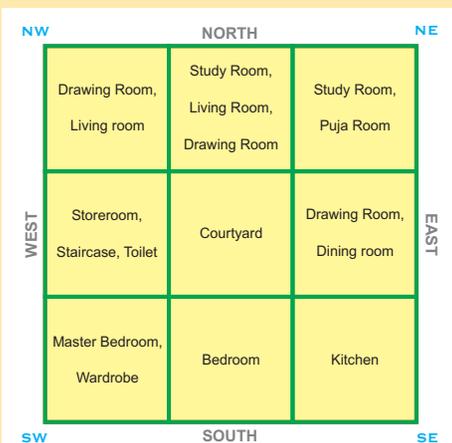




VAASTU CORNER

Kitchens and Vaastu



Optimal zoning (as per Vaastu) of activities in a house.

This article recapitulates basic and fundamental Vaastu principles pertaining to the Kitchen.

Introduction

Man is the subject, object and cause of Vaastu. He perceives Vaastu in relation to his experiences with the surrounding world and its influence. Through the act of designman alters and molds the elements of the natural environment to his advantage.

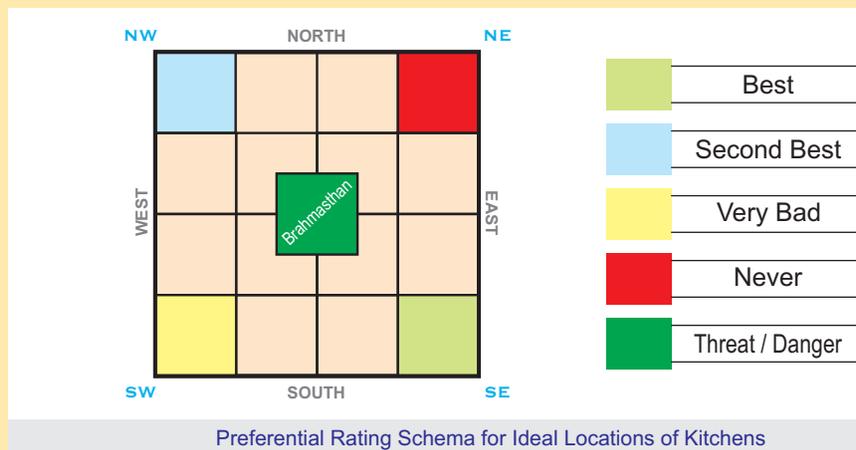
Basic Vaastu theory

Vaastu is a science combining the five elements of nature and the direction that provides the correct combination for it. Vaastu Shastra is all about creating a harmonious place to live in.

The five elements that are spoken about in Vaastu are also referred to as the "Paanchbhootas" of nature and - when in harmony - they together inspire health, wealth, prosperity and happiness in life. These five elements are Earth, Water, Air, Fire, and Space. Whenever the Vastu for home is planned, all these elements are kept in mind along with the right directions for them.

Earth and water have limited and localized availability for human habitat and growth since earth and water are cognizable physical bodies.

Though sun, space and air also form select properties for comfortable human life, these are universally available and can be moulded to human needs by the act of design.



Preferential Rating Schema for Ideal Locations of Kitchens

Among all these, water is a shy element. Traditionally, therefore, habitat goes where water is; only in some very special situations, water is delivered to the habitat. Water is not only a life-source, but it is also fundamental to the location and growth of habitat.

In Vaastu Water bodies in north or east are considered good. As far as the flow of domestic water is concerned, it should be borne in mind and that such water should be drained out in North - East. Wells, tubewells, swimming pools-etc. should all be in the North-East.

Need for Vaastu

Whilst there are no doubt that there are islands of prosperity, it is also true that the cases of bankruptcy, illness, family disputes, marital disharmony are all on the rise. It is the contention of Vaastu that many of these unhappy events can be traced to the anti-Vaastu design of these new buildings. The sad aspect of Vaastu perception amongst the general public is that most of the Vaastu provisions cannot be implemented in a flat. This statement is only partly true. The several provisions of Vaastu related to land topography and locations of wells and open spaces in fact cannot be implemented in flats. However, the story does not end here. Every small Vaastu improvement adds up to some happy development. It therefore makes sense to implement as much of Vaastu as possible and reap the benefits of this ancient science.

Disposition of rooms

- The bedroom should be in the South-West

- Kitchen should preferably be in the Southeast corner of the building. The person cooking should face east.
- The Puja room should preferably be in the North-East.

The Kitchen

- The kitchen must be located in the South East
- You should be facing east when you are cooking
- The cooking oven or gas stove as the case may be should be in the south east corner of the room. Drinking water, sink, dishwashers should be placed in the north-east whilst brooms and cleaning materials are to be located in the north west.
- In the kitchen there should be no doors exactly opposite the fire place. (Cooking stove, electric oven etc)
- The storage shelves should be on the South and West walls of the kitchen and not the Northern or Eastern walls. Heavy articles like refrigerators etc. should be placed in the South or West of the kitchen.
- The dining table should be rectangular. Avoid fancy or multi-shaped dining tables. Place the dining table away from the walls.
- Drinking water should be in the northeast of the kitchen.
- It needs to be cautioned that these Vaastu guidelines do not cover 'Island kitchens' and the kitchens in outhouses. The Vaastu principles applicable to these kitchens are very different from the standard kitchens. ■