

# **Vastu Vidya Architecture & City Planning**

***The Scientific Case for a  
Vedic Technology in the  
21<sup>st</sup> Century***

# Sthapatya Veda Vastu Vidya

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*Aham*

*Brahmasmi*  
Consciousness

is

All there is.

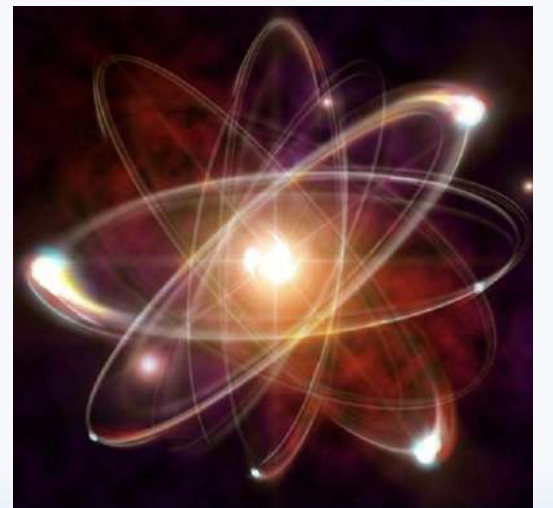
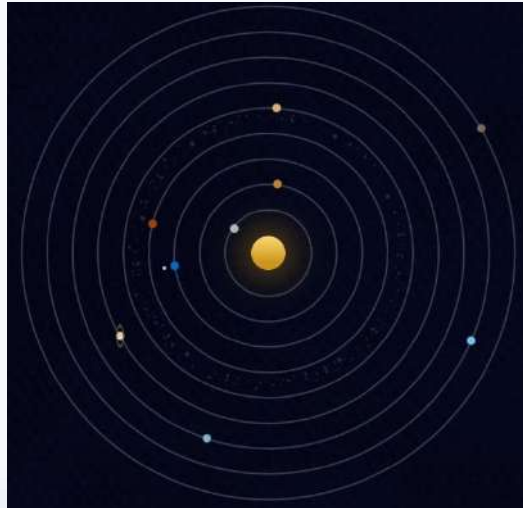
# Wholeness Collapses Into a Point

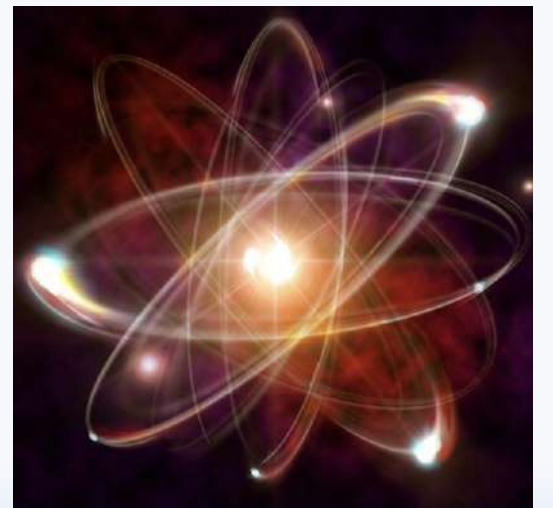
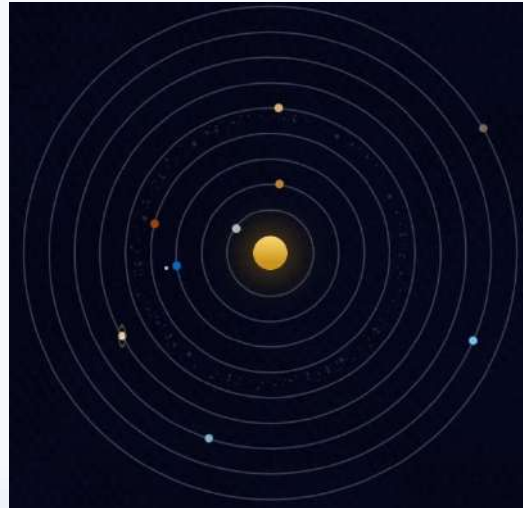
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Anurenu mahato mahiyaan

Smaller than the  
smallest

Larger than the largest.





# Brahmasthan



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# Vastu Architecture

*The most ancient and  
complete system of  
architecture & planning*

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Vedic-Architecture

In accord with the solar,  
lunar, and planetary  
influences

With reference to the North  
Pole, South Pole, & Equator

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Connects individual  
intelligence  
With Cosmic intelligence,  
Individual life with Cosmic  
life.

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- GOOD HEALTH
- HAPPINESS
- FAMILY HARMONY
- SUCCESS
- GROWTH OF  
ENLIGHTENMENT

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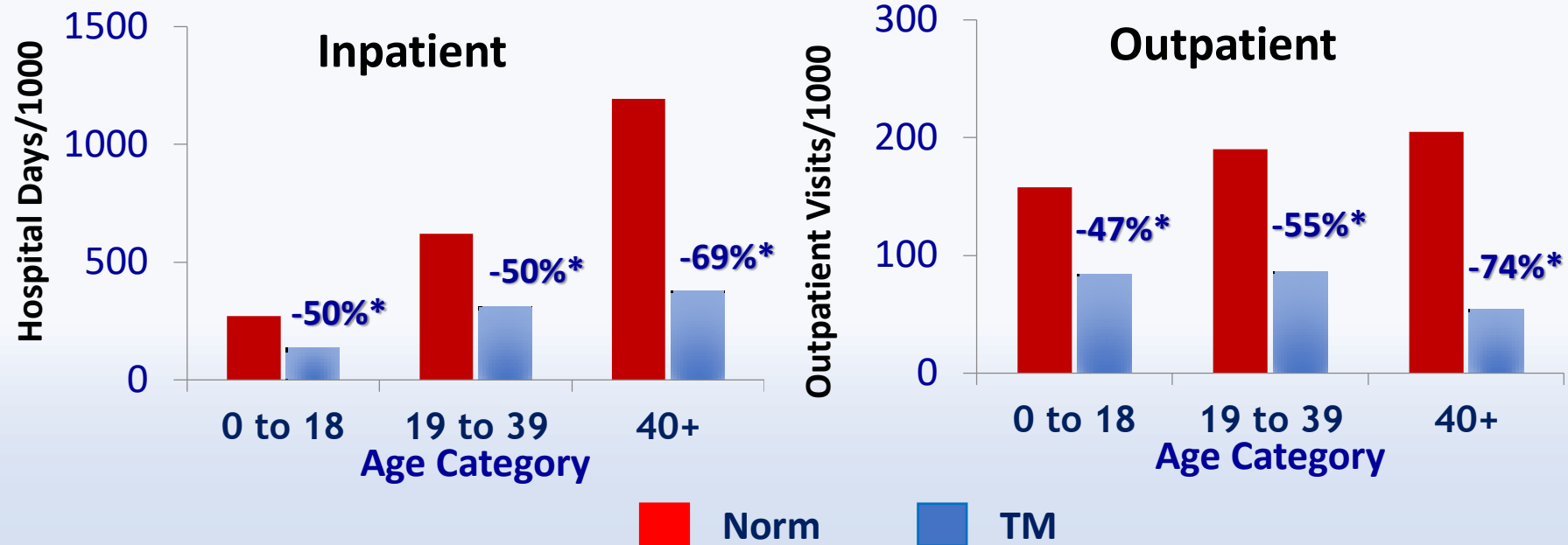
**Maharishi Mahesh Yogi**

*Transcendental*

*Meditation (TM)*

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Vedic-Architecture

# Decreased Hospitalization and Doctor Visits in All Age Categories, Including Children through the *Transcendental Meditation* technique



This five-year study of health insurance statistics of 2,000 people practicing the Transcendental Meditation technique found that their medical care utilization was lower than the norm in all age groups, with the greatest reductions in older adults.

Reference: *Psychosomatic Medicine* 49 (1987): 493-507.

# MAHARISHI VASTU

- Restored meticulously over 20 years
- Standardized per Shastra
- Consistently delivered: two levels of peer review of all work
- Practitioners are licensed architects
- Rigorous curriculum of in-person training
- Practitioners officially accredited
- Available worldwide, work found throughout the world
- Validated in published, peer-reviewed research

# Managing the Built Environment for Health Promotion and Disease Prevention With Maharishi Vastu Architecture: A Review

Global Advances in Health and Medicine

Volume 11: 1–21

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DOI: 10.1177/2164957X221077084

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Jon Lipman, AIA<sup>1</sup> , Lee Fergusson, PhD<sup>2</sup>, Anna Bonshek, PhD<sup>2</sup>, and Robert H. Schneider, MD, FACC<sup>3</sup>

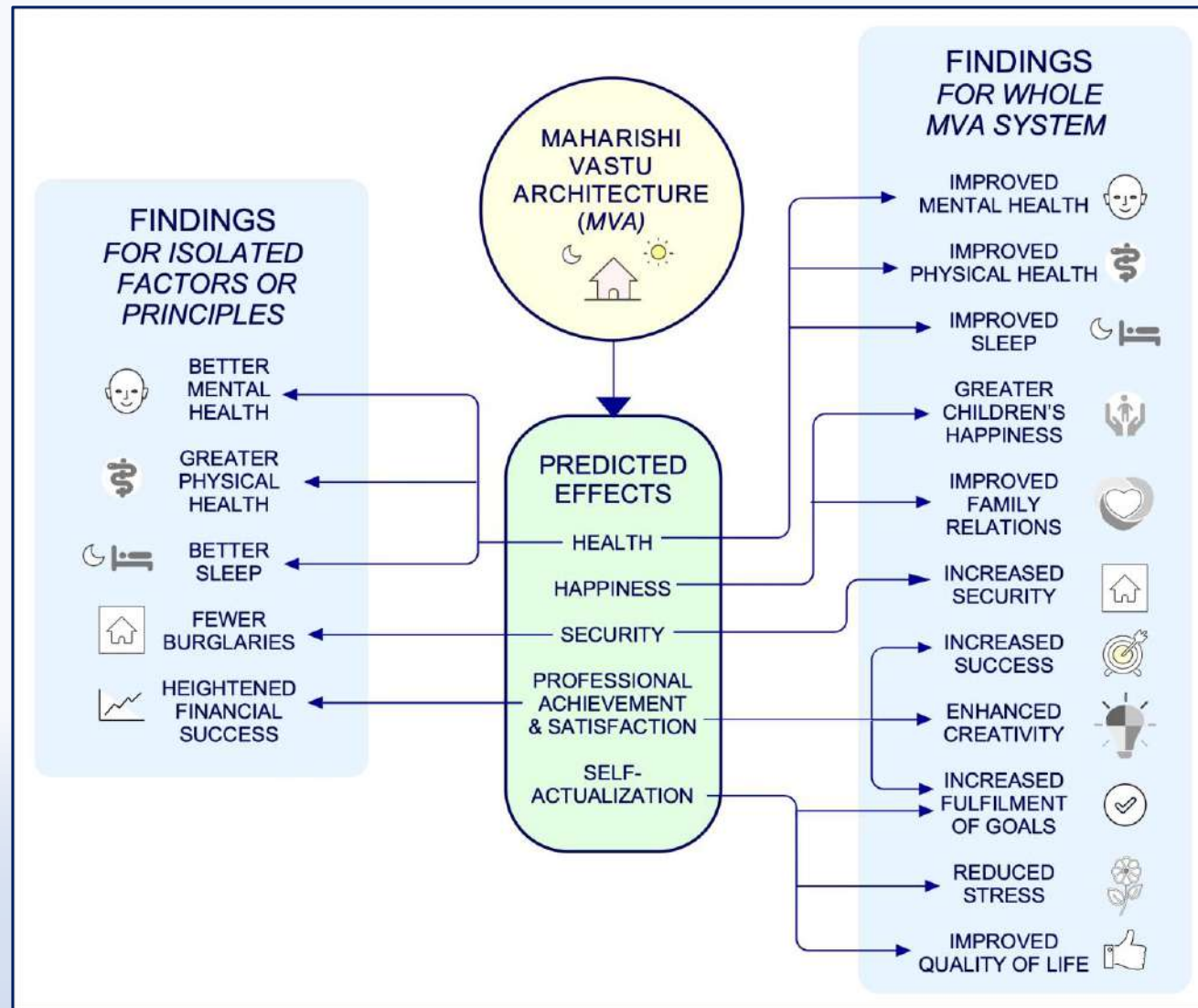
## Abstract

**Background and objectives:** The evolution of healthcare from 18th-century reductionism to 21st-century postgenomic holism has been described in terms of systems medicine, and the impact of the built environment on human health is the focus of investigation and development, leading to the new specialty of evidence-based, therapeutic architecture. The traditional system of Vāstu architecture—a design paradigm for buildings which is proposed to promote mental and physical health—has been applied and studied in the West in the last 20 years, and features elements absent from other approaches. This review critically evaluates the theory and research of a well-developed, standardized form of Vāstu—Maharishi Vastu<sup>®</sup> architecture (MVA). MVA's principles include development of the architect's consciousness, universal recommendations for building orientation, siting, and dimensions; placement of key functions; and occupants' head direction when sleeping or performing tasks. The effects of isolated Vāstu elements included in MVA are presented. However, the full value of MVA, documented as a systematic, globally applicable practice, is in the effect of its complete package, and thus this review of MVA includes evaluating the experience of living and working in MVA buildings.

**Methods:** The published medical and health-related literature was systematically surveyed for research on factors related to isolated principles applied in MVA as well as on the complete system.

**Results:** Published research suggests that incorporating MVA principles into buildings correlates with significant improvements in occupants' physical and mental health and quality of life: better sleep, greater happiness of children, and the experience of heightened sense of security and reduced stress. The frequency of burglaries, a social determinant of health, also correlates. Potential neurophysiological mechanisms are described.

**Conclusions:** Findings suggest that MVA offers an actionable approach for managing a key social determinant of health by using architectural design as preventive medicine and in public health.



Lipman J, Fergusson L, Bonshek A, Schneider RH.  
 Managing the Built Environment for Health Promotion and Disease Prevention  
 With Maharishi Vastu Architecture: A Review.  
*Global Advances in Health and Medicine.* 2022;11.

- 80% -- Improved mental health,
- 70% -- Improved physical health,
- 85% -- Reduced stress,
- 88% of parents – Children had become happier

Fergusson L, Nidich S, Bonshek A, Nidich R.

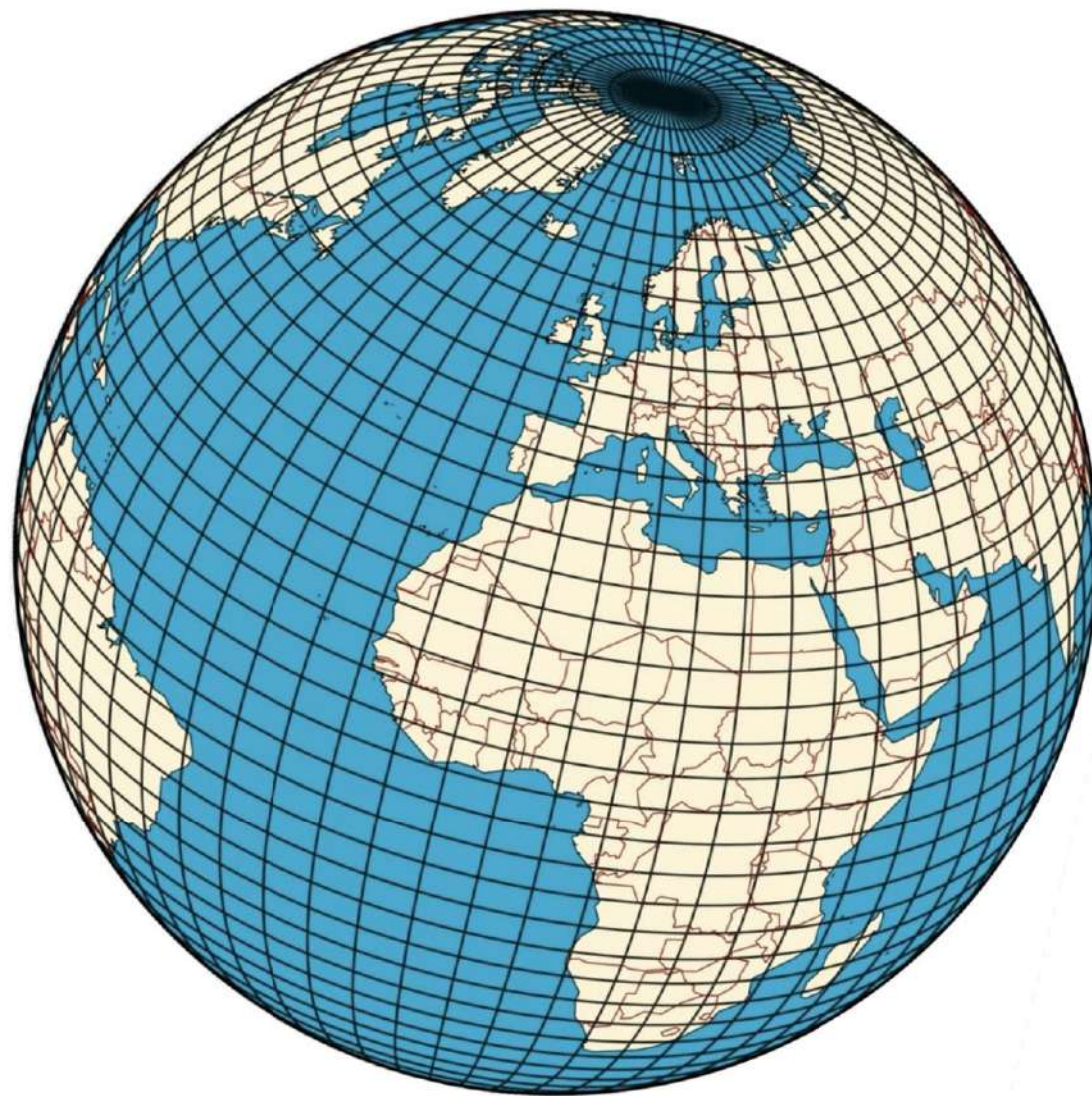
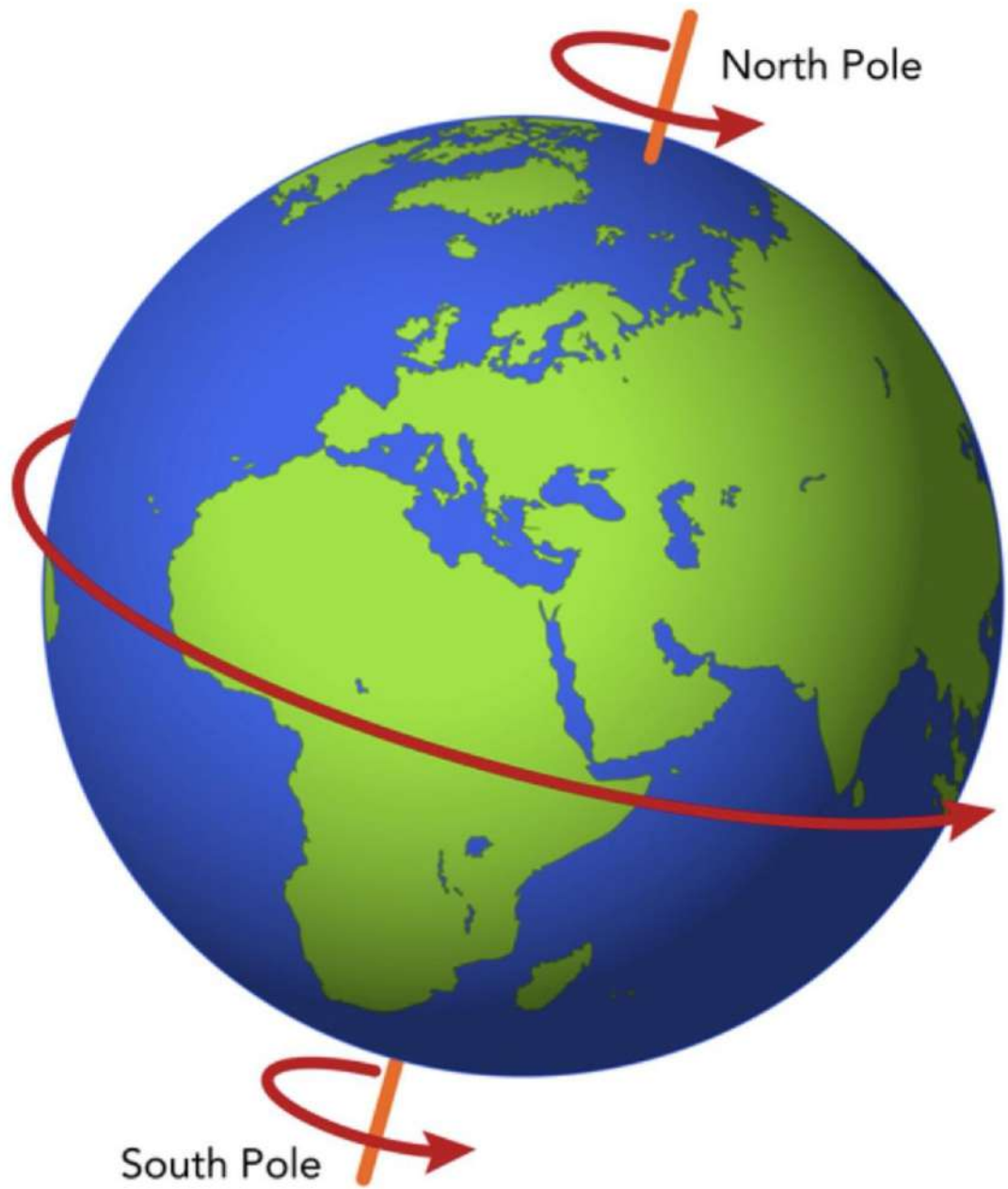
Maharishi Vedic Architecture and quality of life: An international mixed methods study of lived experience.

*International Journal of Architecture and Urban Development.*

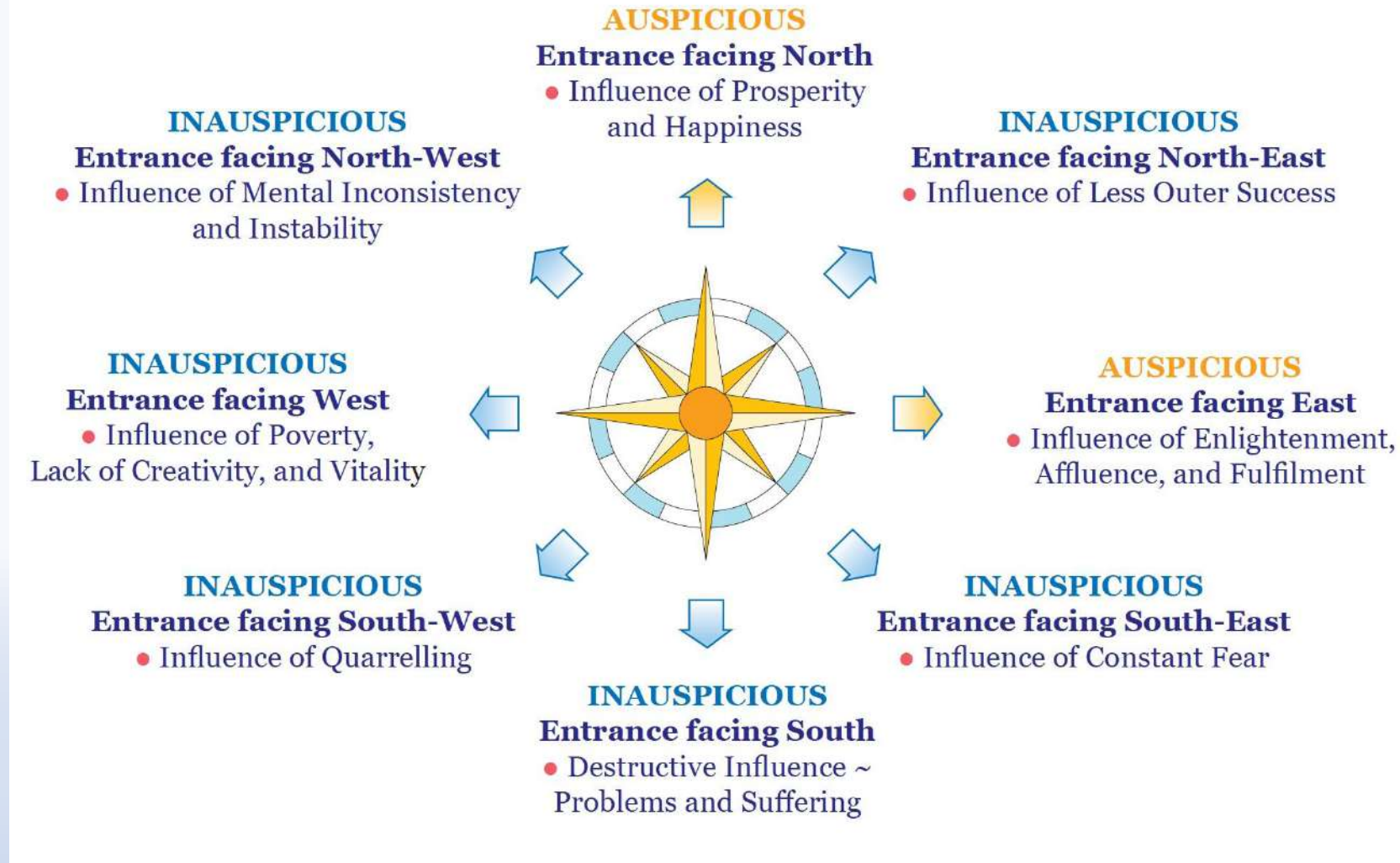
2020; 10(4):1-18.

- Orientation
- Placement
- Proportion, measurement, bilateral symmetry
- Exposure to the rising sun
- Site elements

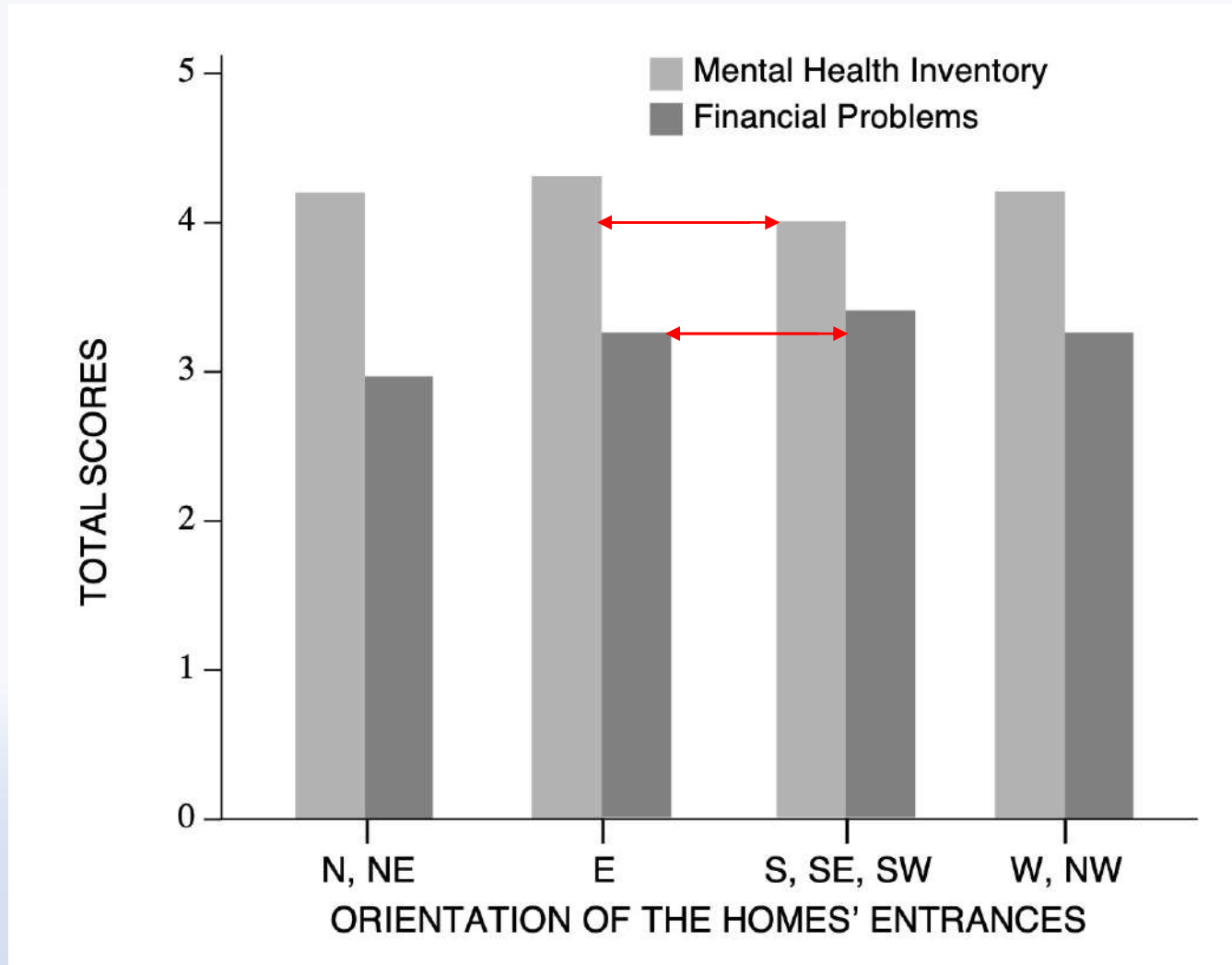
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# Effects of House Directions

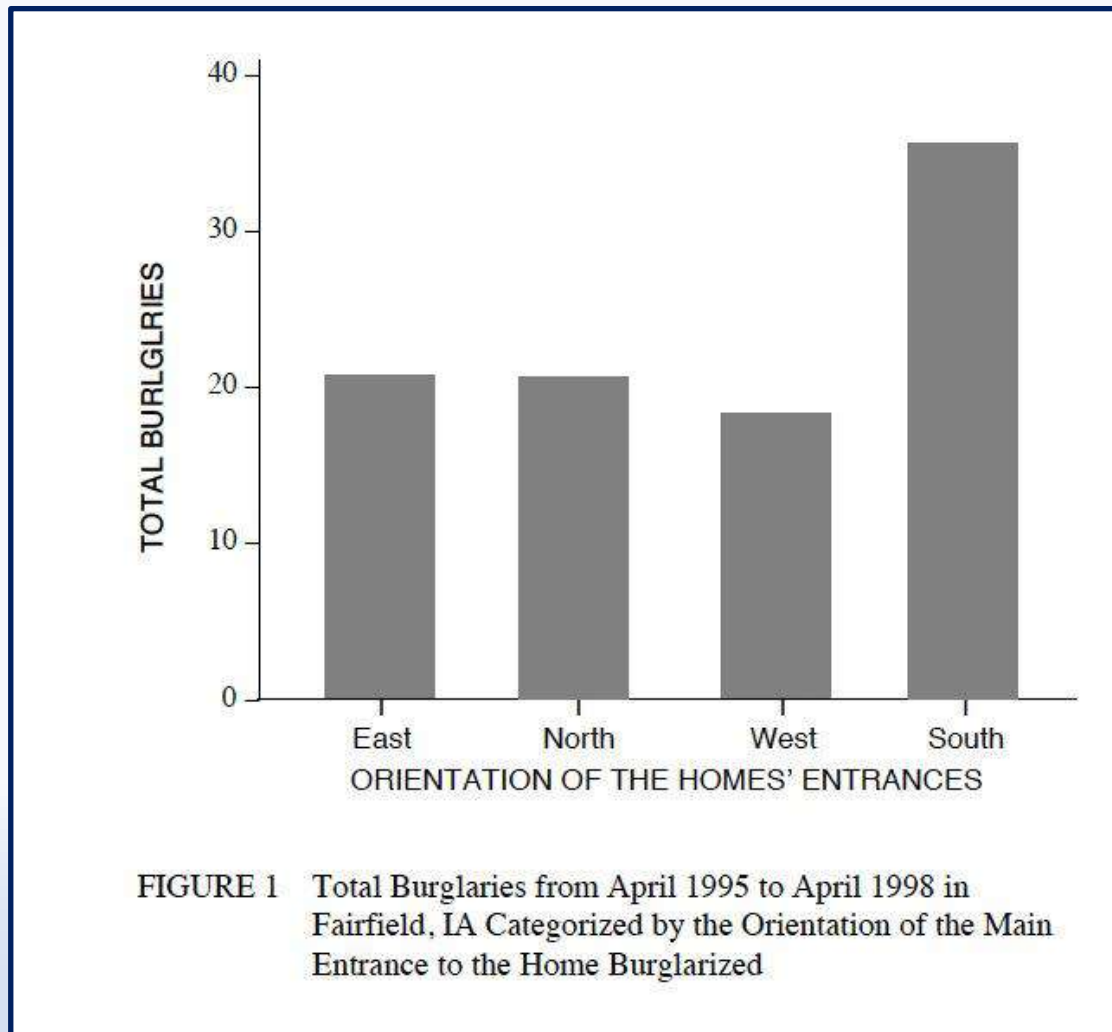


[research.miu.edu/Institute-for-Vedic-Architecture](http://research.miu.edu/Institute-for-Vedic-Architecture)



(F(1,154)=4.18, p = .04)  
 n = 167

Travis F, Bonshek A, Butler V, et al.  
 Can a building's orientation affect the quality of life of the people within?  
 Testing principles of Maharishi Sthapatya Veda.  
*Journal of Social Behavior & Personality* 2005;17:545-559.



( $c^2 = 199, p < .01$ )

$n = 95$

Can a building's orientation affect the quality of life of the people within?

Testing principles of Maharishi Sthapatya Veda.

*Journal of Social Behavior & Personality* 2005;17:545-559.

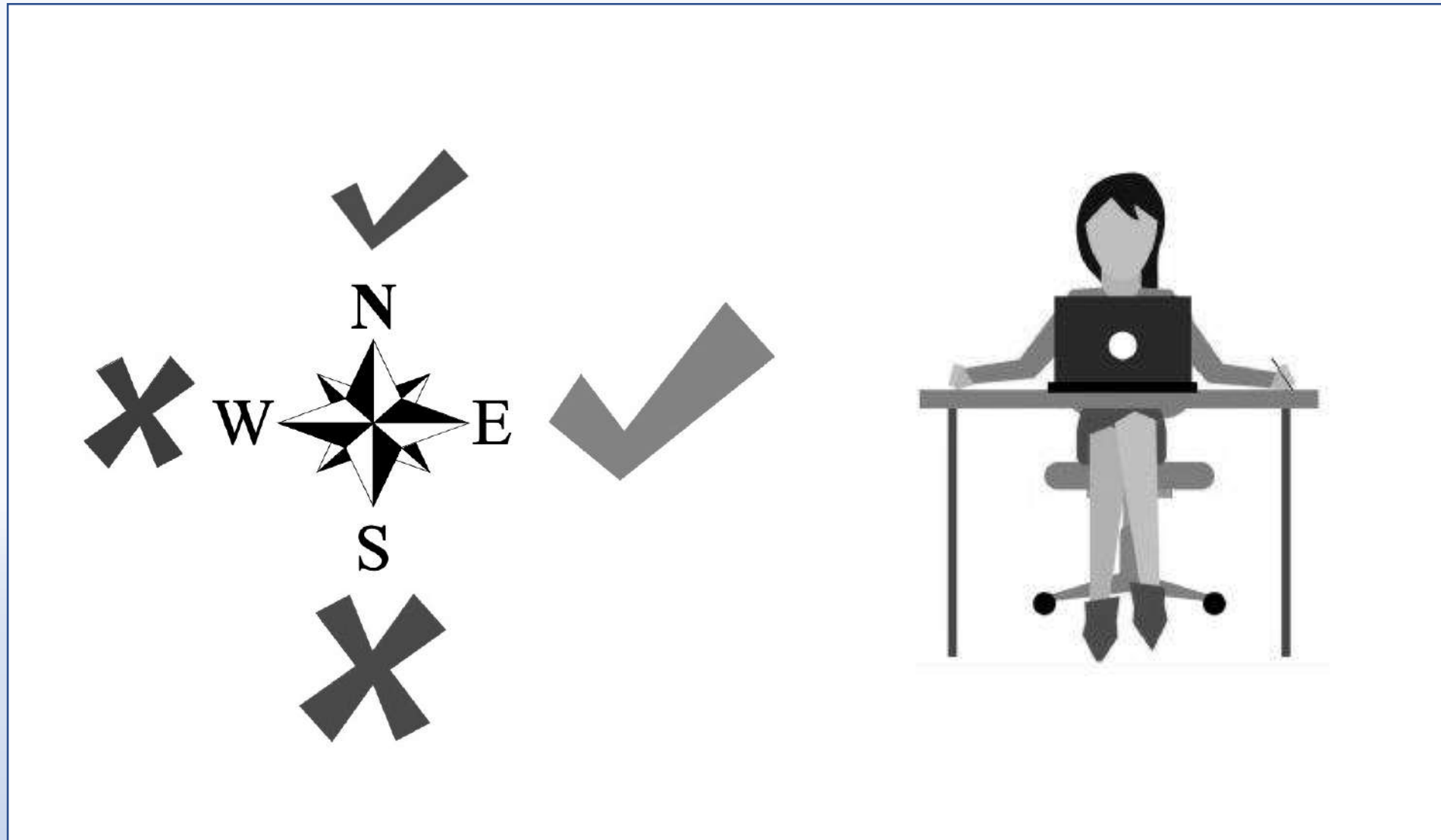
# Effects of Sleeping Directions



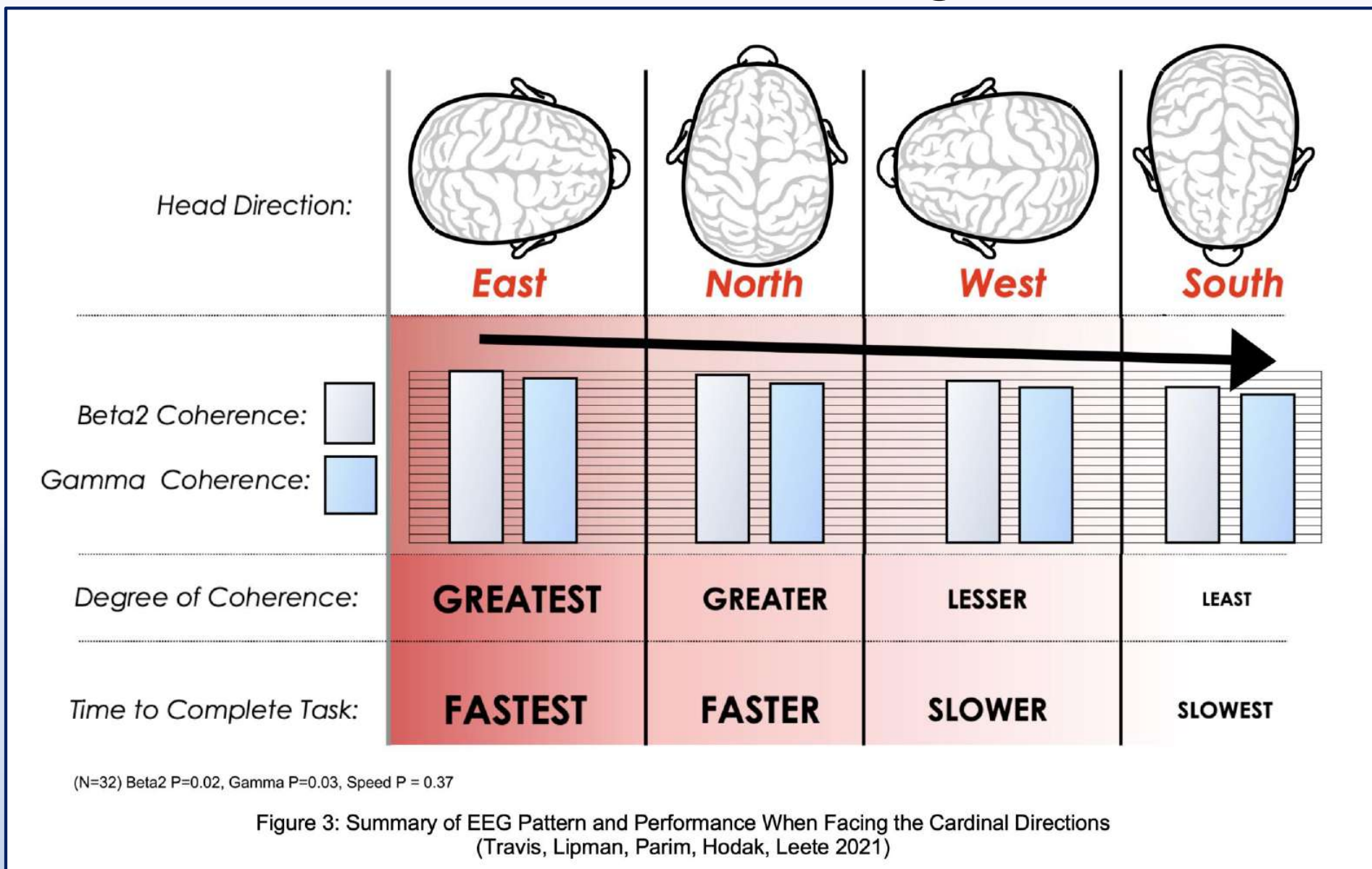
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Citation	Journal	Study Design	Controls	No. of Subjects	Outcome Variable	Results
Rajeswari KR, Satyanarayana M, Narayan PV, Subrahmanyam S. Effect of extremely low frequency magnetic field on serum cholinesterase in humans and animals.	Indian Journal of Experimental Biology 1985; 23(4):194-197	Supine subjects in magnetic field enclosure were exposed to pulsations of extremely low frequency magnetic field oriented in each of the cardinal directions	Unclear.	30	Behavior, serum cholinesterase level	Supine orientation w/head to north is stressful: all complained of irritation, confusion, & serum cholinesterase levels significantly increased.
Travis F, Bonshek A, Butler V, et al. Can a building's orientation affect the quality of life of the people within? Testing principles of Maharishi Sthapatya Veda. J Soc Behav Pers. 2005;17:545-559.	Journal of Social Behavior & Personality 2005;17:545-559	Naturalistic observation study. At an appointment with their family physician, participants completed the Mental Health Inventory, the Stress Impact Scale, the Family Concordance scale of the Family Profile, & SF-36 Short Form Survey. The direction in which they slept at home was determined and correlated with the results of the surveys.	All subjects were blind to the hypotheses being tested and did not know the principles of MVA.	167	Mental health, general health perception, family cohesion, financial problems.	Subjects with head to north during sleep had significantly lower scores on Mental Health Inventory.
Shrivastava K, Mahajan K, Kalra V, Negi K.	Indian Journal of Preventative and Social Medicine 2009;40(3-4)	Human subjects slept nightly for 12 weeks head to south then 12 weeks head to north. Similarly east and west. Physiological parameters measured before and after.	Not described.	40	Heart rate, systolic & diastolic blood pressure, & serum cortisol.	sleeping with head to north compared to south increased heart rate, blood pressure, & serum cortisol.
Hekmatmanesh A, Banaei M, Haghighi K. Bedroom design orientation and sleep electroencephalography signals.	Acta Med Int. 2019;6(1):33-37.	Cross-section, observational study of electroencephalographic signature in which participants slept for two consecutive days in rooms with identical interior design but with the head in one room oriented to the south and in the other with the head to west.	None.	21	Delta, theta, and alpha frequencies of brainwaves.	Significant changes in brainwaves in delta, theta, and alpha frequencies. Increases in average energy of the 3 bands in subjects with head to north during sleep vs. head to west.

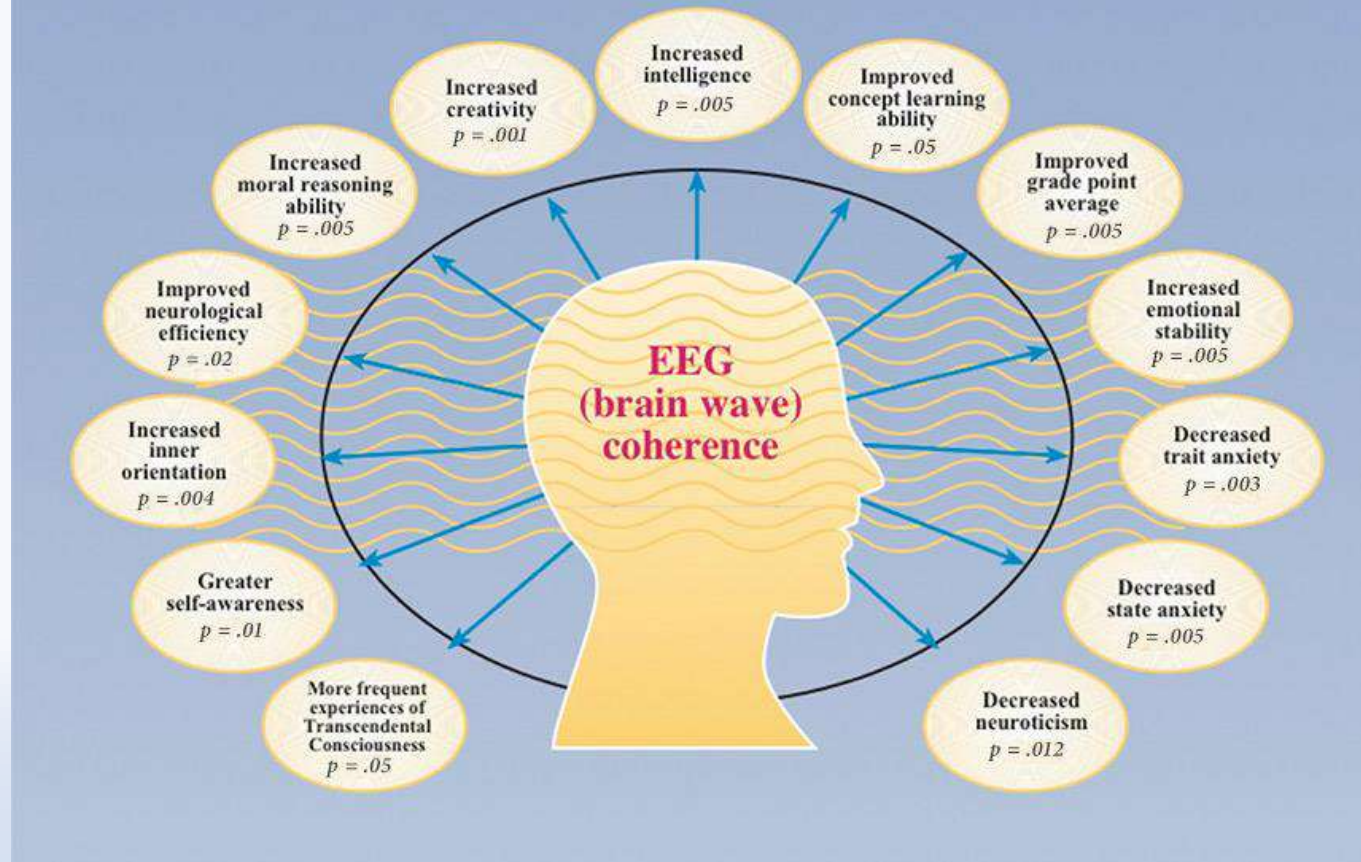
# *Face East or North*



# EEG Pattern & Performance Facing Cardinal Directions



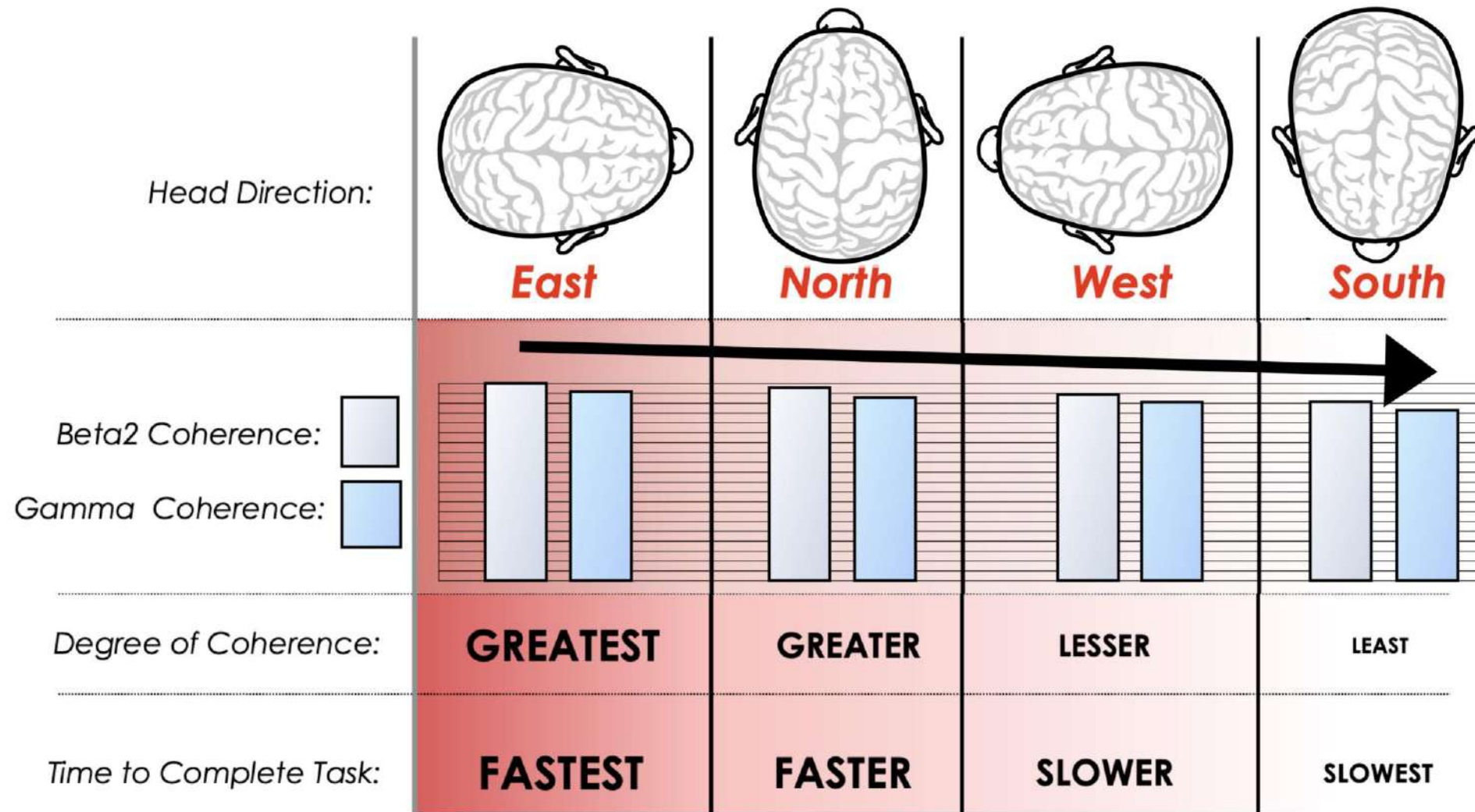
# Benefits of Coherent Brain Functioning



D. W. Orme-Johnson, Haynes C. T. "EEG phase coherence, pure consciousness, creativity and TM-Sidhi experiences." *International Journal of Neuroscience* 13 (1981): 211-217.

F. T. Travis, Arenander A. "Cross-sectional and longitudinal study of effects of Transcendental Meditation practice on interhemispheric frontal asymmetry And frontal coherence." *International Journal of Neuroscience* 116, no. 12 (2006): 1519-1538.

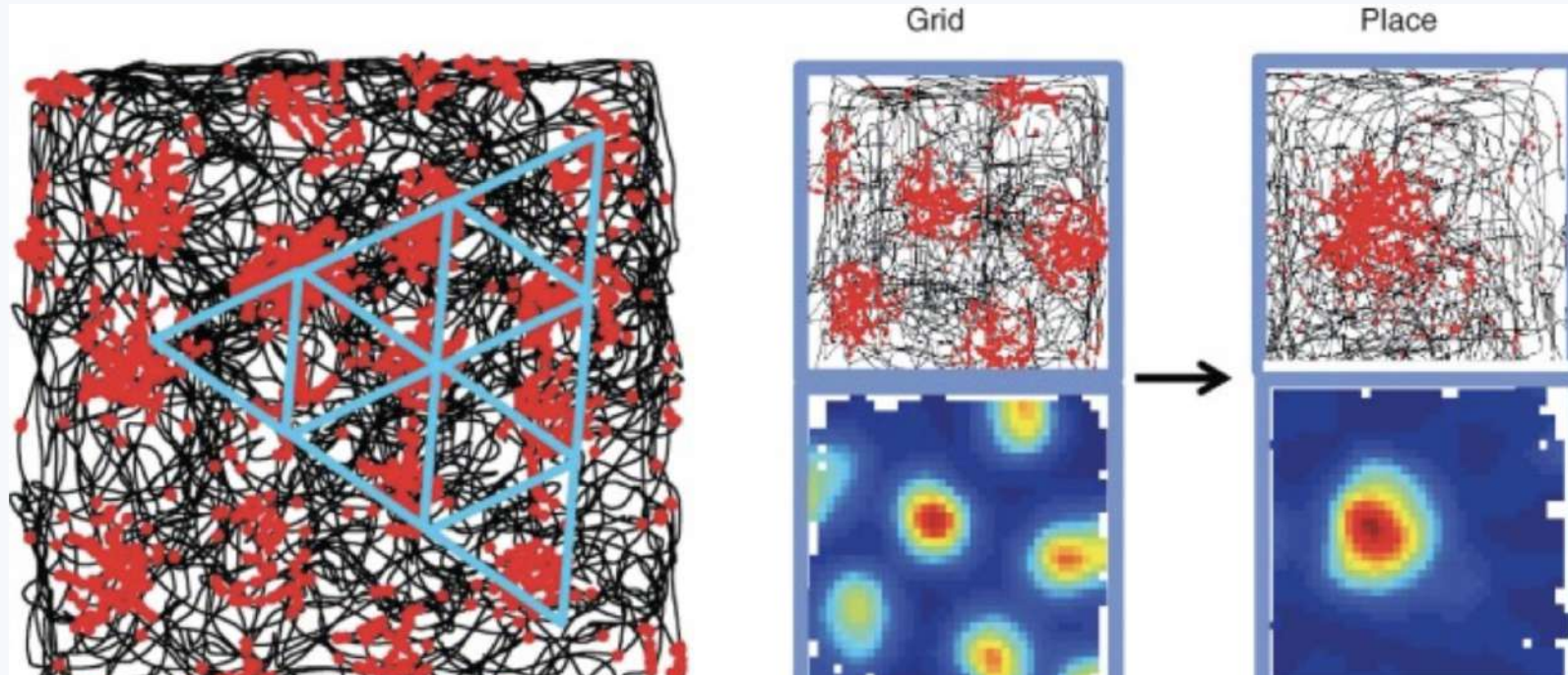
Nidich, S. I., Ryncarz, R. A., Abrams, A. I., Orme-Johnson, D. W., & Wallace, R. K. (1983). Kohlbergian moral perspective responses, EEG coherence, And the Transcendental Meditation and TM-Sidhi program *Journal of Moral Education*, 12(3), 166-173.



(N=32) Beta2 P=0.02, Gamma P=0.03, Speed P = 0.37

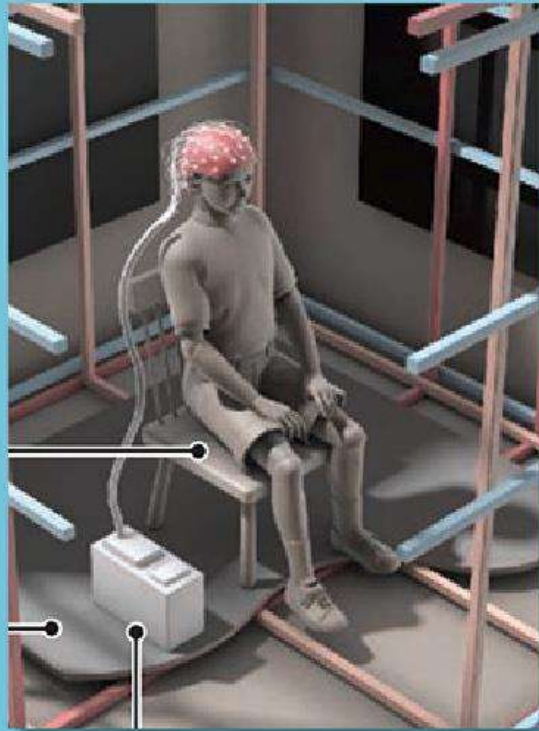
Figure 3: Summary of EEG Pattern and Performance When Facing the Cardinal Directions  
(Travis, Lipman, Parim, Hodak, Leete 2021)

# HEAD DIRECTION AND PLACE CELLS



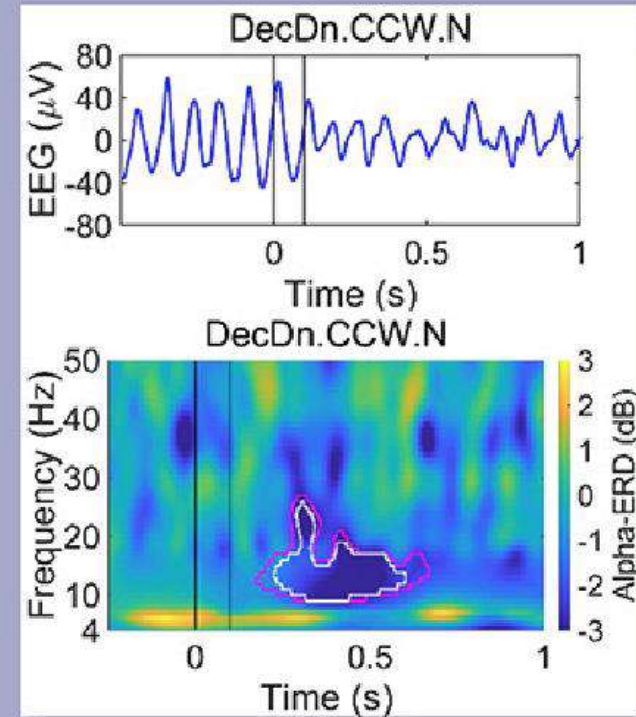
**Figure 1.** Grid cells and place cells. (*Left*) A grid cell from the entorhinal cortex of the rat brain. The black trace shows the trajectory of a foraging rat in part of a 1.5-m-diameter-wide square enclosure. Spike locations of the grid cell are superimposed in red on the trajectory. Each red dot corresponds to one spike. Blue equilateral triangles have been drawn on top of the spike distribution to illustrate the regular hexagonal structure of the grid pattern. (*Right*) Grid cell and place cell. (*Top*) Trajectory with spike locations, as in the *left* part. (*Bottom*) Color-coded rate map with red showing high activity and blue showing low activity. Grid cells are thought to provide much, but not all, of the entorhinal spatial input to place cells.

We built a special exposure chamber to test human brain waves for magnetic effects ..



We included *many* experimental controls and blinding steps ....

We found that alpha waves in our brains fade after specific field rotations ...



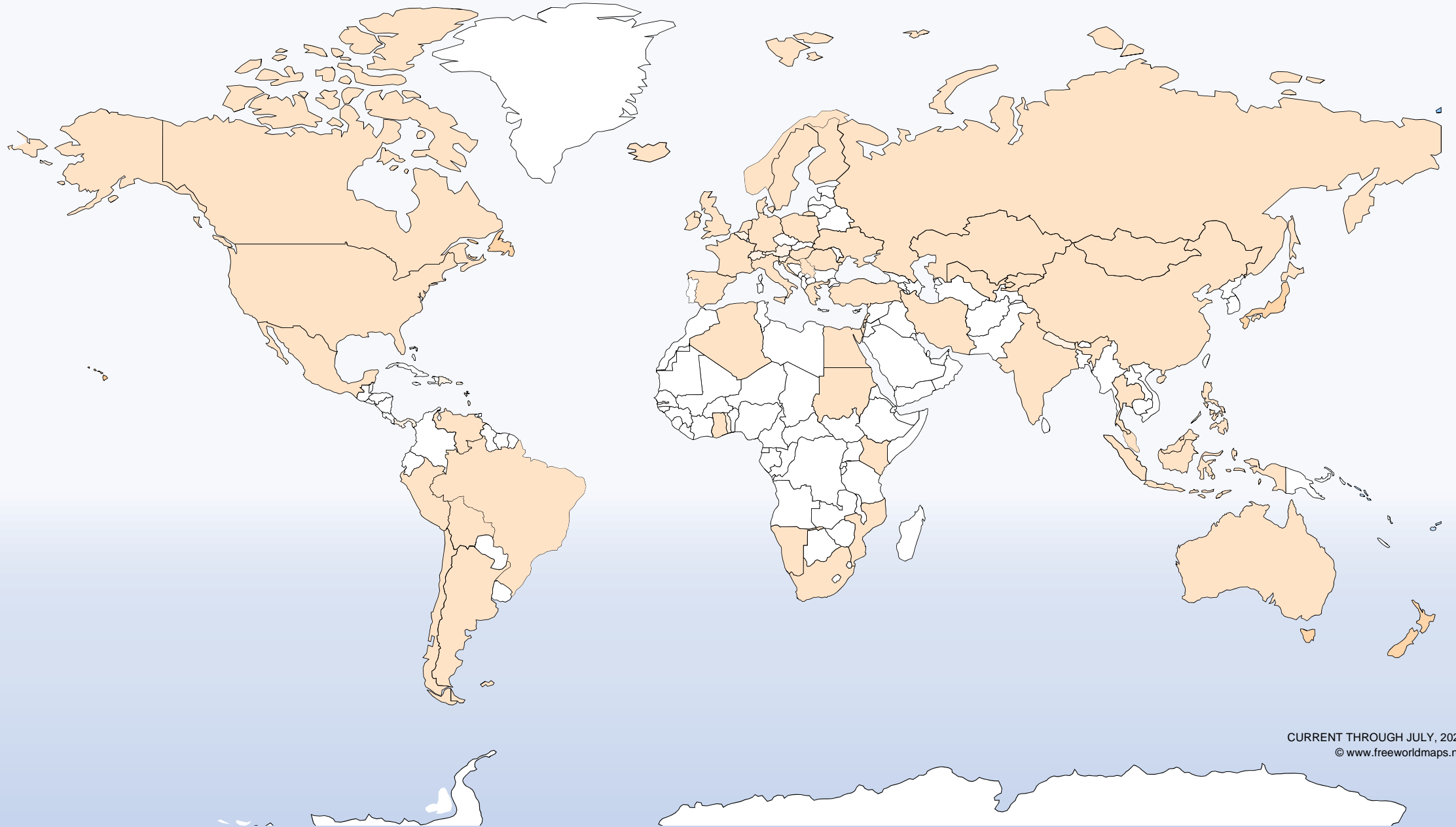
... and that the sensor is likely magnetite, a biomineral that transduces magnetic fields.



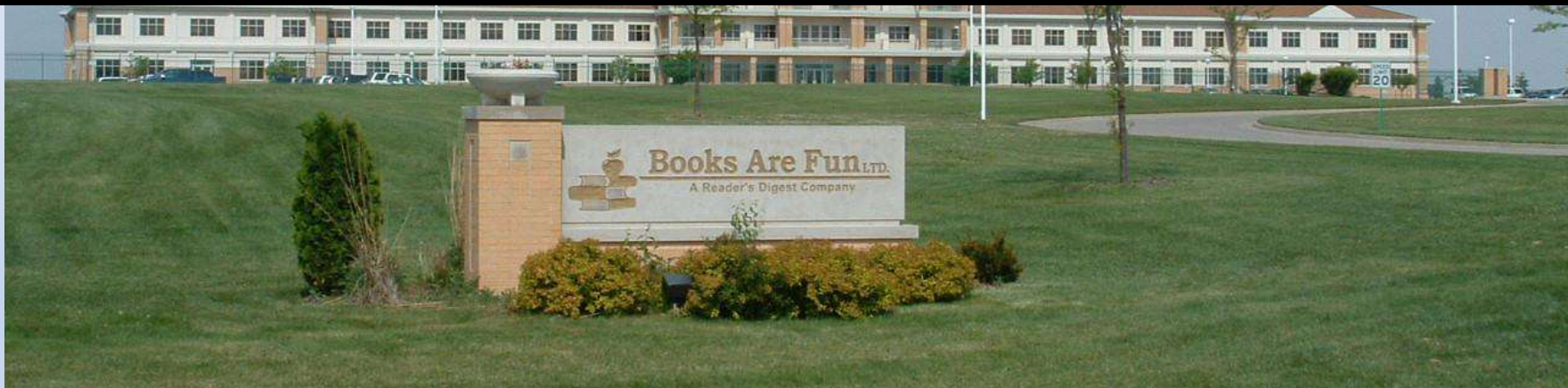
# **THE BENEFICIAL EFFECTS OF EAST LIGHT**

# STUDIES OF EXPOSURE TO EAST/MORNING LIGHT VS. WEST/AFTERNOON

Authors	Journal	Pub. Year	Study Design	Controls	No. of Subjects	Outcome Variable	Results
Benedetti F, Colombo C, Barbini B, Campori E, Smeraldi E. Morning sunlight reduces length of hospitalization in bipolar depression. <i>J Affect Disord</i> . 2001;62(3):221-223. doi:10.1016/s0165-0327(00)00149-x.	Journal of Affective Disorders	2001	Length of hospitalization for unipolar and bipolar depressed inpatients assigned to hospital rooms w/east or west windows. Naturalistic retrospective observation.	Rooms randomly assigned based on first available; same psychiatrists in charge of all patients.	415 unipolar & 187 bipolar	Duration of hospital stay.	Bipolar in east-window rooms had 3.67-day shorter hospital stay than patients in west-window rooms. No effect on unipolar.
Reid KJ, Santostasi G, Baron KG, Wilson J, Kang J, Zee PC. Timing and Intensity of Light Correlate with Body Weight in Adults. <i>PLoS One</i> . 2014;9(4):e92251. doi:10.1371/journal.pone.0092251.	PLoS One	2014	Evaluate the relationship between body mass index (BMI) and sleep duration and wake timing. There was even distribution of data collection during all four seasons. Time above light threshold and mean light timing above threshold calculated.	Age, gender, season, activity counts, sleep midpoint, total sleep time were controlled.	54	Body mass index.	Those exposed to artificial light primarily in AM had a significantly more ideal BMI than those exposed to light primarily after noon.
Gaddameedhi S, Selby CP, Kaufmann WK, Smart RC, Sancar A. Control of skin cancer by the circadian rhythm. <i>Proc Natl Acad Sci U S A</i> . 2011;108(46):18790-18795.	Proceedings of the National Academies of Science	2011	Assessed AM and evening light-exposure in parallel-group & crossover comparisons for subjects with moderate/severe depressive/bipolar disorders w/winter-type seasonal pattern, reporting depression developed during fall or winter and remitted following spr	Control group not subjected to UV radiation.	56	Excision repair rate of skin.	In mouse skin there is more DNA replication and less repair in the morning and less replication and more repair in the evening. Exposure to morning sunlight may therefore not be a risk factor for developing skin cancer.
Lewy AJ, BauerCutler VKN, Cutler NL, et al. Morning vs evening light treatment of patients with winter depression. <i>Arch Gen Psychiatr</i> . 1998;55:890-896.	Archives of General Psychiatry	1998	Assessed AM and evening light-exposure in parallel-group & crossover comparisons for subjects with moderate/severe depressive/bipolar disorders w/winter-type seasonal pattern, reporting depression developed during fall or winter and remitted following spring for at least the 2 prior years.	As closely as possible, controls and patients were matched by age and sex. Placebo control lacking.	51 patients & 49 matched controls	Depression and bipolar disorders.	Morning light is at least twice as strong an antidepressant as evening light in the treatment of seasonal affective disorders.
Nakade M, Akimitsu O, Wada K, et al. Can breakfast tryptophan and vitamin B6 intake and morning exposure to sunlight promote morning-typology in young children aged 2 to 6 years?. <i>J Physiol Anthropol</i> . 2012;31:11. doi:10.1186/1880-6805-31-11.	Journal of Physiological Anthropology	2012	Study examined the effect of sunlight on the circadian typology and sleep habits of Japanese children following tryptophan and vitamin B6 intake at breakfast.	Data gathered by questionnaire, analyzed w/Spearman's correlational analysis, Wilcoxon signed-rank test, Mann-Whitney U-test, Kruskal-Wallis test.	816	Duration of exposure to sunlight after breakfast w/tryptophan & vit. B6	Sufficient exposure to sunlight after breakfast may be necessary to maintain sleep and mental health, and proper function of the circadian clock.



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# The Tower Building

Rockville, Md  
LEED Platinum







HIS HOLINESS  
**Maharishi**  
Mahesh Yogi







Cincinnati, Ohio USA



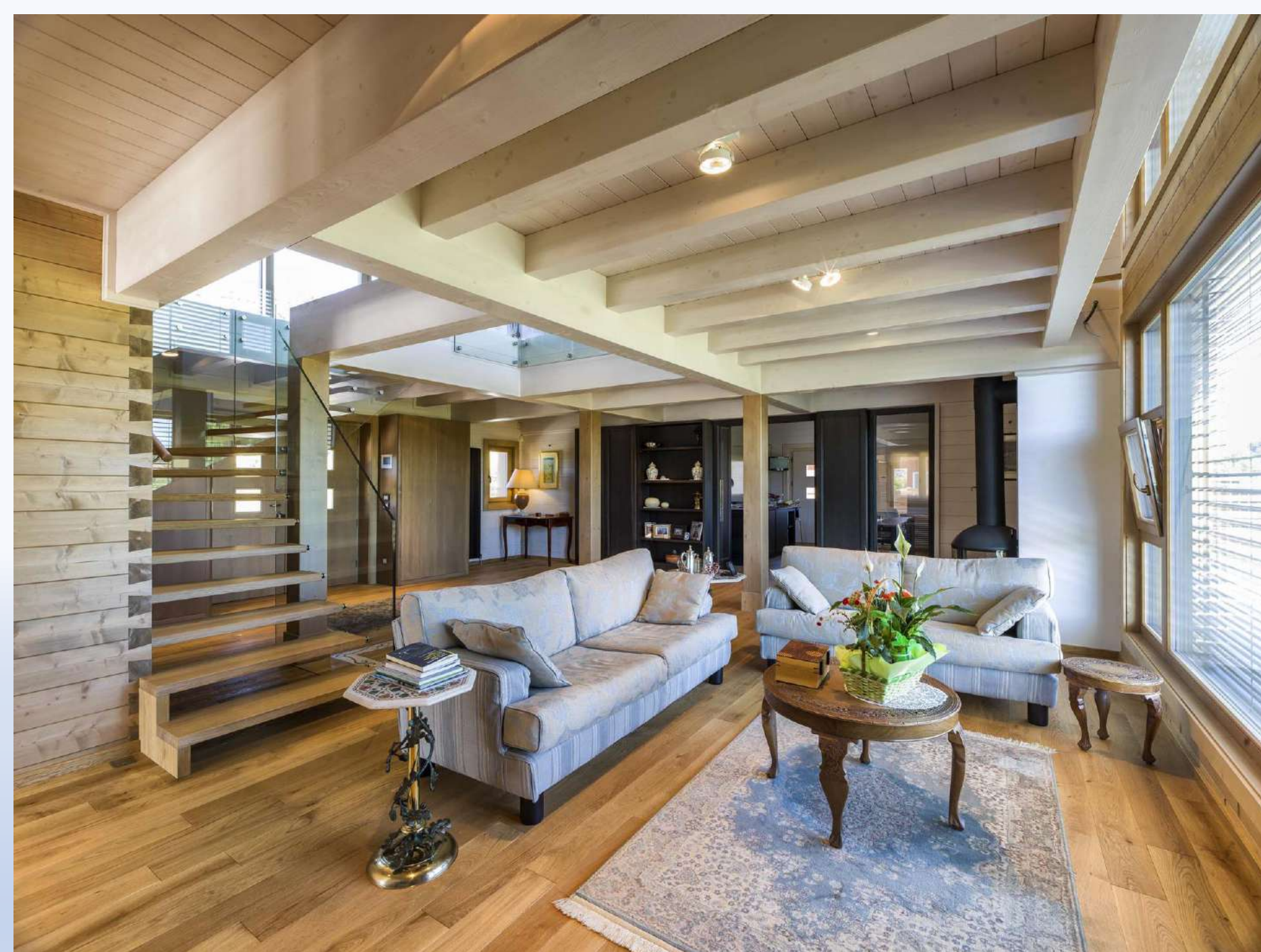






















**VYAS RETREAT, POKHARA**

## Vyas Retreat



## MAV Clinic in Pokhara



CONSTRUCTION HAS BEGUN



JHYOTISHMATI SCHOOL IN DANG



TILINGATAR SCHOOL, Kathmandu



MAHARISHI VASTU BHAVAN

# Vastu City Planning



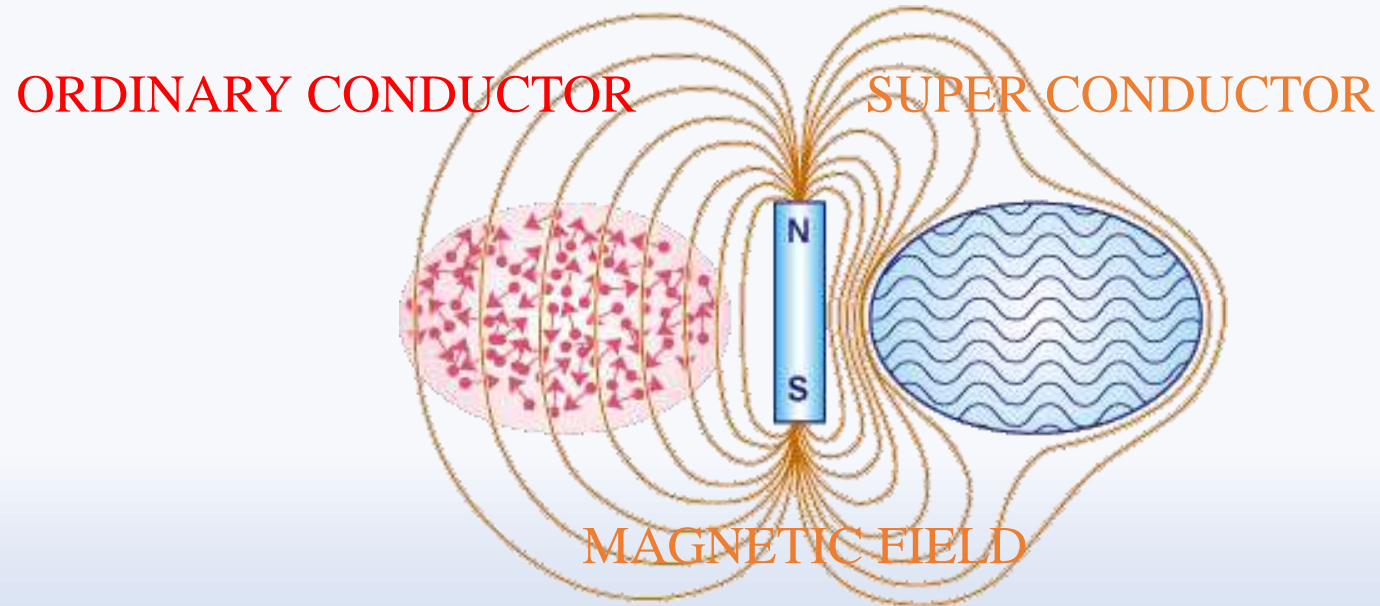
Adobe Stock | #182316936

*Vasudhaiva kutumbakam*

The world is my  
family.

# MEISSNER EFFECT

An example of invincibility in nature



In an ordinary electrical conductor incoherent, disorderly electrons allow penetration by an external magnetic field.

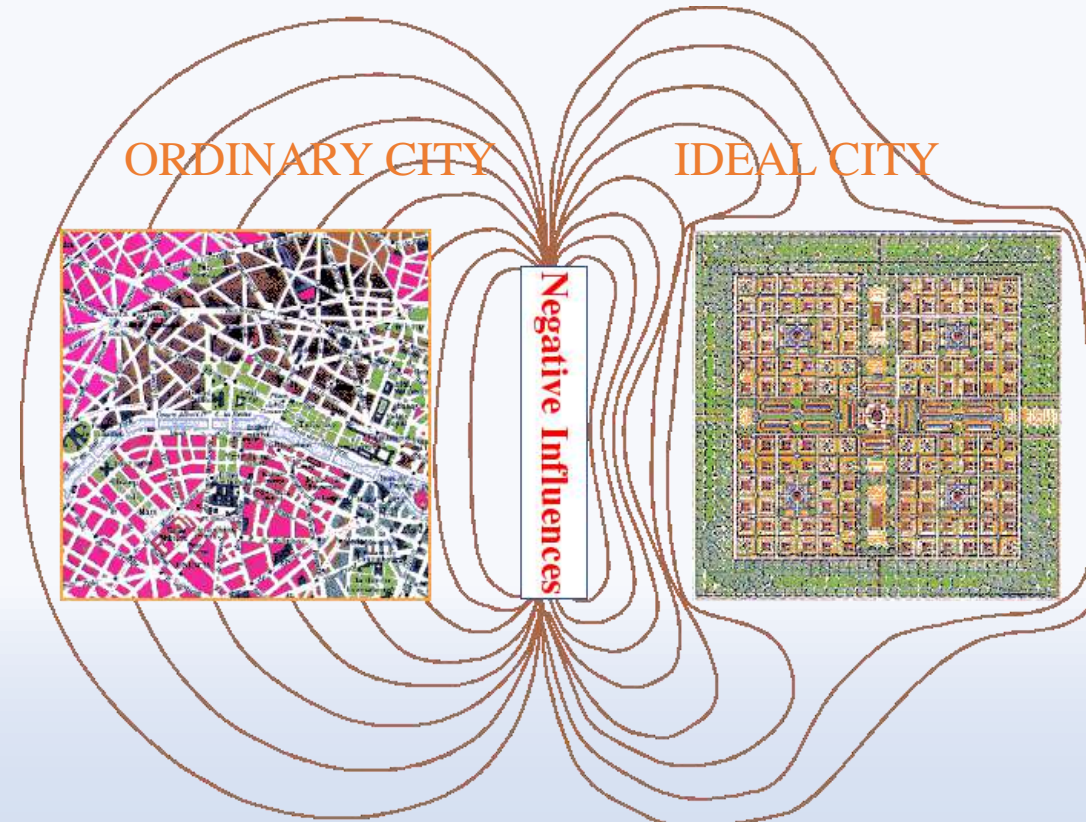
In a super conductor coherent collective functioning of the electrons spontaneously excludes an external magnetic field, and maintains its impenetrable status.

This principle of physics, that  
coherent collective functioning  
excludes disturbing influences,  
has its direct correspondence  
in the principle of the

**MAHARISHI  
VĀSTU EFFECT**

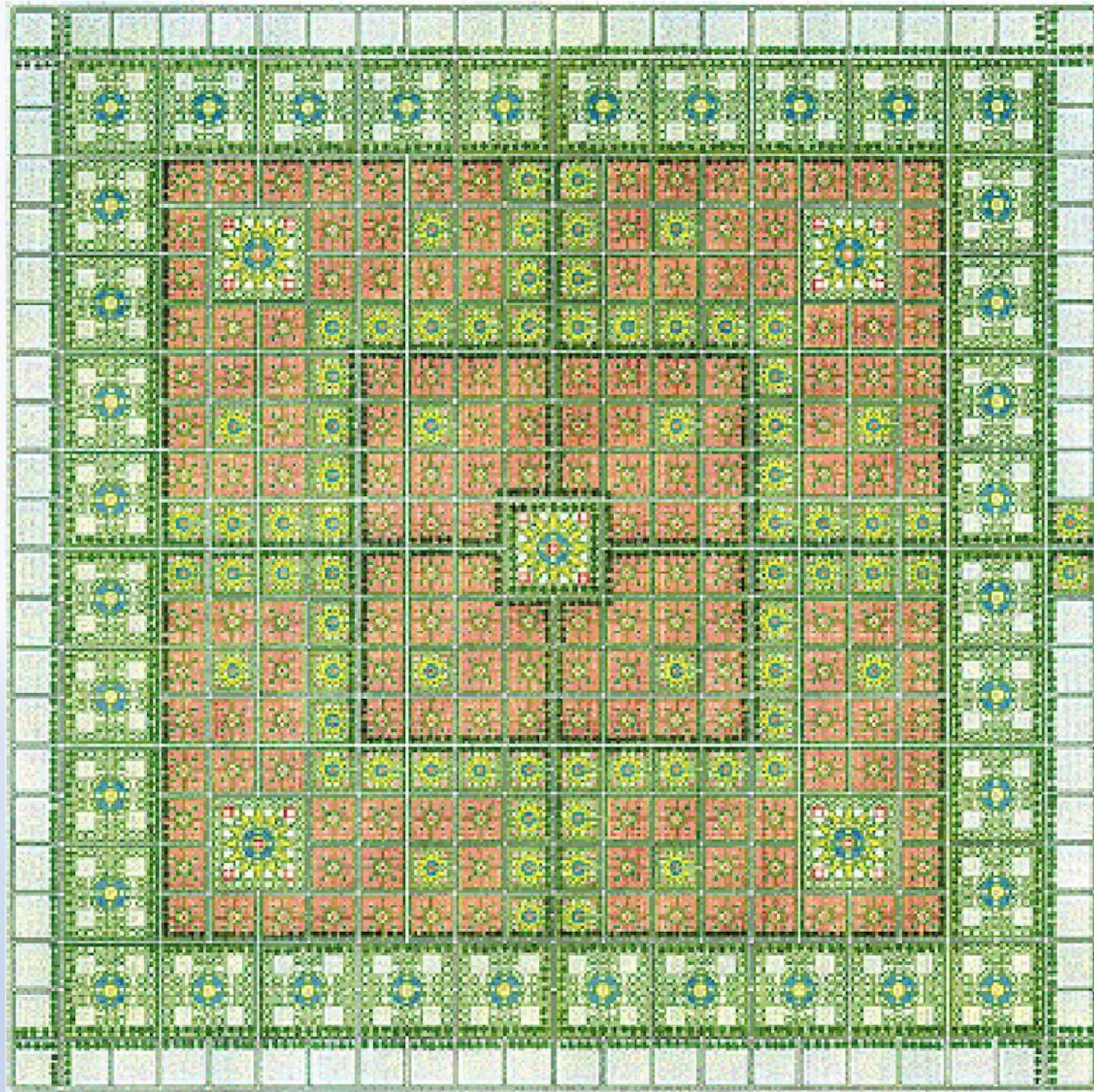
# MAHARISHI VĀSTU EFFECT

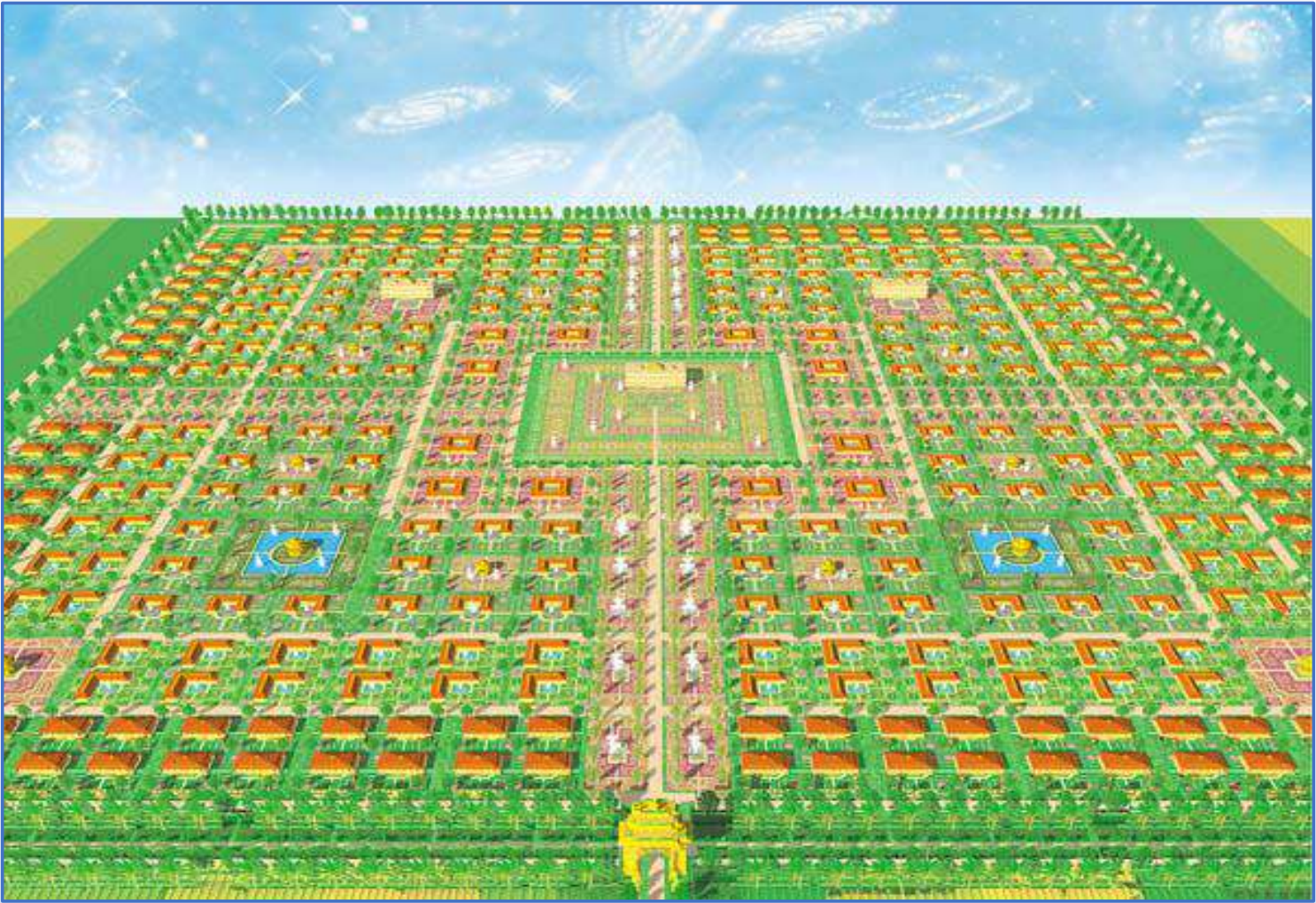
Creating an Invincible City



In an ordinary city roads run in all directions, creating chaotic orientation of houses, which leads to chaos, problems, and violations of Natural Law in individual life and in society.

In the *Vāstu* of an ideal city all roads are lined up parallel to north/south and east/west around the central square, automatically creating order, coherence, and support of Natural Law in the city.







North Relief Canal

50th Street

60th Avenue























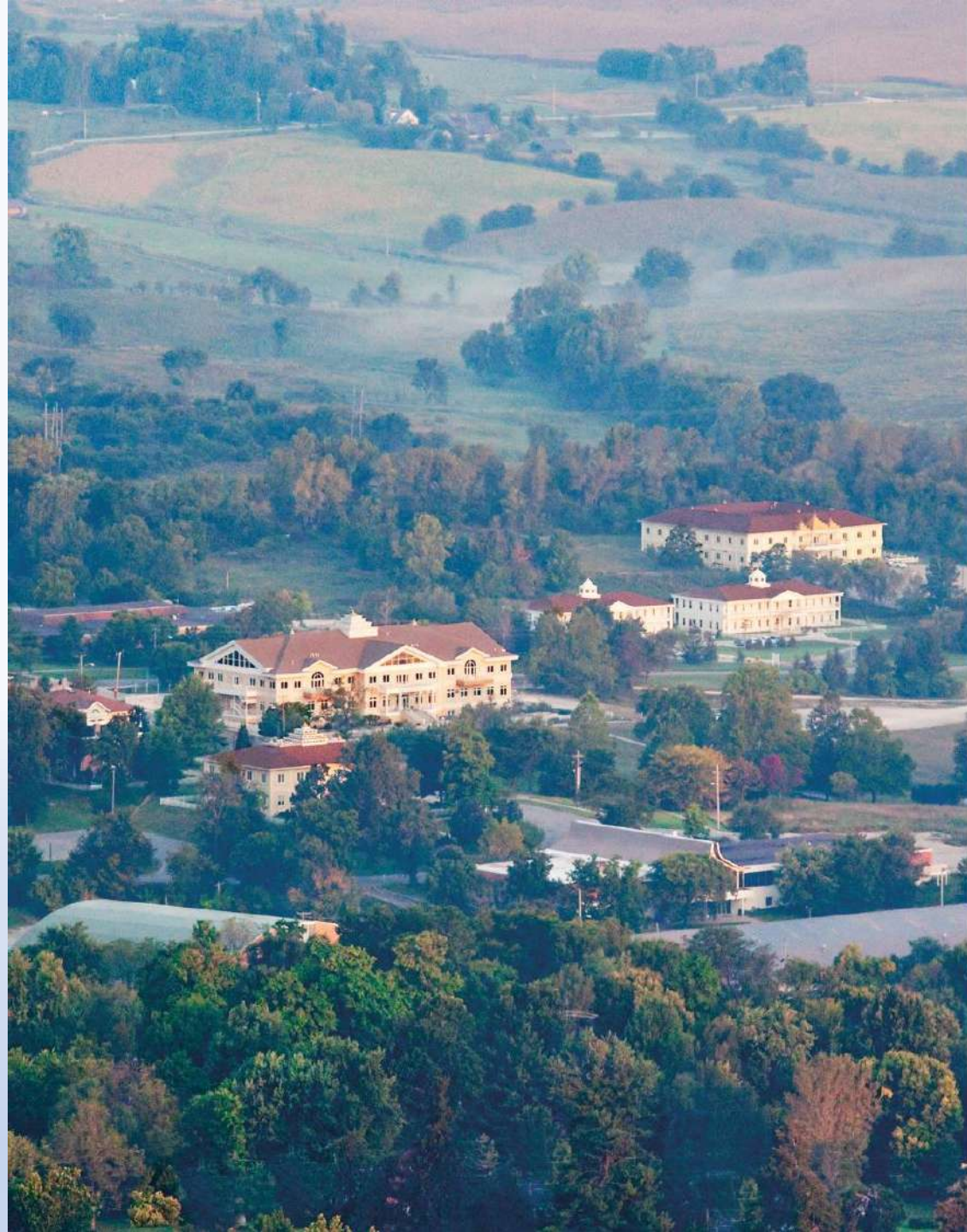


PANDIT CAMPUS IN CHAMPA DEVI

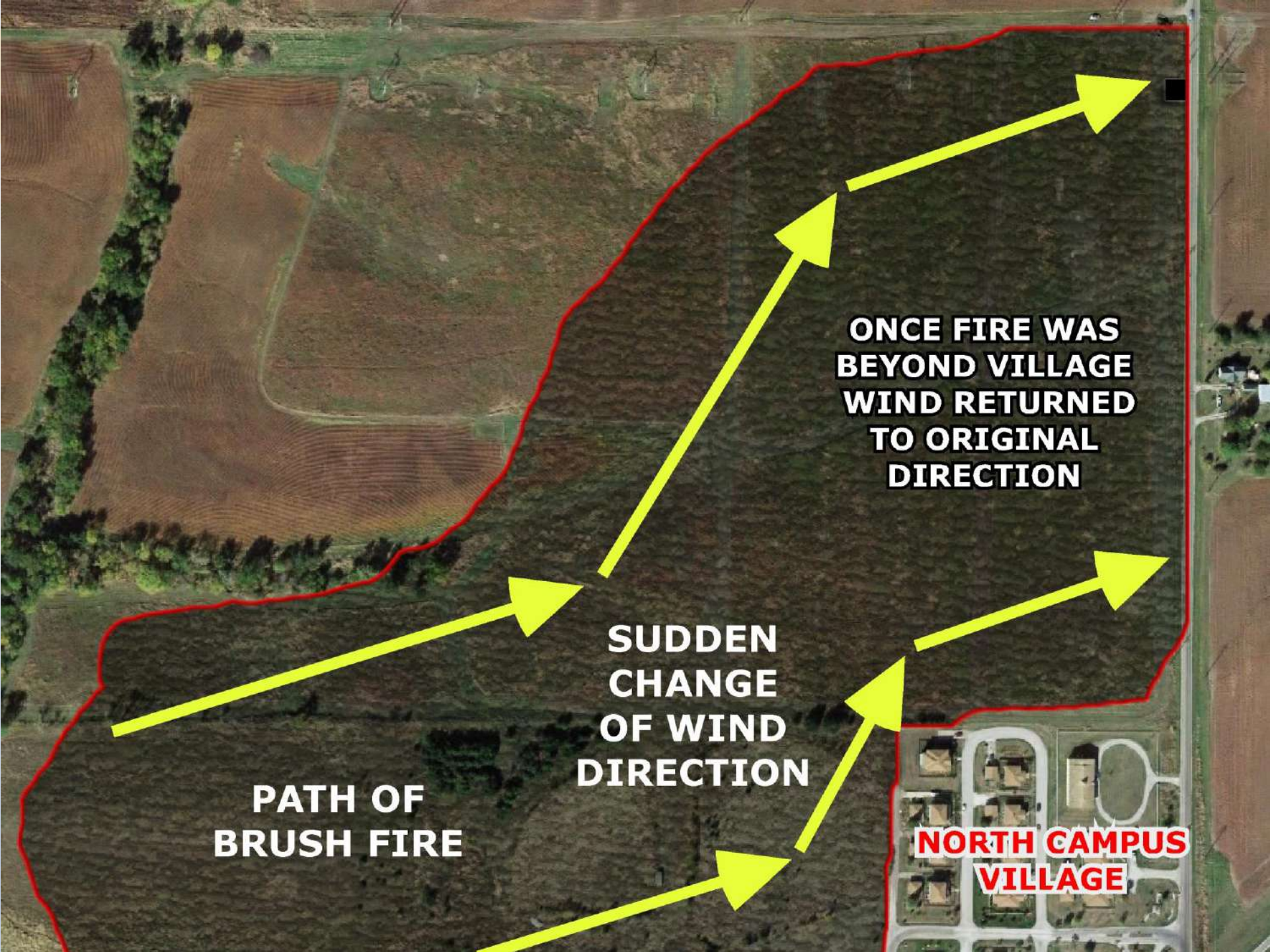












**PATH OF  
BRUSH FIRE**

**SUDDEN  
CHANGE  
OF WIND  
DIRECTION**

**ONCE FIRE WAS  
BEYOND VILLAGE  
WIND RETURNED  
TO ORIGINAL  
DIRECTION**

**NORTH CAMPUS  
VILLAGE**

Heyam dukham

anagatam

Avert the danger

That has not yet

# What to do?

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Sleep with head/pillow with head to east  
or south;

Work or study facing east or north,

[research.miu.edu/Institute-for-  
Vedic-Architecture](https://research.miu.edu/Institute-for-Vedic-Architecture)

Sleep with head/pillow with head to east  
or south;

Work or study facing east or north,

Receive exposure to sunlight at around  
the time of sunrise,

<https://research.miu.edu/institute-for-vedic-architecture/>

Sleep with head/pillow with head to east or south;

Work or study facing east or north,

Receive exposure to sunlight at around the time of sunrise,

Move out of south or west facing homes into east or north-facing homes

Sleep with head/pillow with head to east or south;

Work or study facing east or north,

Receive exposure to sunlight at around the time of sunrise,

Move from south or west facing homes into east or north-facing homes,

The real effect: build or move into purpose-built MVA homes.



His Holiness Maharishi Mahesh Yogi

[www.MaharishiVastu.org](http://www.MaharishiVastu.org)

[madhikari@maharishi.org.np](mailto:madhikari@maharishi.org.np)

*E-MAIL:*

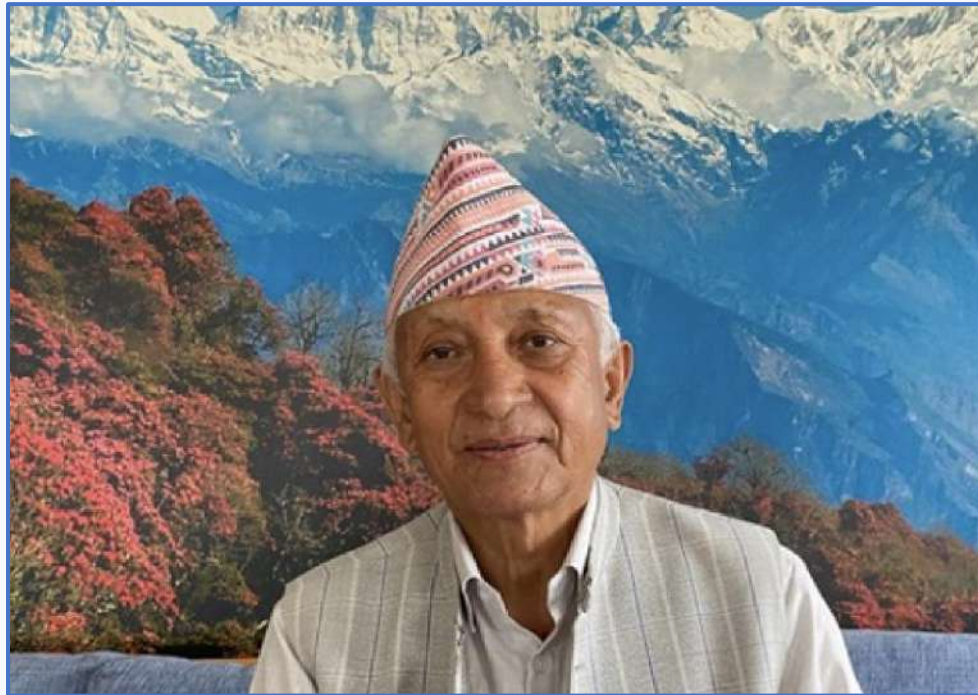
JON@JLIPMAN.COM

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ARCHITECTURE

*PHONE (US):*

+1 (641) 472-7570



## DEEPAK PRAKASH BASKOTA

- Founder, Chairman: Nepal Maharishi Vedic Foundation
- Former State Minister for Home Affairs, Government of Nepal
- Former Executive Chairman: National Cooperative Federation of Nepal (NCF/N)
- Former Vice-President: International Federation of Agricultural Producers (IFAP) for Asia and the Pacific.
- Former President: Himalayan Orthodox Tea Producers Association (HOTPA), Nepal.
- Founder, Chairman: Kanchanjangha Tea Estate (a first certified organic tea, coffee and spices - [www.organicckte.com](http://www.organicckte.com))
- Received Honorary Doctorate Degree (2019) from Maharishi International University
- Received Enlightened Leadership Award (2021) from the Global Country of World Peace



## **ER. DEEPAK SINGH**

Maharishi Vastu Architect Deepak Singh.png ect

Project Manager, Maharishi Vedic Institute

**Phone/WhatsApp: +977-9851241011**

Email: [Deepaksingh@maharishi.org.np](mailto:Deepaksingh@maharishi.org.np)