is considered the most auspicious orientation as it is believed to receive the first rays of the sun and is associated with prosperity, health, and spiritual growth.

The north direction is associated with financial prosperity and stability, while the east direction is associated with vitality and good health. The south direction is associated with power, authority, and stability, while the west direction is associated with relaxation, creativity, and satisfaction.

To achieve the ideal orientation, Vastu Shastra recommends that the main entrance of a building should face east, north, or north-east direction. The placement of rooms and spaces within the building should also be aligned with the cardinal directions to optimize energy flow.

For instance, the kitchen should ideally be located in the south-east direction, as it is associated with fire, while the master bedroom should be located in the south-west direction, as it is associated with stability and security. The location of toilets and storage rooms should be avoided in the north and east directions, as they are believed to obstruct the flow of positive energy.

Hence, the orientation of a building is an important aspect of Vastu Shastra, as it influences the flow of energy within the building and its impact on the occupants. By following the principles of orientation, one can optimize the flow of energy and create a harmonious and prosperous living space.

- **Layout :**

Layout is a fundamental aspect of Vastu Shastra that governs the placement and arrangement of rooms and spaces within a building. A well-designed layout can promote the flow of positive energy, enhance functionality, and create a harmonious living or working environment.

Here are some key elements of layout in Vastu Shastra:

- a. The central zone: The central zone of a building is considered the most important and should be kept open and free of obstacles. This area is associated with health, wealth, and prosperity, and is believed to represent the heart of the building.
- b. The placement of rooms: The placement of rooms within a building should be based on their function and the energy associated with them. For instance, the living room should be located in the east or north direction, while the bedrooms should be located in the south-west direction.
- c. The shape of the building: The shape of the building should be regular and should avoid irregular angles or shapes. Square or rectangular shapes are considered

- auspicious, while triangular or circular shapes should be avoided.
- d. Balancing the five elements: Vastu Shastra emphasizes the importance of balancing the five elements (earth, water, fire, air, and space) within a building. Each direction is associated with a specific element, and the placement of rooms and spaces should be aligned accordingly.
  - e. Staircase placement: The staircase should be located in the south, west, or south-west direction and should avoid the north-east direction. This is believed to promote financial stability and avoid negative energy.
  - f. Placement of doors and windows: The placement of doors and windows should be aligned with the cardinal directions, and the main entrance should face east, north, or north-east direction. The windows should be larger in the east and north direction to allow natural light and air to flow in.
  - g. Avoidance of clutter: Clutter should be avoided in the living space, as it can obstruct the flow of positive energy. Spaces should be kept clean and free of unnecessary objects.
- d. Bathrooms: Bathrooms should ideally be located in the north-west or south-east direction of the house. The toilet seat should be placed in the south or west direction, while the person using it should face north or south.
  - e. Study Room: The study room or home office should ideally be located in the north or east direction of the house. This direction is believed to enhance concentration and focus.
  - f. Pooja Room: The pooja room or meditation room should ideally be located in the north-east direction of the house. This direction is believed to be the most auspicious as it receives the first rays of the sun.
  - g. Dining Room: The dining room should ideally be located in the east or south-east direction of the house. This direction is believed to promote good digestion and health.

It is important to note that these are general guidelines, and the placement of rooms can vary depending on the specific layout and orientation of the building. Following these principles can help create a harmonious and balanced living space that promotes positive energy and well-being.

Hence, layout is an essential aspect of Vastu Shastra, as it governs the placement and arrangement of rooms and spaces within a building. By following the principles of layout, one can optimize the flow of energy and create a harmonious and prosperous living or working environment.

- **Placement of rooms:**

In Vastu Shastra, the placement of rooms within a building is considered crucial as it can significantly impact the energy flow and overall well-being of the occupants.

Here are some key elements for the placement of rooms in Vastu Shastra:

- a. Living Room: The living room should ideally be located in the north, east, or north-east direction of the house. This direction is believed to bring in positive energy and create a welcoming atmosphere for guests.
  - b. Bedrooms: The master bedroom should ideally be located in the south-west direction of the house, as it is believed to bring stability and security to the occupants. Children's bedrooms can be located in the north-west direction, while guest bedrooms can be located in the north-east or north-west direction.
  - c. Kitchen: The kitchen should ideally be located in the south-east direction of the house, as it is associated with the element of fire. The cooking stove should be placed in such a way that the cook faces east while cooking.
- **Construction materials:**
- a. Brick: Bricks are considered auspicious in Vastu Shastra and are preferred for constructing walls. They are believed to have a stabilizing effect on the building and promote a sense of security and protection.
  - b. Stone: Stone is another preferred material in Vastu Shastra, particularly for building foundations and flooring. Stone is believed to provide stability and grounding, and can help balance the earth element within a building.
  - c. Wood: Wood is considered an auspicious material in Vastu Shastra, particularly for doors and windows. It is believed to promote positive energy and can help balance the air element within a building. However, it should be noted that wood can also be susceptible to damage from termites and other pests, so it is important to take appropriate precautions.
  - d. Metal: Metal is associated with the fire element in Vastu Shastra and is believed to promote strength and stability. It is often used for roofing and structural supports, and can help balance the fire element within a building.
  - e. Concrete: Concrete is a popular building material in modern construction, but it is not generally considered

auspicious in Vastu Shastra. However, if concrete is used, it should be reinforced with metal to help balance the fire and earth elements within a building.

- f. **Glass:** Glass is not generally recommended in Vastu Shastra as it can create a sense of instability and promote negative energy. However, if glass is used, it should be tempered and placed in the north or east direction to promote positive energy flow.

Hence, the choice of construction materials is an important consideration in Vastu Shastra, as it can significantly impact the energy flow and overall well-being of the occupants. By following these principles, one can create a harmonious and balanced living or working environment that promotes positive energy and well-being.

- **Colors:**

In Vastu Shastra, colors play an important role in promoting a harmonious and balanced living or working environment. Here are some more detailed insights into the use of colors in Vastu Shastra:

- a. **White:** White is considered an auspicious color in Vastu Shastra and is often used for walls and ceilings. It is believed to promote clarity, purity, and positivity. However, too much white can create a sense of sterility, so it is important to balance it with other colors or accents.
- b. **Red:** Red is associated with the element of fire and is believed to promote passion, strength, and courage. It can be used in moderation for accents or in spaces where energy and activity are desired, such as a home gym or study. However, too much red can create a sense of restlessness, so it is important to balance it with calming colors or elements.
- c. **Yellow:** Yellow is associated with the element of earth and is believed to promote happiness, prosperity, and stability. It can be used in moderation for accents or in spaces where a sense of warmth and comfort are desired, such as a living room or dining area. However, too much yellow can create a sense of anxiety or nervousness, so it is important to balance it with calming colors or elements.
- d. **Green:** Green is associated with the element of wood and is believed to promote growth, harmony, and balance. It can be used in moderation for accents or in spaces where a connection to nature is desired, such as a bedroom or study. However, too much green can create a sense of stagnation, so it is important to balance it with other colors or elements.

- e. **Blue:** Blue is associated with the element of water and is believed to promote calmness, relaxation, and tranquility. It can be used in moderation for accents or in spaces where a sense of peace and serenity are desired, such as a bathroom or meditation room. However, too much blue can create a sense of melancholy or detachment, so it is important to balance it with warmer colors or elements.
- f. **Purple:** Purple is associated with the element of ether and is believed to promote spirituality, creativity, and intuition. It can be used in moderation for accents or in spaces where a sense of inspiration and introspection are desired, such as a home office or studio. However, too much purple can create a sense of unease or confusion, so it is important to balance it with other colors or elements.

It is important to note that the choice of color can vary depending on the specific layout and orientation of the building, as well as the personal preferences of the occupants. Following these principles can help create a harmonious and balanced living space that promotes positive energy and well-being

- **Light and ventilation:**

Light and ventilation are important aspects of Vastu Shastra as they have a significant impact on the energy flow and overall well-being of the occupants. Here are some key principles for optimizing light and ventilation in Vastu Shastra:

- a. **Natural Light:** Natural light is considered the best source of light in Vastu Shastra. It is believed to promote positivity, creativity, and overall well-being. To optimize natural light, it is recommended to have large windows and doors on the east and north sides of the building, as these directions receive the most sunlight during the day. Additionally, it is important to avoid blocking natural light with obstructions such as tall buildings, trees, or walls.
- b. **Artificial Light:** In areas where natural light is not sufficient, artificial light can be used. However, it is important to use soft and warm colors of light, as harsh or cold light can create a sense of restlessness or discomfort. Additionally, it is recommended to avoid having direct light pointed towards the sleeping area or other areas where relaxation is desired.
- c. **Ventilation:** Proper ventilation is essential for promoting healthy air circulation and maintaining a fresh and energized environment. It is recommended to have windows on the north and east sides of the building, as these directions allow for a cool breeze and fresh air

flow. Additionally, it is important to avoid having windows or doors facing the south and west directions, as these directions receive hot and humid air that can make the interior space uncomfortable.

- d. **Air Quality:** In addition to ventilation, it is important to maintain good air quality in the interior space. This can be achieved by having air-purifying plants, avoiding the use of chemicals or strong cleaning agents, and using natural air fresheners such as essential oils or incense.

The elements can help create a harmonious and balanced living space that promotes positive energy and well-being. It is important to note that the specific layout and orientation of the building can influence the amount and quality of light and ventilation, so it is recommended to consult a Vastu expert for personalized recommendations

- **Landscaping:**
  - a. Landscaping is an important aspect of Vastu Shastra as it can enhance the overall energy flow and well-being of the occupants. Here are some key principles for optimizing landscaping in Vastu Shastra:
  - b. **Plants and Trees:** Plants and trees are considered an important element of landscaping in Vastu Shastra. They promote positivity, freshness, and a sense of connection with nature. It is recommended to have plants and trees on the north and east sides of the building, as these directions receive the most sunlight during the day. Additionally, it is important to avoid having thorny plants or trees with drooping branches, as they can create negative energy.
  - c. **Water Features:** Water features such as fountains, ponds, and pools can enhance the energy flow and promote a sense of tranquility and relaxation. It is recommended to have water features in the north, east, or northeast directions, as these directions promote positive energy flow. Additionally, it is important to maintain clean and clear water in the water feature, as dirty or stagnant water can create negative energy.
  - d. **Lighting:** Lighting can enhance the aesthetics and ambiance of the landscaping. It is recommended to use soft and warm lighting, as harsh or cold lighting can create a sense of restlessness or discomfort. Additionally, it is important to avoid having direct light pointed towards the sleeping area or other areas where relaxation is desired.
  - e. **Pathways and Driveways:** Pathways and driveways should be designed in a way that promotes a smooth flow of energy. It is recommended to have pathways that curve gently rather than those that are straight or sharp. Additionally, it is important to avoid having pathways or

driveways that lead directly to the entrance of the building, as this can create a sense of intrusion.

These elements can help create a harmonious and balanced landscaping that promotes positive energy and well-being. It is important to note that the specific layout and orientation of the building can influence the design and placement of landscaping elements, so it is recommended to consult a Vastu expert for personalized recommendations.

#### **IV. BENEFITS OF APPLYING VASTU PRINCIPLES IN MODERN BUILDINGS**

- **Positive energy flow:** One of the primary benefits of applying Vastu principles is that it promotes positive energy flow within the building. This can enhance the overall well-being of the occupants and improve their quality of life.
- **Improved health:** Vastu principles promote the use of natural materials, ample lighting, and proper ventilation, which can improve the indoor air quality and reduce the risk of respiratory illnesses.
- **Increased productivity:** Applying Vastu principles in the design and layout of buildings can promote a sense of harmony and balance, which can increase productivity and creativity.
- **Wealth and prosperity:** Vastu principles suggest that the proper placement of rooms and furniture can attract wealth and prosperity into the building and the lives of its occupants.
- **Enhanced aesthetics:** Vastu principles promote the use of natural materials and colors, which can enhance the aesthetics of the building and create a sense of tranquility and calmness.

#### **V. DRAWBACKS OF APPLYING VASTU PRINCIPLES IN MODERN BUILDINGS**

- **Limited design flexibility:** Vastu principles can limit the design flexibility of modern buildings, as they require specific orientations, layouts, and room placements.
- **Cost implications:** Applying Vastu principles can lead to increased construction costs, as natural materials and specific designs may be more expensive.
- **Cultural and religious considerations:** Vastu principles are based on Hindu mythology and may not be applicable or acceptable to individuals of different cultures and religions.
- **Lack of scientific evidence:** While Vastu principles have been used for centuries, there is a lack of scientific evidence to support their effectiveness in promoting

positive energy flow and improving the overall well-being of occupants.

- Conflict with modern building codes: Vastu principles may conflict with modern building codes and regulations, which can lead to issues with obtaining permits and approvals.

Hence, while applying Vastu principles in modern building design has potential benefits, it also has some drawbacks. Therefore, it is essential to consider both the advantages and disadvantages before incorporating Vastu principles into a building's design and layout

## VI. LITERATURE REVIEW

- One of the surveys on Vastu in India was conducted by Housing.com, an online real estate platform, in 2018. The survey aimed to understand the perception of Vastu Shastra among urban Indians. The survey was conducted across 11 cities in India, and over 10,000 respondents participated in it.
- According to the survey, around 93% of respondents believed that Vastu Shastra has an impact on their lives. Additionally, 72% of respondents were willing to pay more for a Vastu-compliant house. The survey also found that 85% of respondents believed that Vastu Shastra can bring positive energy to their lives.
- Another survey on Vastu Shastra was conducted by the Associated Chambers of Commerce and Industry of India (ASSOCHAM) in 2017. The survey aimed to understand the perception of Vastu Shastra among urban Indians. The survey was conducted across 10 cities in India, and over 3,000 respondents participated in it.
- According to the survey, around 60% of urban Indians believe in Vastu Shastra and consider it while purchasing or constructing a house. Additionally, 90% of respondents believed that Vastu-compliant homes can bring positivity and good luck to their lives.
- These surveys suggest that Vastu Shastra continues to be an important consideration for many people in India when purchasing or constructing a house. It is interesting to note that a majority of respondents believed in the positive impact of Vastu-compliant homes on their lives.

## VII. CASESTUDY OF VASTU PLANNING

### Examples of vastu sashtra in Ancient India.

Fatehpur Sikri is a historical city located in the northern Indian state of Uttar Pradesh. It was built in the 16th century AD by the Mughal emperor Akbar as his capital. The city is considered to be one of the finest examples of Mughal

architecture and is also designed according to the principles of Vastu Shastra. Here are some of the Vastu principles used in the design of Fatehpur Sikri:

- Orientation: The city is designed to face east, with the main entrance located in the east-facing wall. The buildings are arranged in a grid pattern, with the main public buildings located in the center of the city.
- Location of buildings: The important buildings, such as the palace and mosque, are located in the center of the city. The palace is located in the north-western corner of the city, which is considered to be an auspicious direction in Vastu Shastra.
- Water bodies: There are several water bodies located within the city, including a large pond located in front of the palace. Water bodies are considered to be an important element in Vastu Shastra as they bring positive energy into the environment.
- Use of symmetry: The buildings in Fatehpur Sikri are designed with a high degree of symmetry. For example, the palace is designed as a mirror image of itself, with identical buildings on either side of a central courtyard.
- Colors: The buildings in Fatehpur Sikri are painted in a variety of bright colors, including red, yellow, and blue. Colors are considered to be an important aspect of Vastu Shastra as they can influence the energy of a space.

Overall, the design of Fatehpur Sikri is an excellent example of how Vastu Shastra principles can be incorporated into the design of a city. The use of orientation, location of buildings, water bodies, symmetry, and colors are just a few of the Vastu principles used in the design of this magnificent city.

### Examples of vastu sashtra in Modern India.

Jaipur, the capital city of Rajasthan, India, is also known as the Pink City due to its pink-colored buildings. The city was founded in the 18th century by Maharaja Sawai Jai Singh II, who was a great admirer of astronomy and Vastu Shastra. Here are some of the Vastu principles used in the design of Jaipur city:

- Orientation: Jaipur city is designed according to the principles of Vastu Shastra, with the main streets running from east to west and north to south, forming a grid-like pattern. The city is designed to face east, which is considered to be an auspicious direction in Vastu Shastra.
- Location of buildings: The important buildings, such as the City Palace, Hawa Mahal, and Jantar Mantar, are located in the center of the city. The City Palace is

located in the north-eastern corner of the city, which is considered to be an auspicious direction in Vastu Shastra.

- Water bodies: There are several water bodies located within the city, including the famous Jal Mahal, which is located in the middle of the Man Sagar Lake. Water bodies are considered to be an important element in Vastu Shastra as they bring positive energy into the environment.
- Use of symmetry: The buildings in Jaipur are designed with a high degree of symmetry. For example, the City Palace is designed as a series of courtyards, each one more private than the last, with identical buildings on either side.
- Colors: The buildings in Jaipur are painted in a variety of bright colors, including pink, yellow, and blue. Colors are considered to be an important aspect of Vastu Shastra as they can influence the energy of a space.

Overall, the design of Jaipur city is an excellent example of how Vastu Shastra principles can be incorporated into the design of a city. The use of orientation, location of buildings, water bodies, symmetry, and colors are just a few of the Vastu principles used in the design of this beautiful city.

### VIII. CONCLUSION

Vastu Shastra, being an ancient Indian science of architecture and design, may seem out of place in today's modern world. However, the principles of Vastu Shastra can still be relevant and useful in modern building design. As people become more conscious of the impact of their living or working environment on their physical and mental well-being, they are turning to ancient practices like Vastu Shastra to create a space that is not only aesthetically pleasing but also promotes health and well-being.

Modern architects and designers are also incorporating Vastu principles in their designs to create spaces that are Vastu-compliant. This can have a positive impact on the energy flow in the living or working environment, which in turn can have a positive impact on the physical and mental well-being of the occupants.

Furthermore, Vastu Shastra offers principles to attract financial prosperity, which can be relevant in today's fast-paced and competitive world. By applying Vastu principles in modern building design, it is possible to create a living or workspace that attracts financial prosperity.

In conclusion, although Vastu Shastra is an ancient science, its principles can still be relevant and useful in today's modern world. By incorporating Vastu principles in modern

building design, it is possible to create a living or working environment that promotes health, well-being, productivity, and financial prosperity.

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