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REVIEW ON THE IMPORTANCE OF VASTU SHASTRA IN PSYCHOSOMATIC HEALTH WITH SPECIAL REFERENCE TO AYURVEDA

*Sakshi S. Patil

Assistant Professor, Department of Rognidan & Vikruti Vigyana Govindrao Wanjari Ayurvedic College, Hospital and Research Centre, Nagpur.

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*Corresponding Author: Sakshi S. Patil

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Assistant Professor, Department of Rognidan & Vikruti Vigyana Govindrao Wanjari Ayurvedic College, Hospital and Research Centre, Nagpur.

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ABSTRACT

Ayurveda and Vastu Shastra are ancient Indian sciences that emphasize harmony between the human body, mind, and the external environment [1,4]. Both disciplines originated in the same philosophical era and share the objective of maintaining health through balance with nature [2,7]. In the contemporary world, rapid urbanization, modernization, and neglect of natural principles have resulted in an increased prevalence of psychosomatic disorders such as insomnia, indigestion, migraine, anxiety, and functional gastrointestinal disturbances [6,17]. Ayurveda explains these disorders through the interaction of *Sharirika* and *Manasika Doshas* [1,3,9], while Vastu Shastra focuses on the influence of the built environment on physical and psychological well-being [4,13]. Classical Ayurvedic references such as *Kutipraveśhika Rasayana*, *Desha-Kala* theory, *Satvavajaya Chikitsa*, and *Ashta Ahara Vidhi Visheshayatana* indicate the importance of environmental regulation in health maintenance [1,2,12,24]. The combined application of Ayurveda and Vastu Shastra may therefore serve as an effective preventive and supportive approach in psychosomatic health [16,20].

KEYWORDS: Ayurveda, Vastu Shastra, Psychosomatic health, *Panchamahabhuta*, Environment and health.

1. INTRODUCTION

Psychosomatic disorders arise from sustained interactions between psychological stressors and bodily functions. Modern medical science acknowledges stress, anxiety, and environmental

factors as significant contributors to chronic disease development [6,17,18]. Ayurveda anticipated this understanding by defining health (*Swasthya*) as the equilibrium of Dosha, Dhatus, Agni, and a balanced state of mind, senses, and soul [1]. Environmental influence (*Desha*) is explicitly recognized in Ayurveda as a determinant of health and disease susceptibility [2,24]. Vastu Shastra extends this concept to the built environment, proposing that disharmony in spatial design may disturb mental tranquility and physiological balance [4,5,13]. Together, Ayurveda and Vastu Shastra offer a holistic framework integrating internal and external determinants of psychosomatic health [15,20].

2. Psychosomatic Health: Ayurvedic Perspective

2.1 Mind–Body Unity (Sharira–Manas Bhava)

Ayurveda considers the mind (*Manas*) and body (*Sharira*) as inseparable entities. Charaka describes emotions such as fear (*Bhaya*), anger (*Krodha*), grief (*Shoka*), and worry (*Chinta*) as causative factors capable of aggravating bodily Doshas and initiating disease processes [1,8].

Chronic psychological disturbances may manifest as somatic disorders, while prolonged physical illness can weaken mental stability, creating a bidirectional psychosomatic cycle [3,9,10].

2.2 Tridosha and Psychosomatic Manifestations

Each Dosha governs specific psychological traits and psychosomatic expressions [3,9]. Vata predominance is associated with fear, anxiety, and insomnia; Pitta with anger, irritability, and inflammatory conditions; and Kapha with lethargy, attachment, and depressive tendencies. Disturbance of Dosha equilibrium results in combined mental and physical pathology, reinforcing the psychosomatic framework of Ayurveda [9,10].

2.3 Triguna Theory and Mental Health

Mental constitution is governed by Sattva, Rajas, and Tamas. Predominance of Rajas and Tamas leads to emotional instability, impaired cognition, and behavioral disturbances, whereas enhancement of Sattva promotes clarity, emotional resilience, and mental well-being [2,11].

3. Satvavajaya Chikitsa and Environmental Context

Satvavajaya Chikitsa focuses on cognitive restraint, emotional regulation, and strengthening of intellect (*Dhi*), memory (*Smriti*), and patience (*Dhairy*) [1,12]. Although primarily a

psychological therapeutic approach, its effectiveness is influenced by external factors such as calm surroundings, sensory balance, and orderly environments. This highlights the indirect yet significant role of environmental harmony in psychosomatic health.

4. Conceptual Framework of Vastu Shastra

Vastu Shastra is the ancient science of architecture concerned with spatial planning.

4.1 Definition and Scope

Orientation, proportion, and elemental balance of structures [4,5]. Classical texts such as *Manasara* and *Mayamata* emphasize alignment of dwellings with natural forces to promote health, mental peace, and overall well-being [7,13].

4.2 Panchamahabhuta: A Shared Foundation

Both Ayurveda and Vastu Shastra are rooted in the theory of *Panchamahabhuta* [2,4]. Balanced representation of earth, water, fire, air, and space within living environments supports psychosomatic equilibrium by influencing emotional grounding, mental clarity, metabolic efficiency, and cognitive expansion [4,14,17].

5. Directional Influence and Psychological Effects

Vastu Shastra attributes specific psychological qualities to cardinal directions. The east is associated with vitality and alertness, the north with calmness and emotional stability, the south with strength and security, and the west with introspection and emotional processing [5,13]. Improper spatial orientation is traditionally believed to disturb mental equilibrium, potentially contributing to stress-related and psychosomatic disorders [5].

6. Ayurvedic Evidence Supporting Environmental Regulation

Ayurvedic literature provides indirect yet significant evidence highlighting the importance of controlled environments in health promotion. *Kutipraveshika Rasayana* emphasizes residence in a specially designed structure to protect individuals from environmental stressors and facilitate rejuvenation [1]. Similarly, *Ashta Ahara Vidhi Visheshayatana* recognizes *Desha* and *Kala* as crucial determinants of health [2]. These concepts collectively support the relevance of environmental harmony in maintaining psychosomatic balance.

7. Integrative Conceptual Model

A Vastu-compliant built environment promotes elemental balance (*Panchamahabhuta*), which helps regulate Dosha and Guna, stabilizes mental functions, and supports psychosomatic

health. This conceptual pathway aligns with Ayurvedic theory and is indirectly supported by findings from environmental psychology [14,17].

8. DISCUSSION

Ayurveda provides a structured psychosomatic framework grounded in physiological and psychological principles, while Vastu Shastra addresses environmental determinants of mental well-being. Their integration reflects a unified vision of health involving both internal balance and external harmony. Although certain explanations in Vastu Shastra are metaphysical, many principles correspond with universally accepted concepts of healthy architectural design, such as adequate light, ventilation, and spatial order [17,18].

9. CONCLUSION

This review highlights that Ayurveda and Vastu Shastra share a holistic philosophy emphasizing harmony between the individual and the environment [1,4,15]. Ayurveda explains psychosomatic health through mind–body interactions, whereas Vastu Shastra addresses environmental influences that may support this balance [2,13,17]. An integrative application of both systems may serve as a valuable preventive and supportive strategy for psychosomatic health [16,20,23]. Further interdisciplinary research is required to scientifically validate these traditional concepts.

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