

# Vaasthu & Interior Decoration

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## 1.0 INTRODUCTION

Decoration of the house is equally important as house construction. A house is meant not merely for occupying, it must be charming enough to attract the occupant back to it. It must be sweet enough so as one must be eager to return to his home. Fulfillment of the expectations, orderliness and pleasing arrangements are the beauty of a house. Interior decoration helps a lot in attaining these targets. Interior decoration is the arrangements of the inner space for maximum benefit of the users for a pleasant and peaceful stay at home. There are several factors to be considered while decorating a home.

1. *Rasas* (emotional feelings) in the rooms.
2. Displays
3. Furnishings
4. Furniture
5. Lighting the rooms
6. Painting works
7. Adjusting the sounds.

Why we depend on Vaasthu for decorating the houses ? The `Vaasthu art' and the interior decoration are complementary to each other. Residential building, being a *Prayojaka* Vaasthu (functional Vaasthu), the decoration of the interior and exterior must be planned according to the functional efficiency of the needs of the occupants.

Just as *Vaasthu purusha mandalam* of any plot, there is such an auspicious consideration for every room. i.e., every room has got its own *Vaasthu purusha Mandalam*. The household gadgets and furniture etc. may be arranged in such a way that a right type of balance and coordination is established between each other.

2.0 A brief account of the Vaasthu directions regarding the Interior decoration is as follows:

### 2.1 The Main door

The main door should be beautiful and attractive. It should have auspicious symbols of any religious beliefs depicted on it. (eg: *Om, Swatika, Waterpot, Ganesh, Jesus, Allah* etc ). The ground in front of the door and the passage leading to the main door must be clean and tidy.

### 2.2 Meditation room

The ideal location of the meditation room is the *Ishanya* (North East). Meditation or prayer can be conducted facing either North, East. (Never face South). Damaged idols and pictures of the dead should not be placed in the meditation room. The sanctity of this room must be maintained always.

### 2.3 Kitchen

The kitchen can be arranged in the South East or North East. The house wife should face east direction while cooking. The drinking water pot or water sources can be set in the North side or North east corner. Condiments, flour, pickles, pulses, rice etc. should be in the Southern part of the kitchen. Fridge, mixer etc should be at the South east. There is a belief that while cooking, the back of the house wife should not be towards the Kitchen door.

## 2.4 Pictures

Pictures help in building the character; hence pictures that may create bad effects should not be used in houses. Pictures of deities, great aspiring men and natural scenery can be duly arranged inside a house. Pictures to be avoided are scenes of battles, crying or tearful pictures, cruel animals or birds, the wounded, accidents, dead bodies, conflagration (forest fire), earth quakes etc. These pictures will create fear, trouble, insecurity and grief to the occupants.

## 2.5 Cash and ornaments

Cash and ornaments should be kept in the safe built on the south wall of the chamber in the north and middle of the house. One should face south while the safe is operated.

## 2.6 Telephone and television

Try to place the TVs and telephones on the South east corners, since this direction is ruled by fire (*Agni*). There is a belief that we should not keep water near a telephone.

## 2.7 Study room

The study room is to be located on the North west. In order to create a befitting cultural atmosphere in the study room, inspiring pictures or real pictures of great men, the Goddess of *Saraswati* or words of knowledge must be put up. The other beliefs related to study are (a) A mirror should not be kept in the study table and the table should not touch the walls. Water picture may be kept in the North east. Books may be kept in the west or south west or south sides. While studying, one should face North.

## 2.8 Drawing room

The furniture and gadgets must be placed near the South or West of the rooms. The north and east areas should be free. The furniture should not touch the walls. A minimum gap of 6' (15 cm) should be provided between the wall and the furniture. TV must be in the South east corner and a minimum distance of 10 feet (3.0 m) should be kept by the viewer from the TV.

## 2.9 The Dining Room

It is believed that facing east direction while eating is auspicious. The dining table should not be elliptical or hexagonal. The back of the chair should not be triangular in the upper portion. In Japan even today the Indian style is adopted and they sit on the floor for eating with an 18" (45 cm) high dining table. This is good for digestion of food from the yoga point of view as well. It is better to revive our old style system of eating with sitting on a floor wooden seat.

## 2.10 Bed rooms

The South west room can be used as the master bed room for the family head. Sleep keeping the head either in East or in South directions. One should not keep his head or feet to the main door or the door of the bed room. Broken mirrors or generally mirrors with reflection of the bed are not believed to be auspicious. Pictures of deities should not be kept in the bedroom.

## 2.11 Latrines or bath rooms

Never place latrines or bath rooms in the North east. It may be built in the South or in the West. Toilets below the staircases are also not good. If unavoidable, bath rooms can be provided under the stairs. Toilet seats must be placed in the South side of the toilet such a way that one may face north during action.

### 3.0 Colour schemes

According to Vaasthu, colours have a psychological effect in human mind, hence only sober, charming and serene colours should be used in the house. Vaasthu has given recognition to white, light blue, deep red and saffron colours. The entrance of a house must be painted with white, light blue or deep green. No red colours allowed here. Cream or light or sober colours are proper for the study room. It is good to paint the dining room with light green; white is the best colour for bed room even though yellow or pink or light blue are used.

The colour schemes in accordance with the direction of the house and the zodiac sign of the house owner is as follows:

| Direction  | Representative Planet | Colours permitted          |
|------------|-----------------------|----------------------------|
| East       | Sun                   | Bright white               |
| West       | Saturn                | Blue                       |
| North      | Mercury               | All shades of green        |
| South      | Mars                  | Olive green, red, pink     |
| North East | Jupiter               | Golden yellow              |
| South west | Rahu                  | All shades of green        |
| South East | Venus                 | Silvery white              |
| North west | Luna                  | Pearly white, light yellow |

(Only the prime directions are used for house construction as per Vaasthu)

Depending on the Zodiac sign of the House Owner the following colours are recommended. This may individually used by each member of the House for their bed rooms also.

| Sl No | Zodiac sign | Colours usable                     |
|-------|-------------|------------------------------------|
| 1     | Aries       | Olive green, red                   |
| 2     | Taurus      | Milky white                        |
| 3     | Gemini      | Green                              |
| 4     | Cancer      | Pink, pearly white                 |
| 5     | Leo         | Various colour and shades or green |
| 6     | Virgo       | Cement shade, milky white          |
| 7     | Libra       | Cement shade, milky white          |
| 8     | Scorpio     | Olive green, red, pink             |
| 9     | Sagittarius | Golden yellow                      |
| 10    | Capricorn   | Light red, cement shade            |
| 11    | Aquarius    | Blue, pink or cement shade         |
| 12    | Pisces      | Yellow, bright white               |

#### 4. References

- 1) Vaasthu -The art and science of Living – Er. Aswini Kumar (Sterling Publishers, 2003)
- 2) Periodicals on Vaasthu Sasthra.

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