

## State of Art on Vastu Shastra

**Piyush D. Patel<sup>1</sup>, Dr. Piyushkumar J. Patel<sup>2</sup>**

<sup>1</sup>Research Scholar, SSPC, Sankalchand Patel University, Visnagar, Gujarat, India  
pdpatel1980@gmail.com

<sup>2</sup>Professor & Principal, SSPC, Sankalchand Patel University, Visnagar, Gujarat, India  
drppatel72@gmail.com

**Abstract**— Vastu Shastra is an ancient Indian science of building design and construction that involves the creation of harmonious buildings and structures in accordance with natural laws and cosmic energies. The principles of Vastu Shastra are built around the five elements of nature (earth, water, fire, air, and space) and the directions (north, south, east, west, and center). According to practitioners of Vastu Shastra, aligning a building with these elements and directions can influence the well-being, success, and happiness of the people living or working in that building. Many believe this and many don't due to the lack of enough scientific evidence regarding it. This paper presents a brief review about the research done regarding Vastu Shastra and its impact on the lives of people along with a comparative analysis of significant research works. A survey of around 200 people is also conducted. This survey shows how many people believe in Vastu principles, make use of them in building their houses or offices and how much awareness people have about Vastu Shastra. The results of the same are also presented in the paper. The future scope for research in this field is also discussed here.

**Keywords**— Architectural design, Elements of nature, House planning, Vastu Shastra, Vastu Purush, Vastu Principle, Orientation.

### I. INTRODUCTION

The term "Vastu" comes from the Sanskrit word "Vas," which means dwelling or habitat, and "Shastra" means a scientific or systematic body of knowledge. [1][10] Vastu Shastra is based on the principle that the universe is made up of five elements: earth, water, fire, air, and space. These elements are believed to influence the energy or "prana" of a building or space, and Vastu Shastra provides guidelines on how to design and arrange spaces in a way that maximizes positive energy flow and promotes harmony, health, and prosperity. According to Vastu principles, the design and layout of a building should be aligned with the natural elements and energies of the universe, which can bring about harmony, balance, and well-being. Vastu Shastra is often used in the design of homes, offices, temples, and other buildings in India and other parts of the world, particularly in Southeast Asia, where it has gained popularity.

[5] [21] It is believed that the principles of Vastu Shastra were first outlined around 5000 years ago in the Vedic texts, particularly in the Atharvaveda and the Rigveda. Some of the key principles of Vastu Shastra include the proper orientation of a building, the placement of rooms and objects within the space, and the use of colors, materials, and shapes. Over time, the principles of Vastu Shastra were refined and expanded upon, and various treatises and texts on the subject were written. Some of the most notable texts include the Brihat Samhita, written by Varahamihira in the 6th century CE, the Mayamata, written in the 10th century CE, and the Manasara, written in the 16th century CE. While the basic principles of Vastu Shastra have remained the same, the application and interpretation of these principles have changed over the years. In ancient times, Vastu Shastra was primarily concerned with the design and construction of temples and other religious buildings. The emphasis was on creating structures that were in harmony with the natural environment and that provided a suitable space for spiritual practices and rituals. As society evolved, Vastu Shastra began to be applied to other types of buildings, such as homes and palaces. The principles of Vastu Shastra were used to create buildings that were functional,

aesthetically pleasing, and in harmony with the natural environment.

[2] [4] In modern times, Vastu Shastra has continued to evolve, with practitioners adapting its principles to suit the needs of contemporary society. Today, Vastu Shastra is used in the design of homes, offices, and other buildings, and its principles are also applied in the fields of interior design, landscaping, and urban planning. As technology continues to advance and society continues to change, it is likely that Vastu Shastra will continue to evolve and adapt to new challenges and opportunities. However, its fundamental principles of creating harmony between human beings, the built environment, and the natural world are likely to remain a central focus of this ancient science. But, with the growth of science and technology, the belief in Vastu Shastra has been questioned and rationalized in a scientific way. While some people continue to practice Vastu Shastra in a traditional way, others have adapted it to the modern context and some don't even believe in it. Some people view it as a superstition or pseudoscience, while others see it as a way to enhance the quality of life by creating a positive environment.

[03] [22] The scientific basis for Vastu principles is a subject of debate among scholars and practitioners. While some argue that Vastu Shastra is based on empirical observations and scientific principles, others view it as a system of beliefs and traditions that have been passed down over generations. While there is limited scientific evidence to support the specific claims of Vastu Shastra, some studies suggest that certain Vastu principles may have practical benefits. [12] For example, studies have found that the orientation of a building can impact factors such as natural light, ventilation, and energy consumption. Similarly, research has suggested that the use of colors and materials in interior design can have an impact on mood and well-being. There have been some research studies conducted on the field of Vastu Shastra. However, the number of research studies conducted in this field is limited, and the scientific validity of some of these studies is debated.

[6] Therefore, adhering strictly to Vastu principles can be impractical and may limit the flexibility of design choices. For example, certain Vastu guidelines may require the placement of specific objects or structures in a certain location, which may not be feasible or desirable for modern living. That being said, some Vastu principles may have practical benefits. For example, Vastu recommends designing spaces that allow for natural light and ventilation, which can improve the overall comfort and health of occupants. Additionally, Vastu may offer some guidance on the optimal placement of certain objects, such as beds or desks, to improve their functionality. Overall, while there may be some practical benefits to certain Vastu principles, it's important to approach it with a critical eye and not rely solely on traditional beliefs or cultural practices when designing spaces. Vastu is established cognitive science and commands a huge reference point for our tomorrow. No other method of planning, designing and construction is as spiritually profound and deeply philosophical as Vastu.

## II. LITERATURE REVIEW

[2] [40] There is an immense contribution of ancient India in the field of Vastu Shastra. It is an inseparable part of astrology. The VastuShastra of India is being recognized, dignified and praised by many countries of the world. Brahma, Narad, Bruhspati, Bhrgu, Vashishtha And Vishwakarma have made unique contributions in the field of Vastu Shastra. They have propagated the principles of construction for dwellings, temple, palace, forts, store-house of ammunition and the town planning. The description of VastuShastra is mentioned in 'Brihat Samhita'. Rana Kumbha of Mewar revived this science in the 15th century. According to the traditional belief, Vishwakarma was the first architect of Gods. Vastu Shastra was divided into eight sections according to the eight directions by him. Various information about Vastu Shastra like selection of place, shapes, structure, proper planning of things, temples, Brahmasthan, dining room, bedroom etc. are mentioned. as the time passes by changes are taking place regarding the principles and understanding of VastuShastra. Now it is being adopted by foreigners.

The term 'Vastu' has its origins in Sanskrit, with the root word 'Vas' meaning 'to reside.' Vastu is an ancient architectural practice that was utilized by the esteemed engineer Vishwakarma in various types of constructions, including forts, temples, and historical monuments. In the ancient city of Mohenjo-daro, situated in the Indus Valley around 5500 AD, Vastu played a crucial role. The houses in this city were built in rectangular shapes, with the cooking area positioned in the southeast and an open central courtyard.

[8] [9]The influence of Vastu extends beyond Mohenjo-daro, as it also played a significant role in the construction of magnificent architectural wonders like the Egyptian pyramids, the Roman Coliseum, the Greek Parthenon, and the iconic Taj Mahal. Additionally, Harappan citadels showcased thick walls and towers, with a central marketplace as the focal point. The tools employed by these architects, known as sutrastakas, were simple yet essential. They consisted of eight key instruments, including a scale marked off in angulas, a triangular-shaped level, a rope, a plumb line, a dividers compass, a square, and a reference marker. However, the most vital tool at the disposal of sutrastakas was their own

human eye, allowing them to perceive and judge the harmonious balance of structures.

### A. Key Elements of Vastu Shastra

[13] [45] According to the principles of Vastu science, the world is composed of five fundamental elements known as the Panch Mahabhoot. These elements form the foundation of life and existence, and their harmonious balance is crucial for human well-being. Out of the eight planets in our solar system, only Earth supports human life due to the presence and equilibrium of these five elements:

1. Water (Jal): Water symbolizes purity, fluidity, and abundance. It represents the essential life force and is associated with emotions, growth, and sustenance.
2. Air (Vayu): Air signifies movement, vitality, and breath. It represents the life-sustaining force and is associated with communication, freshness, and circulation of energy.
3. Fire (Agni): Fire represents transformation, energy, and illumination. It symbolizes passion, inspiration, and the source of warmth and light.
4. Space (Akash): Space is the element that accommodates and contains all other elements. It symbolizes expansiveness, vastness, and openness. It provides a sense of freedom, possibilities, and connection to the universe.
5. Land (Bhoomi): Land represents stability, foundation, and grounding. It signifies the physical realm, support, and material resources.

These five elements are intricately woven together, and their balanced presence is essential for creating a harmonious environment that supports human life and well-being according to the principles of Vastu.

### B. Vastu Purush and Vastu Grid

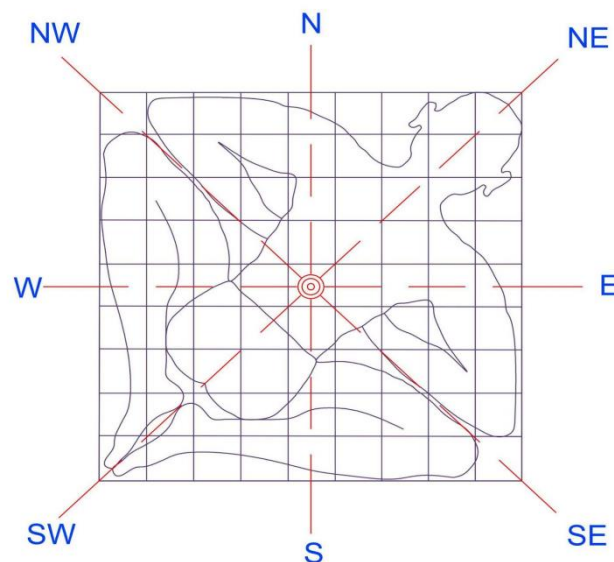


Fig. 1. Vastu Purush

Fig. 1. shows the representation of Vastu Purush. In Vastu Shastra, Vastu Purush is a malevolent spirit or energy field that is believed to reside within every building. The term "Vastu" refers to the science of construction, while "Purush" refers to a person or entity.

[8] According to Vastu Shastra, the Vastu Purush is a deity who guards the building and protects its inhabitants from negative energy. It is believed that the Vastu Purush lies face down with his head to the northeast and his feet to the southwest, and his body is divided into different sections that correspond to the different directions and elements.

[9] [9] [23] [26] The legend goes that once upon a time, the Vastu Purush was captured by Lord Brahma, who pinned him down to the ground with his face down. Lord Brahma requested all the gods and goddesses to step over him and after everyone did so, the Vastu Purush was pleased with them and granted them the permission to build their own houses and live peacefully.

[7] The concept of Vastu Purush is used in Vastu Shastra to determine the proper placement of rooms, doors, and windows within a building. By following the guidelines of Vastu Shastra, one can ensure that the building is in harmony with the Vastu Purush, and the negative energies are kept at bay.

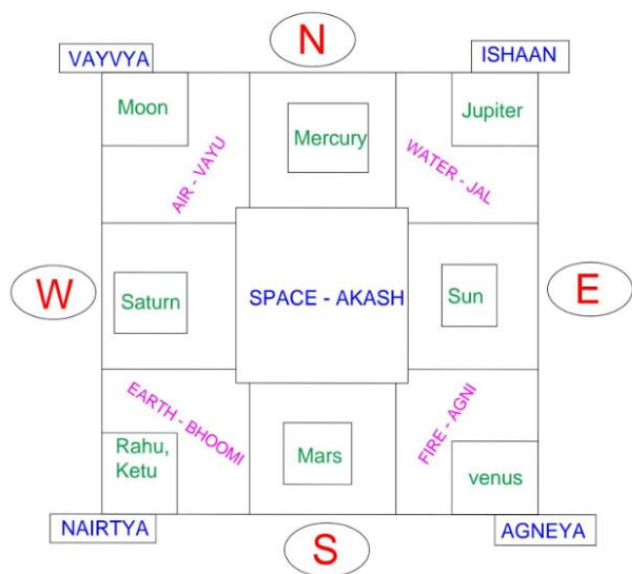


Fig. 2. Vastu Elements and Planet Position

Fig. 2. demonstrates Vastu Grid which shows the key elements of Vastu Shastra and positions of planets. [8] [14] The Vastu elements and planet position is an essential tool used in Vastu Shastra, a traditional Indian system of architecture. It is a square grid that is used to determine the proper placement and orientation of various elements within a building. According to Vastu Shastra, the placement of different rooms and elements within a building should be in accordance with the Vastu Grid.

[9] Vastu Shastra emphasizes that every element in the universe possesses its unique energy, and this energy extends to buildings and land as well. Buildings and land carry vibrations of energy that can be either positive or negative. The objective of Vastu is to minimize negative energy and enhance positive energy within a house through the strategic arrangement of rooms and spaces.

### C. Basic Principles of Vastu Shastra

[11] Vastu principles are traditional Indian architectural guidelines that are based on the principles of design, layout,

measurements, ground preparation, and spatial geometry. The principles are derived from ancient texts and are believed to create harmonious living spaces that enhance well-being and prosperity.

Some of the key principles of Vastu include orientation, site planning, proportion and placement. These principles are believed to create a balance between the five elements of nature (earth, water, fire, air, and space) and promote physical, emotional, and spiritual well-being. Proper and accurate orientation and measurement is most important for effective planning according to Vastu. Various tools are essential for orientation and measurement like compass, measuring tape, EDM etc.

[10] [38] Building planning principles involve designing structures that are functional, safe, aesthetically pleasing, sustainable, and cost-effective. Key principles include aspect, prospect, furniture requirements, roominess, grouping, circulation, sanitation, elegance, privacy, flexibility, economy, and practical considerations. The aim is to create buildings that fulfill these criteria and provide a harmonious environment for occupants.

### D. Auspicious Times

According to Vastu principles, there are specific auspicious periods and considerations for the construction and moving into a new house. These guidelines are believed to promote the well-being and prosperity of the family. [8] [18] Construction of a house is recommended during the following periods, as they are considered auspicious and productive for the welfare of the family:

1. Phalgun (February 14 to March 13)
2. Vaishaka (April 14 to May 13)
3. Shraavan (July 14 to August 13)

During these periods, starting the construction is encouraged, while other times of the year are generally not favored. In fact, there are dire warnings to discourage people from initiating construction during those times. Additionally, it is advised to commence construction ventures when the moon is waxing rather than waning. The symbolism behind this is that during the waxing moon phase, things are growing towards fullness and completion. After the full moon, it is believed to be less favorable. For initiating construction during the waxing moon, specific days are considered particularly fruitful: days 2, 3, 5, 6, 7, 10, 11, and 13 since the new moon. When it comes to moving into a new house, the following months are regarded as suitable:

1. Magh (January 14 to February 13)
2. Phalgun (February 14 to March 13)
3. Vaishaka (April 14 to May 13)
4. Jyeshtha (May 14 to June 13)
5. The month of Karthik (October 14 to November 13) can be considered if there is a pressing need.

[8] However, it is advised to avoid moving on Tuesday, Saturday, and Sunday, as they are considered inappropriate times for house entry. Beneficial days for moving during the waxing moon phase include days 1, 2, 3, 5, 7, 8, 10, 11, 13, and 15 since the new moon. Furthermore, it is ideal to enter

the new house during daylight hours, adding an auspicious touch to the transition.

[1]

III. COMPARATIVE ANALYSIS

Sr. No.	Title	Year	Approach	Result and Conclusion
1.	“Indian Architectural Theory Contemporary Uses of Vastu Vidya”	1998	<p>The primary objectives of this book are two-fold: firstly, to provide a comprehensive understanding of Vastu Vidya as a program of architecture, and secondly, to analyze its contemporary applications and enduring relevance.</p> <p>Originating from ancient Indian wisdom, Vastu Vidya finds its earliest textual evidence in the Rig Veda and has evolved as a living tradition, with its fragmented application observed by astrologers, craftsmen, conservation architects, and priests. This book discusses traditional concepts like Ayadi formula, Vastu Purush mandala, orientation with eight directions, site consideration and materials used for construction.</p>	<p>People are, nowadays, well aware of the modern planning concepts, the dramatic architectural configurations, the revolutionary range of building materials available in the market etc., but one important aspect found missing in their house design is adherence to the Vastu Shastra. If understood and followed scrupulously in the design, you might be able to earn a fortune from your own house.</p>
2.	“Application of Vastu Shastra principles in house construction by home dwellers”	2020	<p>In 2014, the authors conducted a pioneering research study in Udaipur, Rajasthan, focusing on the application of Vastu Shastra principles in residential construction by local residents. This study, the first of its kind in the area, involved surveying 200 residents from newly constructed neighborhoods. The primary objectives were to gauge the residents' beliefs in Vastu Shastra and to assess any potential psychological or physiological effects resulting from its utilization. The research aimed to evaluate the extent to which Vastu Shastra was being implemented in the construction of homes by the local population in Udaipur, Rajasthan.</p>	<p>The survey revealed that 91.50% of them were familiar with the term “Vastu Shastra”, with 29% reporting complete belief and 26% being partial believers. The analysis of the results further revealed that, on average, 70% of the respondents applied Vastu principles while selecting the plot, 74.80% while beginning construction, and 58.75% while constructing the entrance verandah. Overall, 72.28% of the respondents reported applying Vastu principles in the construction of their homes and offices.</p>
3.	“Practical Application of Vastu Shastra in Indian Residential Building”	2022	<p>The focus of this article is on the utilization of Vastu Shastra in the design and layout planning of residences in India, as established by ancient experts. It explores the incorporation of modern values into traditional Indian architectural methods, aimed at creating living and working spaces that are functional and aesthetically</p>	<p>This paper concludes that Vastu Shastra, an ancient technology, can still be relevant in the modern world with a different approach. It is a scientific tool that should be understood by the general public for a happy and peaceful life, not only for the present generation but also for future ones. The article provides some Vastu tips for the placement of various</p>

			pleasing. Additionally, the article delves into the fundamental principles of Vastu Shastra, the historical origins of the Vastu Purush mandala, and the scientific justifications behind the implementation of Vastu principles.	rooms in the house, including direction and color suggestions, as well as advice on the placement of certain objects such as mirrors which can affect the flow of positive and negative energies. The paper also offers scientific explanations of Vastu principles and cites case studies from Chandigarh and Jaipur to support its claims.
4.	“Utility of the Ancient Indian Science of Vaastu in Modern Architecture”	2017	The research article aims to comprehend and highlight the significance of Vaastu Shastra and its practical implementations, utilizing case studies as a means to do so. The paper discusses the ancient Indian science of Vaastu Shastra and its utility in modern architecture. The authors argue that Vaastu Shastra can provide useful guidelines for creating buildings that are in harmony with nature and promote well-being. They suggest that the principles of Vaastu Shastra can be applied in contemporary architecture to create sustainable and environmentally friendly buildings. The authors also discuss the challenges of integrating Vaastu Shastra principles into modern architecture, including issues related to standardization and certification.	The authors' conclusion is that although Vaastu Shastra holds promise for modern architecture, additional research is necessary to fully investigate its practical applications and potential advantages. Additionally, this paper presents sample reference plans that were designed using knowledge of Vaastu direction, and provides insights into the significance of colors to aid in selecting appropriate colors for various rooms.
5.	“A Review Paper on Power of Vastu”	2019	This paper explores the principles of Vastu Shastra, an ancient Indian system of architecture that aims to create a harmonious balance between humans and their environment. The paper discusses the history and cultural significance of Vastu and how it has evolved over time. It also delves into the different types of Vastu, such as residential, commercial, and spiritual, and how they can be applied in modern architecture and interior design.	The author reviews the various principles of Vastu, including the placement of rooms, furniture, and objects, as well as the use of color and light. The paper also examines the scientific evidence behind Vastu and how it can be used to promote health, wealth, and well-being. Overall, the paper provides an overview of Vastu and its potential benefits for those interested in creating spaces that are in harmony with their environment.
6.	“The Ancient Indian Science of Vaastu Shastra & Climate Responsive Buildings in 21st Century”	2019	The paper discusses the history and cultural significance of Vaastu Shastra and how it has evolved over time. It also explores the role of Vaastu in climate-responsive buildings in the 21st century, as the world faces increasing environmental challenges. The paper also examines the scientific evidence behind Vaastu Shastra and how it can be used to create sustainable and energy-efficient buildings.	The author reviews the principles of Vaastu Shastra and how they can be applied to create buildings that are responsive to their environment, such as the use of natural ventilation and lighting, and the placement of rooms and objects in accordance with the five elements of nature.

7.	“The Science of Vaastu in Architecture”	2019	<p>This paper explores the principles of Vaastu Shastra, an ancient Indian science of architecture that seeks to create a harmonious balance between humans and their environment.</p> <p>The paper discusses the cultural significance of Vaastu and its evolution over time. It explores the different types of Vaastu and how they can be applied in modern architecture, including residential, commercial, and spiritual buildings. It also describes potential benefits of Vaastu Shastra for creating spaces that are in harmony with their environment and promote holistic well-being.</p>	<p>The author reviews the principles of Vaastu, such as the placement of rooms, furniture, and objects, as well as the use of color and light, and how they can create a balanced and healthy environment. The paper also examines the scientific evidence behind Vaastu and how it can be used to promote physical, mental, and spiritual well-being.</p>
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#### IV. SURVEY ON VASTU BELIEF AND USE

A survey was conducted related to the belief and use of Vastu Shastra. A Google form was circulated with 3 multiple choice questions related to Vastu Shastra and the responses were noted. Around 200 people positively responded to the survey.

The questions of the survey were as follows:

1. Do you believe in Vastu?

Options - Yes, No.

2. Is your house abiding by Vastu?

Options - Yes, No, Don't Know.

3. How much do you know about Vastu?

Options - Nothing, Basics, Good Enough, Almost, Everything.

#### V. RESULTS OF SURVEY

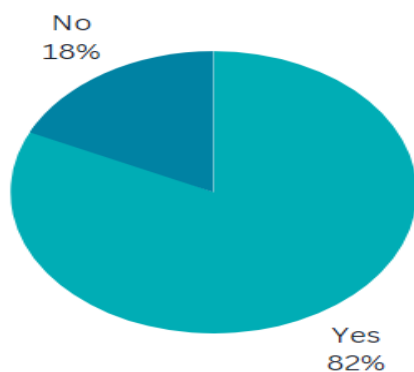


Fig. 3. Percentage Belief in Vastu

Fig. 3. shows a pie chart that represents the percentage of people who believe in Vastu. It shows the response for the first question of the survey. From this graph we can conclude that a lot of people still have faith in the principles of Vastu Shastra.

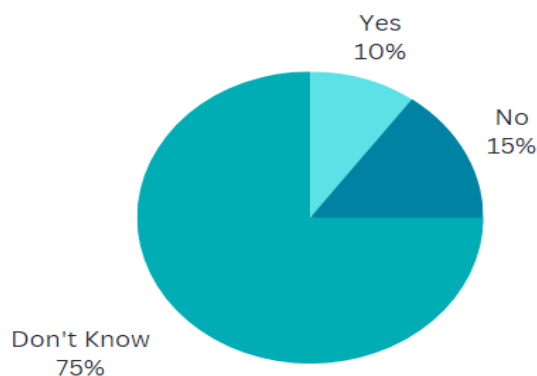


Fig. 4. Percentage of Houses abiding Vastu Principles

Fig. 4. shows a graph that represents the percentage of houses that abide by Vastu Shastra. It shows the response for the second question of the survey. More than half of the population doesn't know whether their house is following the Vastu principles or not. There are only 10% of people who can confidently say that their house is built according to Vastu Shastra principles.

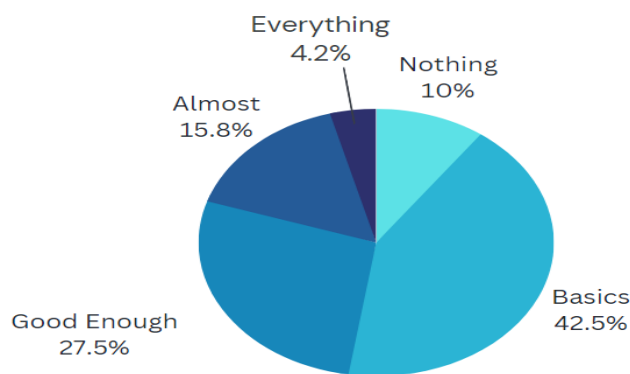


Fig. 5. Percentage of Knowledge of Vastu

Fig. 5. shows a graph that represents the percentage of knowledge people have about Vastu Shastra. It shows the response for the last question of the survey. The results show that many people know about Vastu but very less percentage know everything or almost everything.

## VI. CONCLUSION

Vastu Shastra is an intricate science that draws upon the subtle interplay between the planets and the built environment. This ancient Indian practice recognizes that the alignment and placement of buildings, furniture, and other objects can influence the energy flow within a space, which in turn can impact the well-being and fortunes of its inhabitants.

This review has highlighted the principles of Vastu, its benefits and limitations as well as the key concepts related to Vastu. It also talks about the importance and need of proper surveying tools for measuring orientation, direction and area of a land for constructing buildings that abide by the Vastu Principles. It also discusses the relation of Vastu Shastra with Astrology, which is a powerful force that is closely intertwined with Vastu Shastra. The alignment of planets at the time of our birth, and throughout our lives, is believed to exert a profound influence on our destinies. It is important to note that changes in the states of these celestial bodies can have a tangible impact on our lives. Whether through unexpected changes in fortune or shifts in our emotional and physical well-being, the effects of planetary movements are often felt in subtle yet powerful ways. Auspicious days, also known as "shubh muhurat" in Vastu Shastra, are an important aspect of this ancient Indian system of architecture and design. According to Vastu Shastra, certain days and times are believed to be more conducive to positive energy and prosperity than others, and it is therefore recommended to perform important activities such as housewarming ceremonies, business launches, and other auspicious events on these days. The selection of auspicious days in Vastu Shastra is closely tied to the movement of the planets and the lunar cycle. Astrological calculations are used to determine the best dates and times for important events, taking into account the positions of the planets and other celestial bodies. By harnessing the principles of Vastu and astrology, we can work to create a living environment that is aligned with our highest aspirations and most profound needs.

While some critics argue that the principles of Vastu are based on superstition rather than science, it is clear that this system of design has had a profound impact on Indian culture and society. From the design of temples and public buildings to the layout of private homes, Vastu Shastra continues to be widely practiced and revered by many people around the world. The survey done also shows that there are still many believers of Vastu Shastra but not many have a proper understanding of its principles. As our understanding of the world continues to evolve, it is important to approach Vastu Shastra with an open mind and a willingness to learn. By exploring the principles of Vastu and considering its potential impact on our lives, we can gain a deeper appreciation for the rich cultural traditions and practices that have shaped the world we live in today.

## VII. FUTURE SCOPE

The realm of Vastu holds immense potential for research and development. As revealed by the aforementioned results, people place faith in Vastu but lack a true understanding of its mechanisms. This knowledge gap often results in misguided practices under the guise of Vastu. It is, therefore,

imperative to raise awareness about Vastu and provide scientific explanations for its principles. To this end, software applications such as mobile apps and websites can serve as valuable resources in educating people about Vastu. Moreover, such tools can assist in the effortless integration of Vastu principles into the design and construction of homes, offices, and other buildings. A crucial aspect of Vastu is the optimal positioning of different rooms and effective site orientation. Thus, an all-inclusive system that offers guidance on site selection and comprehensive construction guidelines can positively transform countless lives.

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