

IMPORTANCE OF KNOWING EFFECTS OF DESH (PLACE/DIRECTIONS) IN PULSE

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ABSTRACT

Diagnosing a patient just by feeling the pulse is the precious art of Ayurveda. With the passage of time and destruction of the Ayurveda and other Vedic texts this art vanished almost. Very few people saved this art and passed it to next generations. This article of mine is an effort to create awareness among coming generations about the importance of this art of pulse diagnosis. How precise and focussed this art is, that too without spending money on instruments. AYURVEDA's Tenfold or Eightfold examination includes feeling the pulse to know the physical as well as mental status of the patient so that the treatment is done to remove the reason and giving permanent relief. It also includes knowing the details of the DESH (place) where a patient lives, as every place has different environment and it also affects the mindset and physical body of a patient e.g. North is rich in water element and southeast in fire element. Dr. Vasant Dattatraya Lad has described the effect of directions on the pulse. I have gone a step forward to describe the detail of every direction on body and tried to explain the science working behind it. This article is my effort to create awareness among masses how effective is knowing about affects of a DESH (PLACE) in diagnosis and moreover helpful in giving a permanent solution to the problem. Now a day's once a medicine is started, a person has to continue it for years and years as treatment is done for relieving the symptoms not eradicating the reasons. While practicing in Ayurveda medicines and working on the patients, I have seen changing the direction or the place alone helped people to get rid of chronic diseases, which is the beauty of Ayurveda. Universe has lot to offer to people, but it works in a very disciplinary manner if we learn to live in discipline and in harmony with the nature, we are happy and healthy. We get sick only whenever we go out of its harmony.

KEYWORDS: Directions Of Universe (North, East, South, West, North East, South East, South West, North West), Art Of Pulse Diagnosis, Vata (Air And Space Element), Pitta (Fire And Water Element), Kapha (Water And Earth Element), Harmony With Five Elements.

INTRODUCTION

In today's world, a human's health status is diagnosed with modern techniques which are expensive, but with these techniques and instruments it became easy to detect the problems. These instruments can measure the physical and physiological changes occurring in body, but these instruments cannot measure the psychological thoughts and pain of a patient which is the main reason for the physical ailments.^[1]

It is known that 90% of the problems are psychosomatic; the reason of problem lies in mind and it may be the conscious mind or the sub conscious mind. So, until the reason is treated the patient cannot be normal and healthy. This is the reason once a medicine is started; the patient cannot stop it, as the basic reason or the trauma of the patient is not dealt with. The number of patients increasing day by day is an evidence to support this fact.

Examination Process in Ayurveda

To confirm, evaluate and treat a disease, we perform clinical examinations of patients where followings are important components.

- Textual knowledge (Aptopadesha)
- Direct perception (Pratyaksha)
- Inference (Anumana)

In Ayurveda there are three main methods mentioned for diagnosing dosha imbalance and disease process in a person.

They are

1. Visual observation (Darshana Pariksha)

By observing the patient's physical signs and symptoms, for example, colour of skin, hair, eyes, tongue, urine, stool along with behaviour and condition of the body.

2. Questioning (Prashna Pariksha)^[11]

By asking questions regarding the reasons for imbalance of each dosha and history of illness. Along with Question related to the place a patient is living and place also refers to the body of the patient as he is the carrier of a disease. Place is divided into three parts:

1. Jungle: This place is mainly dry and patient has vata and pitta aggravation.
2. Aanup: where rain occurs usually, it leads to kapha aggravation.
3. Plain: Here every season is there and people living are usually healthy.

As now population has increased, the area per person required got reduced, leading to health issues. Further a patient is asked about his place of birth to know his food habits and seasons of that place, which is important to know before the treatment is done.

- *My main motive of writing this article is to make people aware of knowing the important of place one is living and how to choose a place which is cordial for a particular nature of a person.*
- *Naturally a person who is living in positive environment cannot be sick and a sick person who has come to us must be living in negative energy place.*
- *Every detail is elaborated in this article.*

3. Tactile perception (Sparshna Pariksha)

By touching the patient, the vaidya use to investigate patient. The pulse diagnosis, palpitation, Percussion and auscultation are included in this method.

Pulse Diagnosis^[10]

The health status of a subject under consideration is determined by the Ayurvedic physician by feeling the pulse of radial artery by placing three fingers on it; it is called as the pulse diagnosis. The pulsation of vata, Pitta and Kapha components is felt and it is known as "Nadi Vidya" in hindi. Nadi Vidya is a simple, cost effective, painless approach to measure the health status of the subject using wrist pulse parameters.

In Ayurveda we have studied two hypotheses namely:

1. Anshansha Kalpana and
2. Pinda Brahmanda Nyaya

According to **Anshansha Kalpana**, all the elements found in any organism, are found in the seed of that organism in the same proportion but in minute quantities.

As per the **Pinda Brahmanda Nyaya**, whatever elements we have in nature, we find same elements in the smallest part of the human body as well and vice versa. As is said our body is a combination of five elements of universe that are SPACE, AIR, FIRE, WATER AND EARTH. The difference of ratio of these elements while combining gives rise to different nature of persons, which is called Nature or Prakriti of a person.

VATA, PITTA, KAPHA are the three basic Energies (THREE PILLERS) of Ayurveda.

They are responsible for every action in our body. A balance between these three is considered as Prakriti or healthy status and any imbalance in these three is considered as Vikriti or ill health.

Depending upon the tissues and vital organs affected in any disease the rhythm of flow of blood gets disturbed, disturbing the graph of pulse. The PULSE gets affected by every little change in our behaviour, temperament and also due to the change in the outer environment.

The thoughts and body are also affected with the aura of the place we are living in and aura and energy of people surrounding us, the reflexes of the brain start causing changes in the body and consequently the blood flow in the body gets affected, which is the vital force for living.

Vata is a combination of **ETHER AND AIR** which attributes to two main aspects, one of them being associated with movements within the body and mind, with the other being associated with communication.

VATA have sub elements as **PRANA VATA, APANA VATA, SAMANA VATA, VYAN VATA AND UDANA VATA**



Fig. 1: Showing three doshas of human body related to five elements of universe.

Imbalance of Vata commonly affects the nerves, neck, abdomen, umbilicus, bladder and rectum and is usually observed in old age. The Vata component possesses certain distinct characteristics such as irregular rhythm patterns, 80-90 beats per minute, fast, feeble, cold with lighter weight.

PITTA is a combination of **FIRE AND WATER** which represents frog like attributes within the body such as digestion and metabolism.

PITTA has sub elements as **ALOHAKA PITTA, BHRAJAKA PITTA, SADHAKA PITTA, PACHAKA PITTA AND RANJAKA PITTA.**

Imbalance of PITTA results in vision, metabolism and digestive system disorders and is noticeable in middle age.

PITTA component also possesses unique characteristics such as having regular rhythm patterns with prominent amplitude of the pulse, 70 -80 bpm and is also associated with heat and moistness.

KAPHA is a combination of **EARTH AND WATER** which governs the structure and fluids of the body.

KAPHA have sub elements **TARPAKA KAPHA, BODHAKA KAPHA, AVALAMBAKA KAPHA, KLEDAKA KAPHA AND SHLESHAKA KAPHA.**

KAPHA variations is seen in subject such as sinus congestion, poor sense of taste and smell, lower back pain, weight gain and respiratory disorders. They are more prominent in childhood. The characteristics of Kapha are regular rhythm patterns, 50-60 bpm, having slow and wavy movements.

Imbalance of Vata, Pitta and Kapha components leads to unhealthiness of a subject. Vata, Pitta and Kapha elements controls the mind, body, soul and spirit.

PULSE WAVE^[9] is a pressure signal measured on the wrist as this is convenient, easy to access site. The pressure signal manifests itself due to the contraction and relaxation of the heart muscles which build up pressure across the walls of arteries. The pulse is felt by applying static pressure through index, middle and ring fingers to estimate the static and dynamic nature of Vata, Pitta and Kapha components. This Pressure signal contains vital information about physiological and pathological health state of the subject.

Practitioner examines several parameters such as rhythm, amplitude, depth and width of a dynamic pulse to determine the health status of a subject. Variation in the

pulse amplitude, duration, pulse wave velocity, blood volume and pulse rate are evaluated in a time domain.

Transition of Vata, Pitta and Kapha components in time domain and frequency domain analysis indicates many physiological and pathological characteristics of the human system.

Relation Between Prakriti And Nadi^[2]

It Represents the Prakriti of the person. As Nadi is also synonym with the river and at the base of river there are no rustling movements which are otherwise seen on the surface. In the human body, the most constant non-changing thing is the Prakriti (the basic nature of a person), so it is felt at the base. One must look for the location and strength of the pulsation.



Fig. 2: How to hold pulse and relation of five fingers with five elements.

The touch works as the bridge between the patient and Vaidya, by this touch the information gets travelled from the patient to the Vaidya, who after proper decoding the information, can understand exact basic nature and the changes in patient, along with the reasons which have lead to the changes in body.

PROPERTY	VATA	PITTA	KAPHA
CHARACTERISTICS	Fast, Feeble, Cold, Light, Thin, Disappears On Pressure	Prominent, Strong, Hot, Forceful, Lifts Finger With Palpitation	Deep Slow Thick, Cool Or Warm, Regular
LOCATION (Sthan)	Index	Middle	Ring
RHYTHUM (Taal)	Irregular	Regular	Regular
TEMPERATURE(Taapmaan)	Cold	Hot	Warm To Cool
Touch of Pulse (Kathinyana)	Rough Hard	Elastic Flexible	Stiff Thickening
HEART RATE (Vega)	80 – 95	70 -80	50 – 60
MOVEMENT (Dosh gati)	Sarpa	Manduka	Hansa
FORCE (Bala)	Low +	High +++	Moderate ++
TENSION DUE TO VOLUME OF BLOOD	Low	High	Moderate

The method of Nadi Pariksha being a very potent diagnostic tool needs to be used very precisely to achieve the correct diagnosis. The selection of place following appropriate pressure at various levels of touch, collecting the variables in the examination and arranging them, is the basics of Nadi Pariksha. These findings are

then exposed to analysis for understanding the changes in body to achieve diagnosis.

Location of pulse: It is at the base of the thumb on the radial artery, right hand in male and left hand in female. Once the location is decided then all the three fingers are

gently placed on the pulsating area just below the thumb at the wrist.

The Nadi is examined at specific time, which helps us in achieving the diagnosis; these are as follows:

1. As per Acharyas left side pulse (vamnadi) should be examined in the females and right pulse (dakshin hasta nadi) should be examined in males, the reason behind is that females are described as vamanga pradhan.
2. Nadi Pariksha is mainly done early morning after evacuation of stool and urination (malamutravisarjana).
3. Nadi Pariksha is done, when the patient is in sukhasan (relaxing in sitting or laying position),
4. Nadi Pariksha is not performed just after eating or bathing, because of energy channelization, it varies the diagnosis of person (in these conditions pulse may be high).
5. Nadi Pariksha is not performed on patients who are hungry, thirsty, coming from outside under burning sun rays or after exercise; these conditions show (palpitation) vyakula nadi.

Nadi Bala in Modern Medicine

Pulse examination in modern medicine is also done, here pulse rate is calculated but in ayurveda all the characters of the pulse are observed.

Movement (GATI) of the pulse is directly proportional to dominance of dosha (doshaprabalyata) in body.

Heavy Pulse (Guru nadi)

Where volume of blood is full or doshas are powerful.

Light Pulse (Laghu nadi)

Where volume is disturbed due to any etiology of diseases or doshas are weak.

As per acharyas, laghunadi is found in fever (Jwara), high blood pressure (dhamni pratichay), renal diseases (vrikkaroga), toxicity (vishvikara), anger (krodha), liver disease (yakrit roga).

NADI GATI

It is appropriate pressure at various levels of touch of three fingers that is each finger feeling different pressure due to dominance of particular dosha of vata/pitta/ kapha (doshaprabalyata), as acharya explains it in identifying movement of dosha.

Sarpagati (serpentine movement) or jalokagati (leach movement) - the diseases due to dominance of Vata dosha having characteristic nature of chanchalta or Vakragati nadi.

Manduk gati- (frog) or kak gati (crow), the diseases due to dominance of Pitta nature of Udreka and chapel i.e. frog like jumping movement of pulse is felt at finger.

Hansagati Hansagati, or paravatgati - due to dominance of Kapha dosha, pulse having characteristic nature of sthira, i.e. Hansa like regular walking movement of pulse felt to finger.

There are 7 levels of examination of the pulse 7th level of pulse

Constitution^[3] (natural prakriti)

Determined by relative predominance of doshas during foetal development. It is the basic nature of the person, which gets subsided due to dominance of other factors and dosha. The prakriti can be any of vatika, paittika, kaphaja, vata paittika, vata kaphaja, pitta kaphaja or samdoshajaja.

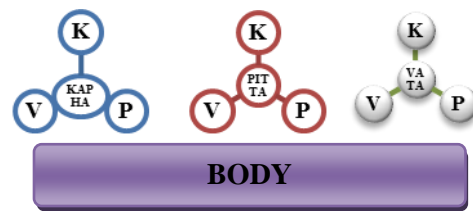


Fig. 3: Table showing all the characteristics of pulse.

1ST LEVEL OF PULSE

VITIATION (VIKRITI) PATHOLOGICAL STATE

When there are changes in the body due to various factors and disturbed doshas, they are felt at the very first level as they are the recent changes occurring in the pulse.



Fig. 5: Three dosha vata/ pitta/ kapha.

Organ Pulse^[4]

1ST LEVEL

KAPHA	PITTA	VATA
Pericardium	Gall bladder	Colon
Bladder	Stomach	Small Intestine

7TH LEVEL

KAPHA	PITTA	VATA
Circulation	Liver	Lung
Kidney	Spleen	Heart

2nd Level of Pulse Diagnosis

Manas Vikriti

What is the mental status of a person, what his thought process is, what are his eating habits and what is his life style? Based upon these habits he will be having a nature which can be

Satavik Rajasi Tamasik

3rd Level of Pulse Diagnosis

Analysing Sub-Types Of Doshas,^[5] Through Pulse



Fig. 6: 5 Types of Subdosha of Vata/Pitta/Kapha.

4TH Level Of Pulse Diagnosis

Subtle Refined Essence of The Tissues

The body, mind and soul exist together as one unit as all things in the universe exist together in harmony.

The subtle refined essence of the tissues quality of tissues^[6] (Tissue Vitality)

Broadly speaking there are seven vital tissues, namely lymph (rasa), blood (rakta), muscle (mamsa), adipose (meda), bone (asthi), bone marrow (majja) and reproductive tissue (sukra).

Ojus Tejas Prana

5TH Level of Pulse Diagnosis

Examination of Biological Tissues

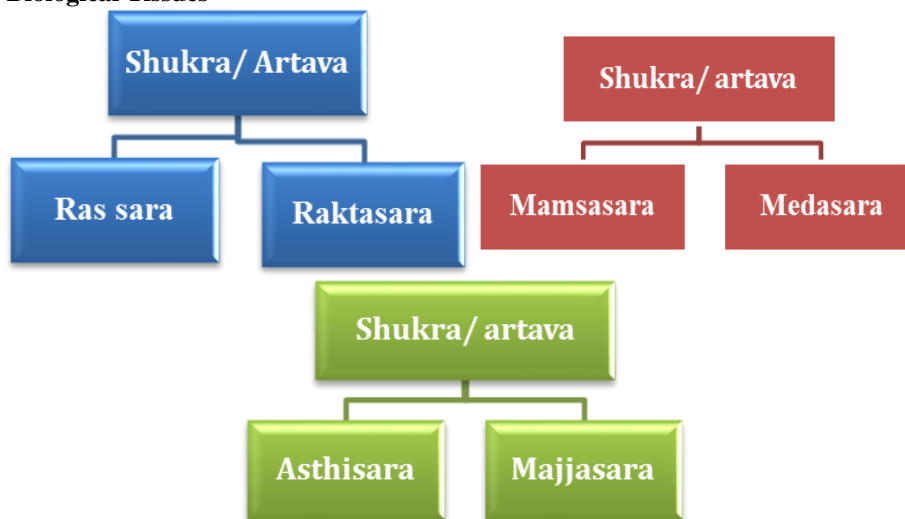


FIG. 7: Biological Tissues of Body.

6TH Level of Pulse Diagnosis^[7]

Emotional Balance (sattva)

The Mental CONSTITUTION & the Present flow of Conscious^[8]

Eight Dietic Personality & Tridosha Vata / Pitta / Kapha

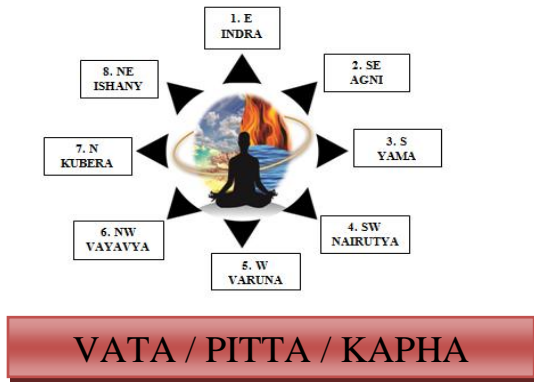


Fig. 8: Tridosha and their relation with eight dieties.

Planetary Influences in Pulse

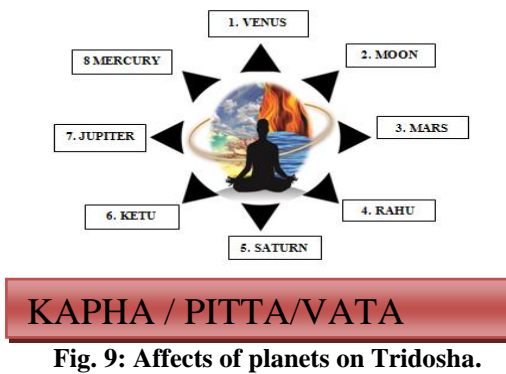


Fig. 9: Affects of planets on Tridosha.

Flow Of Consciousness & Thought Waves Representing Five Elements Through Pulse

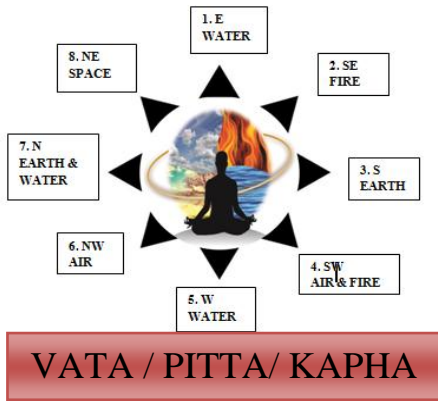


Fig. 10: Affects of place and five elements on tridosha.

Chakra in The Pulse

We get to know which chakra is out of synchronization with the other ones. The chakra get disturbed due to disturbance in the organs associated with that chakra. Treatment is done for alignment of disturbed chakra.

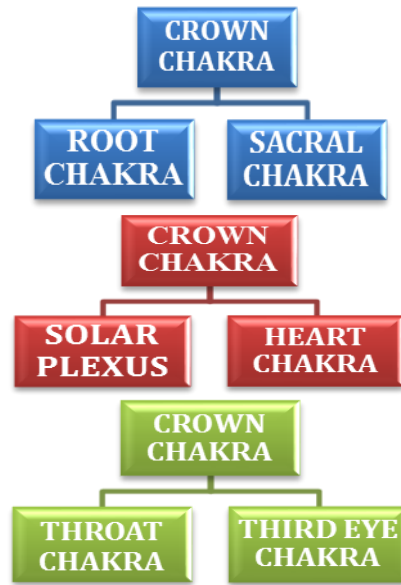


Fig. 11: Seven Chakra and Tridosha.

Physical Strength (Vyayama Shakti) Body Measurement (Pramana)

In Ayurveda, body measurement is taken in terms of finger breadth and any person in close proximity to the ideal measurements is termed as normal and healthy.

1. Naturally (Sahajbal): He is healthy naturally.
2. With Time (Kalajbal): He attained health with growth and time.
3. With Supplements (Yuktikrit bal): He has taken some additional supplement for growth of body.

So a person is divided into three categories;

1. Perfect (Pravar bal) : Quite healthy
2. Medium (Madhyam bal): He is healthy
3. Low (Avar bal): One who is not very healthy, with low immunity.

Adaptability (Satmya)

Indicating substances intrinsic to the body, it refers to two types of people - those that are strong, adjust easily to difficulties and changing circumstances and environments and have excellent digestive capacity and those who are generally weak, intolerant to change and can have only few food options.

Desh (Place), Kaal (Time), Jaati (Religion), Rittu (Season), Rog (Disease), Vyaam (Exercise), Ahaar (Diet), Diwa Swapan (Day Sleeping), Ratri Jagran (Night Awakening)

Body compactness (samhanana) physical build

The examination is carried out by direct perception – a healthy body being well- built with symmetrical bones, strong & stable joints and enough flesh & blood.

1. Obese (Sathul)
2. Average (Madhyam)
3. Lean (Krisha)

Capacity For Exercise (Vyayama Shakti)

Assessed by capacity for hard work, it is low, moderate or high.

- **Best (Uttam)**
- **Medium (Madhyam)**
- **Low (Heen)**

Digestive Capacity (Ahara Sakti): This has to be judged from the individual's capacity to ingest and digest food substances. It tells us if the fire element in our body is enough to make ojus out of the rasa we consume or it is getting wasted up without getting consumed.

- **Agnipareeksha**
- **Normal (Samagni)**
- **Aggressive (Teekshangni)**
- **Slow (Mandagni)**
- **Disturbed (Vishamagni)**

Koshth**It can be Cruel (Kruur Koshtha)**

It is related to the digestion; the food gets burnt and is thrown out of body instantly.

Medium (Madhyam Koshtha)

Proper assimilation of food takes place and all the nutrition is used to make ojus (immunity) of body.

Soft (Komal Koshtha)

It means body takes lot of time for digestion and assimilation of food, it generally leads to constipation.

Rate of Aging (Vaya)

Broadly categorised into childhood, middle age and old age, it provides vital clues for the diagnosis & treatment and is a must consideration in clinical examinations.

1. Childhood

- A. Ksheerad
- B. Ksheeranaad
- C. Annad

2. Adult

- A. Vridhi
- B. Yovan
- C. Sampuranta
- D. Parihani

3. Old age: Vridha Awastha

So, this is the whole process of knowing the problems of a person.

Now Coming To the Affects of A Place (Desh)

Let me explain the importance of knowing the affects of a place and directions on body. How they cause problems as well as heal us!

This science of Vedic era is eternal and everlasting; it uses the aligning of magnetic field of earth with the bio-magnetic field produced by occupants in the building for maximizing human potential, which is felt in pulse diagnosis.

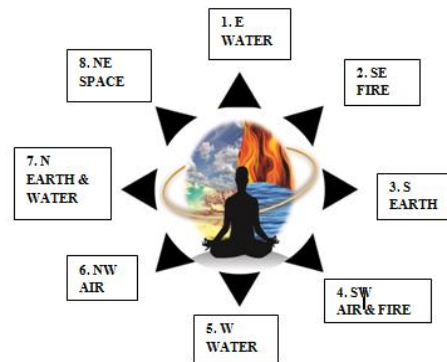
Flow of Consciousness & Thought Waves Representing Five Elements Through Pulse At 6th Level Mean At Suble Level Of Body

FIG. 12: Affect of Different Directions on Pulse

Disturbance in the alignment of structures can disrupt bio-electricity flow in the body leading to health issues at a very subtle level which with the passage of time start manifesting.

A small unit, institution and even our house need discipline to run smoothly and then universe certainly needs discipline that everything keeps on going smoothly on its own.

- Sun rises in east, sets in west.
- Earth revolves around sun and seasons change due to it.
- Moon revolves around earth giving rise to day and night.
- We have north and south poles with different atmosphere.
- The gravity of sun keeps all the nine planets on their place.
- The revolution of Earth around Sun is from North towards East.
- Universe is divided into ten directions and every direction is related to an element or the natural energy of our universe (Space, Air, Fire, Water, and Earth)

The sources of all these vital energies should be open and the flow should never be disturbed or obstructed. As the proper flow of energies create a positive aura ('Prana Shakti' in Sanskrit) at the place we live or work and every one stays healthy and positive in that place.

The obstruction or disturbance causes the decrease of the positive and increase in negative energy at home, office or the working place; it leads to ill health, wealth, mental peace and harmony of relations of inmates.

Ayurveda considers the importance of every place as it has particular characteristics like we have different types of soil deposits in India, They are Alluvial Soil, Black Soil, Red Soil, Late rite Soil, Arid Soil and Mountainous or Forest Soil and they possess different characters and

qualities. The crops grown in those fields possess different RASA, GUNA, VIRYA and VIPAKA etc.

In Ayurveda we have special herbs from special areas like NAGORI ASHAVGANDHA and ERODE HALDI, everyone knows about their efficacy. In old times the villagers were given different directions to live e.g. Brahmins were given the North East (Intellect, Peace N Harmony) direction of the village and warriors given Southeast and South (due to fire element and aggression) directions.

The people of same place possess same qualities as one village has all singers and other village has all the dancers or painters etc. The local artefacts of different places authenticate this fact and particular type of embroidery is done at a particular place e.g. we have Kantha from west Bengal and Odisa, Phulkari and Bagh from Punjab. A particular community of that place is perfect in that art, even a child born will be blessed with that as this art got coded in the genes.

A person is affected largely by the place he is born and when sick if he goes back to his native place and stay there for some time, he becomes healthy as his body is used to the foods and fruits of that particular place.

In Ramayana when God Lakshman got fainted, Hanuman ji brought Sanjeevani from the Dronagiri mountain, which was near the native place of God lakshman (Ayodhya), where he was born; it is evident that Raj Vaidya Sushena (Royal physician) know the importance of the medicine from his native Place. LANKA is rich in herbs they must have precious herbs, but still Vaidya insisted on herb from Dronagiri.

It is ritual in our country that people who are residing in cities for earning away from their native place, they go to their place once in a year in Bhadrapad Amavasya to pay gratitude to that place and eat food and spend some time. It is the best example of genetic engineering; all your genes get rejuvenated every year and help in maintaining immunity.

The distribution of seasonal fruits and Prasad in temples is also to make people aware that this is the time to eat these fruits and vegetables.

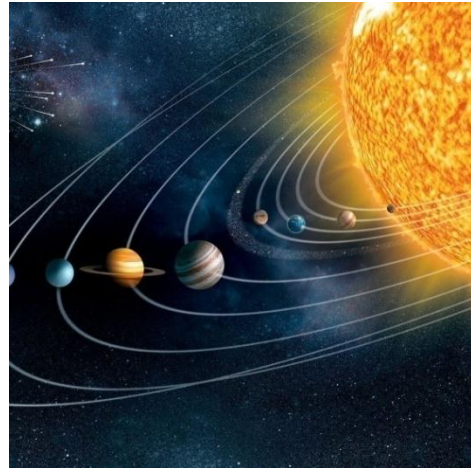


Fig. 25: Solar System of Universe Works in Discipline

Affect of Various Places on Tridosha^[12]

Most of us would have experienced that when we are surrounded by cluttered environment (disorganized), it creates confusion and sometimes even irrate behaviour. This is because haywire surroundings create confusion and thus haywire movement of current in the mind which is nothing but Vata and Vata aggrevation leads to hyperactivity of the mind (Vagus nerve) and in that state when things are not done properly, it leads to aggrevation of anger or frustration which is rajasi state of mind (high blood pressure, anxiety, uneasiness, excitement) and it is a known fact that as anger(rajasi guna) increases, diseases too rise due to hyperactivity and hyperacidity. Higher the chaos outside, higher would be vata and Pitta and more would be the diseases associated. It is this reason that we are guided for proper alignment of structures in buildings and placement of things in a house or office, so that there is proper flow of energies.

A particular ancient science dealing with this particular knowledge is called Vastu, it contains all the information about directions and energies associated with it.

When Vata gets aggravated due to wrong food habits, wrong choice of food and bad timings (mithya ahaar vihaar) then it disorganizes the environment around and a vicious circle is created.

A place where space allocation for different members of the family or an organization is poor will increase Vata of their mind, taking people and the house into a vicious circle.

Mindset of people residing/working in a sunken place is bound to be disturbed because of poor air flow and disturbed inhalation as air being heavy due to moisture becomes difficult to inhale, will lead to low oxygen levels thus lowering the efficiency of blood circulation and cleaning further leading to poor mental and physical efficiency of occupants or we can say loss of immunity.

This will affect the life of non-living things also, like age of electronic and electrical equipments and paint etc. due to accumulation of invisible moisture, mold and micro-organisms etc. due to stagnant air apart from their wrong usage by a disturbed inmate.

Ayurveda employs doing fumigation with herbs to absorb negative energies (basically molds, toxic gases, micro-organisms) as remedy to remove ill-effects of sunken places apart from increasing air circulation by either putting exhausts or by increasing windows though ideal situation is not to occupy sunken places.

A person is affected by the energy flow of that particular direction, for example a person living in the North direction is affected by the water element, he will be little plump and will be little lethargic. The person living in Southeast will be aggressive. Every direction is attributed to different energy which affects the inmate.

Mode of Action of These Energies

There are essentially two types of forces in universe, which are equal and opposite in nature. The interaction of these two forces are cosmic ordained and produce a third type of force, which is called 'Bio-Force' or 'Prana', which is needed for existence of life.

One type of force is subtle and fine. The other is dark and dense. For understanding this subject, Let us call the first one as 'positive' and the other as 'negative'. 'Prana' is liberated by the interaction of these forces. Over the surface of the globe, these forces continuously interact, releasing bio-energy.

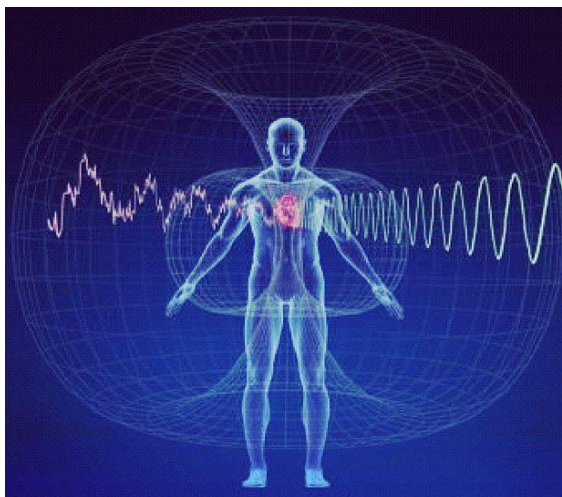


Fig. 13: Electrical Currents in Human Body

Both the forces enter the structure where the interaction continues. However, the intensity of forces that enter the structure need not be the same. Depending on various factors like levels, water bodies, door placement etc., either the positive or the negative can have stronger presence.

If the structure is designed in a manner that the positive forces override the negative forces then there is a beneficial release of bio-energy, which helps all the inmates to be healthy. Even after such reaction with the negative forces, a positive cosmic surplus is always present in such a structure, which is the 'Supreme Being Himself'. In such an atmosphere, life is smooth and happy with everything in life coming your way without any great struggle. It is a happy and healthy life for all the inhabitants.

If on the other hand if the structure is built in such a way that the negative forces override the positive then you have a weak bio-energy field which manifests as diseases in the occupants. The negative fields make your actions, efforts, thinking negative so that ultimately the whole life is ruined.

These Energies Affect on A Human Body Due To Various Cosmological Considerations

- 1. The Sun:** Sunrise and the Sunset affect the planet. The morning Sun is considered beneficial and purifying and hence the East is a treasured direction.
- 2. Magnetic field of earth:** Magnetic Property of the Earth is due to the gravitational and magnetic forces created by the materials which are inside the Earth.
- 3. The rotation of the Earth:** Rotation of the Earth on its axis and the centrifugal and other forces created by its movements.

The Sun: Sunrise and the Sunset affect the planet. The morning Sun is considered beneficial and purifying and hence the East is a treasured direction.

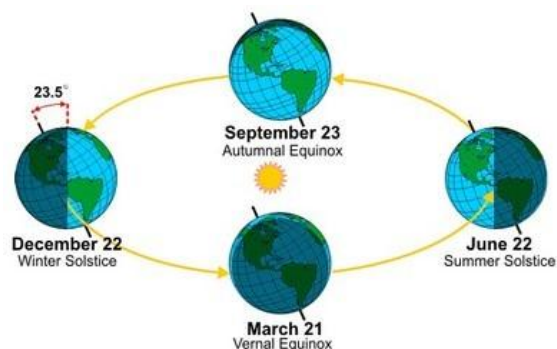


FIG. 26: Movement of Earth Around Sun Gives Different Seasons.

We are aware that mass of any object bends the space time fabric that's how Sun's mass has created a dent in the space time fabric thereby creating a funnel shaped structure where earth is trapped and thus revolving around it due to the speed and momentum it has gained when it got formed at the time of big bang.

Exactly the same goes for bigger objects like sun itself which is revolving around the centre of the milkyway galaxy because of the dent created by the huge black hole at the centre of the galaxy.

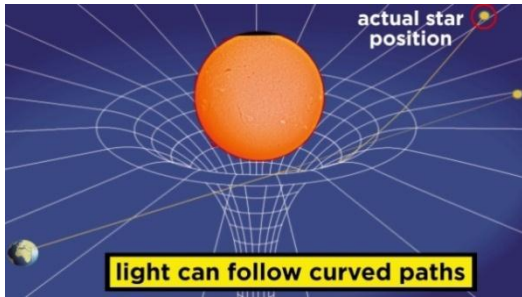


Fig. 14: Time Space Fabric Affects.

Same is the story with moon which is revolving around earth due to the dent created by later. This means that everything, irrespective of its size create a dent in the space time fabric including a beam which juts out of the roof. So when you sit or sleep under a beam, the dent created by its mass exerts more pressure on your aura (the subtle part of your body and mind).



Fig. 15: Affects of Beam on Person Sitting Below Them.

It is this reason that we suggest one should not sleep under such structures because they will distort your aura and create health issues, mental as well as physical (Aura is nothing but the magnetic flux made by your body due to electricity running in it).

Magnetic Property of the Earth

Our Mother Earth was created from the minerals and dust from the lava of Sun 4.54 million years ago. Due to

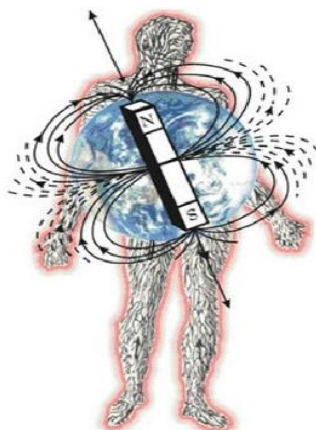


Fig. 17: The magnetic field of eart and human body are directly related.

the large content of iron particles present in the form of solid and molten state in our Earth, it has a magnificent magnetic property. The North Pole emits the positive magnetic energy and the South Pole performs the Negative part receiving this energy. Hence, our Earth is surrounded by a magnetic field all over its mass.

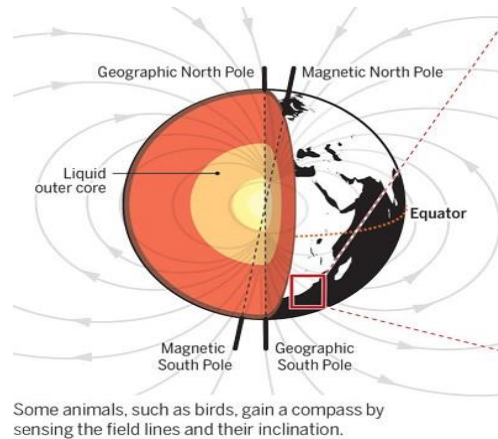


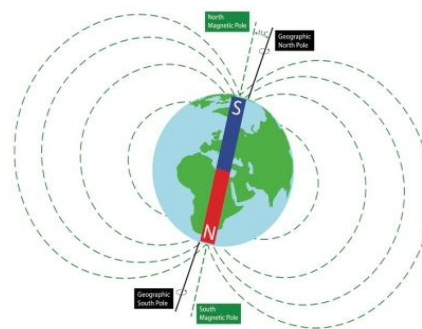
Fig. 16. Magnetic fields of earth.

If we break a small magnet into pieces, each part will get its own North and South poles and start acting as an individual magnet. Similarly, when the Earth is divided into small parts as an individual property, every division will attain a magnetic field having its own North and South Pole. As the buildings are constructed with the materials containing iron particles as well, this magnetic effect is further magnified which affects the inmates.

Magnetic Poles of Earth and Human Body

Human body itself acts as a magnet with its head as the North Pole, as it the heaviest and important part of the body. If the head is directed towards the North while sleeping, the North Pole of the Earth and that of the Human Body repel each other affecting the blood circulation, causing disturbed sleep, tension and other connected problems.

The Earth's Magnetic Field



It is well-established fact that nervous system of the human body communicates with the help of electric impulses, thus producing electro-magnetic field around the part of the body. Muscles also produce an electrical potential. Activities of human body are primarily controlled by the electrical and chemical reactions inside the body. Even a small movement of charge will produce an electrical field around the direction of movement. Any surrounding magnetic field will have an effect on the electrical activities of parts of human body.

Our heart and brain keep on generating electrical impulses which keep our system working and they can be measured by the EEG and ECG of the brain.

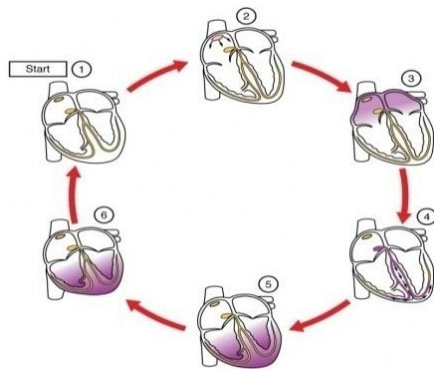


Fig. 18: The generation of electrical currents in neurons and heart.

THE entire Human body is the net result of these tiny magnetic fields distributed within the human body, which is equivalent to a magnet matching the size of a human body. The heaviest and important part of the body (Head) behave as North Pole because 'Head' is the most powerful source of electric and magnetic fields in the organism and also that in the eye the magnetic field induction, is significantly higher than other parts of the body.

Energy is primarily considered as emanating from the North-East corner and many sites and building characteristics are derived from this. Open spaces in site and openings in the building are to be more in the North and East than in the South and the West. No obstacles should be present in the buildings

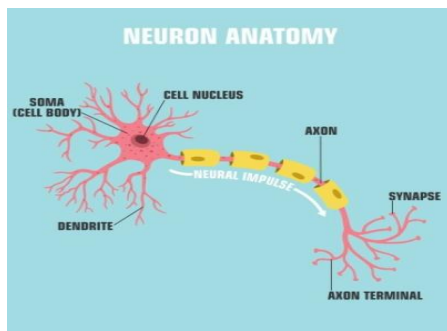


Fig. 19: The generation of rotation of the earth.

Let us understand how it works: We are traveling along with the Earth with all our belongings towards North-East direction constantly at a speed of 1070 miles or 1670 kilometers per hour. The forward direction is North-East due to the inclination of the Earth. The division of the Earth, constructions buildings and utilization of the buildings shall not be against this motion.

1. It is like carrying a large and heavy POT on a two-wheeler and a box is placed in the front side on the handle bar, it will reduce our speed and comfort as well restrict our vision
2. If the POT is kept on either left or right side, our balance will not be easy and fall down.
3. The only best option is to tie the POT on the backseat, so that our travel is very comfortable.

A good example is loading a bullock cart, which runs on only two wheels and without any ball bearings. The cart man balances the cart by distributing the weight, so that pulling it is comfortable for the bullocks. The Earth is rotating and rolling towards the North-East direction, hence keeping heavy weight at that direction would strain its moment.

This is the theory applied in our daily lives and same way energy forces affect us. Our Earth is rotating inclined about 23.5 degrees towards North-East direction and rotates on its own axis without any rest since more than 4.54 billion years and also rotates the Sun without any axles, bearings or motors. The weight we keep in our place should not hinder its movement.

Therefore, keep heavy weight in South-West and lower weight in North-East corner. Balance the South-East and North-West corners with medium weight.

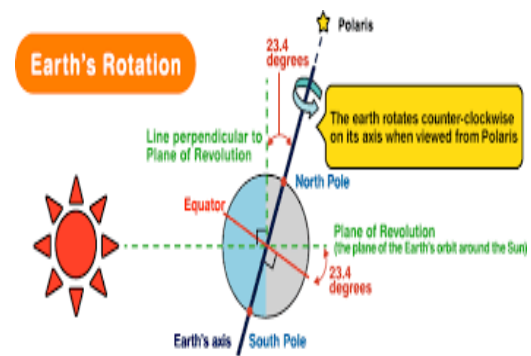


Fig. 20: Position of earth at different times.

Directions (Disha) As Per The Vedic Texts^[13]

We all know that areas closer to equator are warmer and more humid than farther ones and therefore if we move from north pole down south towards equator (for northern hemisphere), the increase in ambient temperature would lead to increase in peripheral blood circulation leading to increase in Mars energy thereby increasing passion and physical strength (the way it increases during the month of Mar-April and Oct-Nov.).

This concept of directions bringing change in different types of energies is used in Vastu. Ayurvedic doshas bring change in mind and body of people due to change in direction.

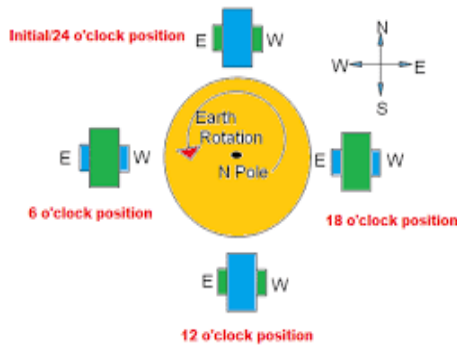


Fig. 21: Different Directions and their ruling deities.

However since earth's axis is tilted and when we superimpose the tilted figure of earth on directions, the image which gets formed is called as VASTU

English	Sanskrit Name	Diety
North	Uttara, Udeechi	Kubera (The God of Wealth)
South	Dakshina, Avachip	Yama (The God of Death)
East	Purva, Prachi	Indra (The God of Rain)
West	Pashchim, pratichi	Varuna (The god of Water)
Northeast	Ishana	Isha (The god of Power)
Southeast	Aagneya	Agni (The god of Fire) Northwest Vayavya Maruti (The god of air)
Southwest	Nairrtya	Niriti (The god of disaster)
Zenith	Urdhava	Brahma
(Zenith: The farthest up from the gravitational force)		
Nadir	Adhah	Vishnu
(Nadir: The direction in which gravity pulls)		

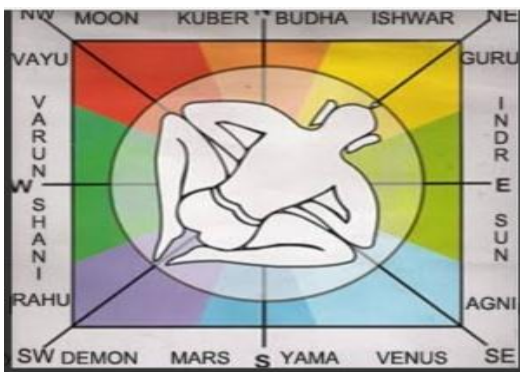


Fig. 22: Various directions with their ruling deities.

The Yajurveda reveals as already said

II यथा ब्रह्माण्डे तथा पिण्डेयथा पिण्डे तथा ब्रह्माण्डे II
 II Yatha brahmande tatha pinde, Yatha pinde tatha brahmande II

So, whatever will be the energy surrounding a person, he will be absorbing those energies. Following are the natural attributes of these directions, when there is any obstruction or deformity then problem occurs.

PURUSH.^[14] Direction of the flow of air also plays a very important role in deciding the direction of main door in a building. Since cold air in northern hemisphere flows from north pole to the equator, direction of main door is kept towards North or east (as rotation of earth on its axis shifts air flows towards east in Northern hemisphere), so that building gets ventilated.

However windows should essentially be there in all the walls to facilitate cross ventilation with relatively smaller windows in the south wall to avoid air moving straight from north to south without ventilating other places.

There are four primary directions and a total of 10 directions.^[15] In Hinduism, the guardians of the directions are called the Lokapālas (लोकपाल) or Dikpalaka and every direction is related to the one element out of five elements of the universe, which has attributes related to that element.

Chief architect or lord Vishwakarma, defines the energies^[16] of the buildings.....

The Central Energy Field: Brahma (The Creator)

Lord Brahma occupies the central portion of the place; It is the most sacred part of the building. It resembles to the belly button of the body as it contains all the possibilities of creation and existence in it.

Human body becomes independent after his umbilical cord is detached from mother, so it is the important place. It is the place of fire or JATHARAAGNI, which has a major role in taking out the nourishment from the food we have eaten, so if this place is disturbed, immunity of the body is diminished or we can say there is restriction of the flow of Prana energy. It is the place of **Manipura Chakra**, so all the organs relating to this chakra will be in trouble.



Fig. 23: Directions with their elements.

North

North is away from equator so, Pitta (heat) is low and Vata and Kapha increase due to colder weather, leading to disorders of cold and sinusitis.

If a person stays in this zone for long period then he will be having cough and cold problem inspite of having medicines. He can get rid of this problem only when he shifts to east or south east.

This is energy field of lord Kuber, the lord of wealth and money. This energy field is the preserver of medicines, as it maintains their moisture.

North East

In between mercury and rays of sun, this place gives rise to Jupiter, fire in body and wisdom. This place is ideal for worshipping and kids bedroom.

It safeguards the health of the occupants. It generates the energies responsible for healing and is carrier of the healing powers to the occupants. This field gives the power of ideas and the ability to project one's thoughts to the world. Along with being the giver of rains, this field has the powers to bless the occupants with frutification of all their wishes. This being the place of mental abilities and main source of Prana vayu, blocking of this place creates mental issues or the problems of the nervous system. We can say the problems relating to the organs of CROWN CHAKRA.

East

Sun brings light, wisdom, energy and freshness which is to kill all moulds or germs, thus main entry is ideal in this direction to let sun rays in and stay healthy.

The energy gives the sense of being victorious; it refreshes the mind and body. This energy field imparts health, fame and far sightedness. It is the place of sun and intelligent.

If this area gets polluted or there is blocking of Sun rays, a person who stays here will not be able to focus and loss of immunity is there.

South East

Heat increases in this direction, it is between sun (heat and dryness) and energy of mars.

It provides a person the energy that helps to initiate any process or action and capabilities to continue those actions and overcome all challenges.

This is the place where sun reaches at its peak of the day and all the fire or pitta related jobs are done here. The disturbed solar energy will give a person problems related to the liver, stomach and spleen, which are related to Pitta Dosha in body.

The patient having bleeding disorders will continue to have them if he or she stays in this area continuously; the medicine given just heals the problems temporarily, so we have to change his sitting place to give him permanent relief.

South

Mars increases towards south equator due to heat increases blood flow, so it increases passion in bedroom placed here, but excess energy is bad so storage is best option unless one has low energy or constant low blood pressure.

It is related to fire and earth element so disturbs the functions of the organs like small intestines

South West

In between high vata of Saturn and energy of mars this corner represents Rahu. Due to high Vata and pitta, master bed room is placed here to evolve more productivity at work, sexual drive.

If this portion gets polluted then it leads to problems due to Hyperactivity and hyperacidity like Diabetes and Neuropathy Ailments.

It possesses energy that establishes stability and enhances growth. The organs which extract nutrients from the food and removes the waste. The ancestors provide all means of safety and happiness required for existence. The energy of being genius and highly knowledgeable.

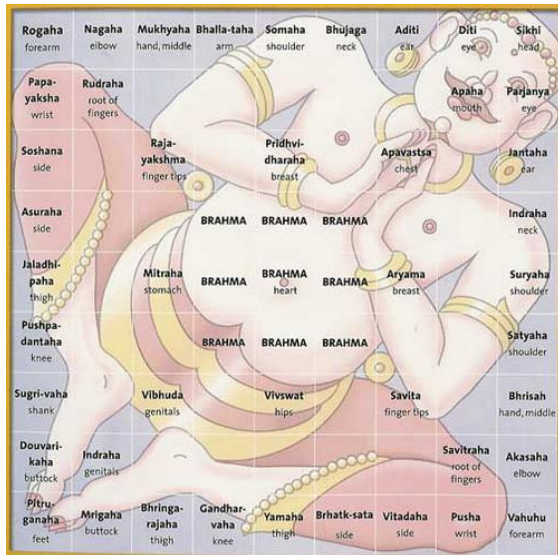


Fig. 24: Relations of various organs with directions and place.

WEST

In between cold Vata (intelligence) of Saturn and intellect of mercury this corner invokes moon that is creativity with calmness, hence good for unmarried girls n boys.

The power which grants the ability to receive all knowledge, the power which grants blessings and fulfils all desires, the lord of the seas.

NORTH WEST

Away from the Sun this is the coldest corner so fit for storage of grains, Saturn increases settled wisdom due to Vata, but no pitta thus good for consuming food in peace using intelligence.

It has energies responsible for support and ensure flow of activities and life, energies which uphold the support and stabilize the mind. The power of detoxification from negative emotions. It is related to moon and air elements so the functions of vata get disturbed. Fluctuation in moods and the losing of weight will continue if a person does not change this place.

I will be discussing details of the directions and associated diseases in next article

In other words, it is a combination of 45 different energy fields that exist within every built-up structure. It's there in a 100 sq. ft. Office and it is there in a 50,000 sq.ft. factory. Every constructed structure is really the manifested form of the cosmic being.

It is the fundamental principle which will continue to create and run the whole universe both at the macro and the micro level.

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