



# Vaastu shastra in modern healthcare: Balancing tradition and innovation in hospital design

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## Abstract

This paper delves into the application of Vaastu principles in hospital design, aiming to elucidate its potential impact on the well-being of patients, staff, and overall operational efficiency. Vaastu Shastra, an ancient Indian architectural tradition, emphasizes the harmonious alignment of physical spaces with natural elements and cosmic energies to promote health and prosperity. Through a comprehensive review of the literature and case studies, this study examines how incorporating Vaastu principles in hospital architecture can optimize patient recovery rates, enhance staff productivity, and foster a conducive healing environment. By exploring the intersection of traditional wisdom and modern healthcare infrastructure, this research offers insights into the holistic approach toward hospital design and management, healthcare administration, and patient care outcomes. The research delves into the impact of color psychology according to Vaastu, placement of beds in the proper direction for better and faster recovery, working and placement of operation theaters, consultation rooms, emergency wards, wards and ICUs, location of Hospitals according to Vaastu, proper ventilation for hospitals, placement of storage room. Furthermore, it investigates the significance of interactive features, age-appropriate design considerations, and sensory stimuli in crafting spaces that resonate with the unique developmental needs of children. The outcomes of this research are envisioned to provide architects, interior designers, and healthcare professionals with a comprehensive understanding of the nuanced interplay between design and psychology in pediatric clinics. Ultimately, the research seeks to contribute to the evolving dialogue surrounding the transformative potential of interior design in pediatric healthcare settings.

**Keywords:** Color psychology according to Vaastu, Placement of beds, working and placement of operation theaters, consultations rooms, emergency wards, wards, and ICUs, location of Hospitals according to Vaastu, proper ventilation for hospitals, placement of storage room

## Introduction

Designing the interior of a hospital according to Vaastu requires thoughtful integration of principles from interior psychology and Vaastu of interiors for hospitals to create an environment that prioritizes the emotional well-being and mental well-being of its patients. In this specialized field, the emphasis is not solely on aesthetics but also on understanding how the physical surroundings can influence individuals' psychological and physical state. For a hospital, this means considering factors such as color psychology, which prefers soft and warm hues known to convey calm and serenity, reducing anxiety and stress. Natural elements, such as maximizing natural light and introducing indoor plants, contribute to a soothing ambiance. Distraction techniques, Rehab spaces, and family-focused spaces further

enhance the hospital's interior, fostering a positive association and making the medical environment more approachable for patients and their families. Collaboration with a very well-versed Vaastu expert for the interiors helps develop spaces that can increase the recovery rate.

## Materials and Methods

The method that will be used in this research is the applied and qualitative research method.

## Applied research

Research on Vaastu in Interiors for Hospitals falls under applied research due to its practical and real-world applications. Applied research focuses on utilizing existing knowledge to solve specific problems or address practical

issues. Studying Vaastu in the interiors for a hospital involves investigating how the hospital's design, layout, colors, lighting, and overall environment affect the psychological well-being, physical well-being, emotions, and behaviors of the patients, their families, and even medical staff. The aim is to apply this knowledge to improve the hospital's environment and potentially enhance patient experiences and outcomes.

- **Problem-solving orientation:** The research aims to address specific issues related to the psychological and physical impact of the hospital environment on the patients and staff.
- **Practical application:** The findings are intended to be applied in a real-world setting, optimizing spatial arrangements, and ensuring proper ventilation, natural light, and energy flow. This can improve patient recovery rates and create a harmonious environment for patients and staff.
- **Direct relevance:** The research directly impacts the design and functioning of the hospital, potentially leading to changes that could positively influence the well-being and experiences of the patients, their families, and the medical staff.
- **Potential for practical interventions:** The insights gained from this research can be directly implemented in designing or redesigning hospital spaces to create a more harmonious, less stressful environment for its users.
- **Ultimately:** Applied research in the Vaastu in interiors of Hospitals aims to use Vaastu principles to optimize the hospital's environment for the benefit of its users, making it a crucial aspect of enhancing healthcare experiences for patients and their families.

### Qualitative research

We are conducting qualitative research on Vaastu in interiors of Hospitals by using methods like in-depth interviews, observational studies, photovoice, and participatory approaches and exploring the subjective experiences and perceptions of patients, parents, and healthcare providers to gain a nuanced understanding of the hospital environment's impact on total & psychological well-being through Vaastu. Analyze data thematically and report findings through narratives, incorporating participant voices. Ensure ethical considerations, diverse participant selection, and reflexivity throughout the research process.

### Results and Discussion

Certainly, designing the interior of a hospital according to Vaastu involves considering various factors related to the principles of Vaastu and their related effects on the users. Below are results and discussions on Vaastu in interiors of hospitals.

**Color Psychology:** Colors like soft blues, greens, and White are known to have a calming effect on patients, visitors, and staff. Creating different color zones for various

areas can help in organizing the space and making it visually appealing. For example, Peach or Light Yellow: Adds warmth and positivity, uplifting the mood of the patients.

**Themed Decor:** Hospital interiors should incorporate natural light and ventilation, calming colors like blue and green, and avoid clutter to promote healing. The reception should face east or northeast for positive energy flow. Patient rooms are ideally located in the north or east direction for optimal health benefits

**Interactive Elements:** Vaastu recommends placing a calming water feature, such as a small fountain, in the northeast to promote healing energies. Artwork and plants should be incorporated in the east or north to enhance positivity and well-being. Ensure the reception area is bright and welcoming, ideally in the east or north direction, to invite positive energy.

**Spatial Layout:** Hospital interiors should have the main entrance in the north or east for positive energy flow. The ICU and emergency services are best placed in the southwest to ensure stability and support. Patient rooms should ideally face northeast or east to promote healing and well-being.

**Private Consultation Spaces:** A private consultation area in hospitals should be located in the northwest or northeast direction. The room should have proper ventilation and natural light, with the doctor's seating facing east or north for positive energy flow.

### Discussion

**Psychological Impact:** Designing a hospital based on Vaastu principles can enhance psychological well-being by creating a balanced and harmonious environment, and reducing stress for patients, visitors, and staff. It can promote positivity, peace, and mental clarity, fostering quicker recovery and better overall satisfaction. Such a design can also enhance productivity and morale among the staff, contributing to a more efficient and pleasant workplace.

**Collaboration with Healthcare Providers:** Collaborating with healthcare providers to understand their workflow and patient needs is essential. The interior design should support efficient medical practices while maintaining a Patient friendly ambiance.

**Inclusive Design:** Considering the needs of patients with various abilities is vital for creating an inclusive environment according to Vaastu. Designing spaces that accommodate different age groups and addressing physical & psychological considerations contribute to an inclusive hospital.

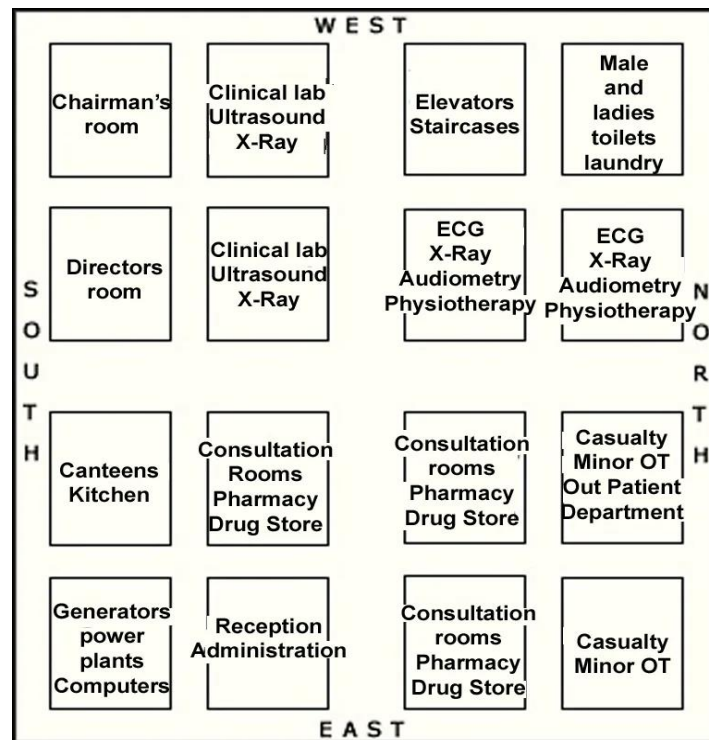


Fig 1: Why would people prefer more hospitals with Vaastu than a hospital without Vaastu?

**People might prefer hospitals built according to Vaastu Shastra for several reasons**

**Cultural Beliefs:** Vaastu is deeply rooted in Indian culture, and many believe it brings harmony and positive energy.

**Holistic Healing:** Some think that a Vaastu-compliant hospital enhances the healing environment, contributing to better patient outcomes.

**Psychological Comfort:** Patients and their families might feel more at ease in a space that adheres to familiar architectural principles.

**Spiritual Assurance:** For spiritually inclined people, Vaastu-aligned spaces may provide a sense of spiritual well-being.

**Reputation and Trust:** Hospitals designed with Vaastu might be perceived as more trustworthy and reputable, attracting more patients.

**Energy Flow:** Believers in Vaastu argue that it ensures better energy flow, which can positively impact health and recovery.

**Stress Reduction:** The aesthetic and structural elements of Vaastu are thought to reduce stress and promote a peaceful environment.

**Community Preferences:** In communities where Vaastu is widely respected, hospitals adhering to these principles might be preferred.

**Complementary to Modern Medicine:** Some see Vaastu as a complement to modern medical practices, enhancing overall care.

**Marketing Advantage:** Hospitals can use Vaastu compliance as a unique selling point to differentiate themselves in a competitive market.

**Survey**  
**This is the survey conducted with users of the hospital**

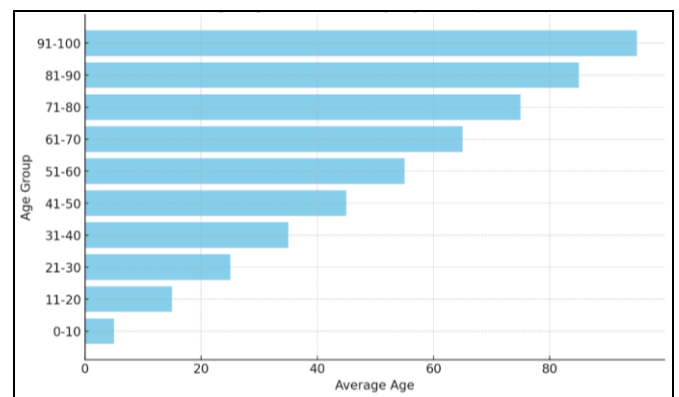


Fig 2: Average age of patients by age group in hospital

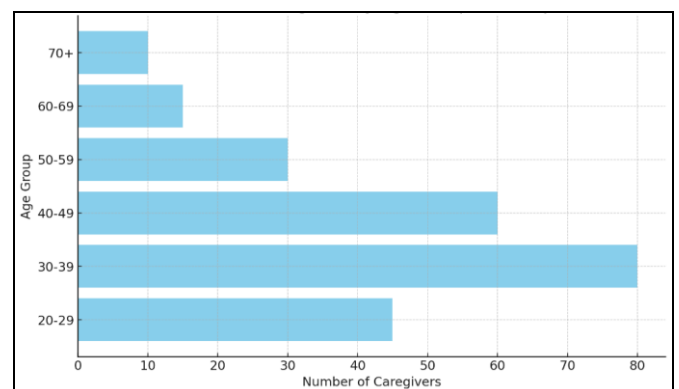
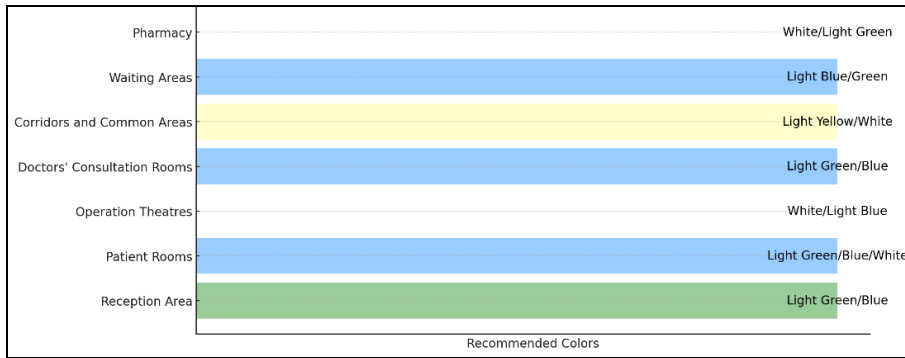
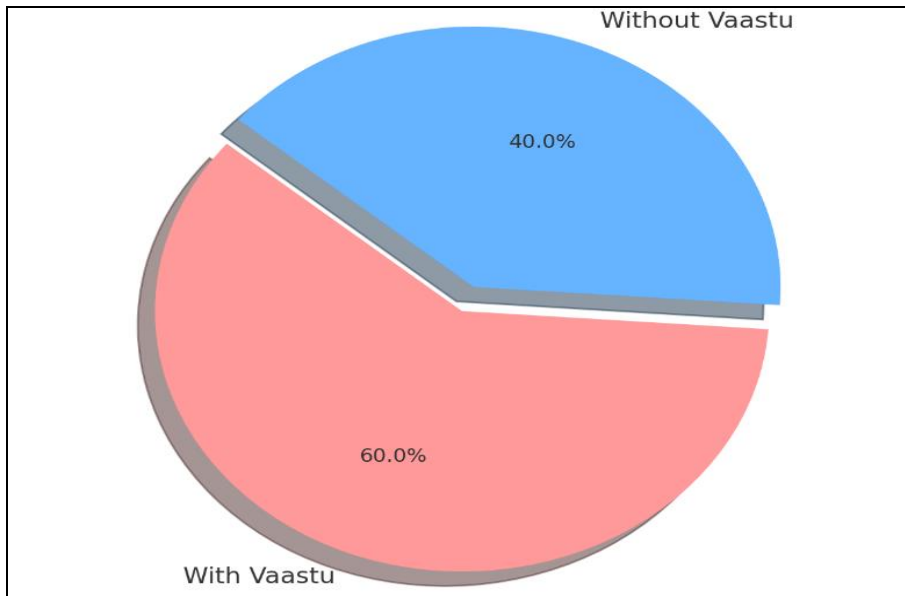


Fig 3: Number of caregivers by age group in a hospital



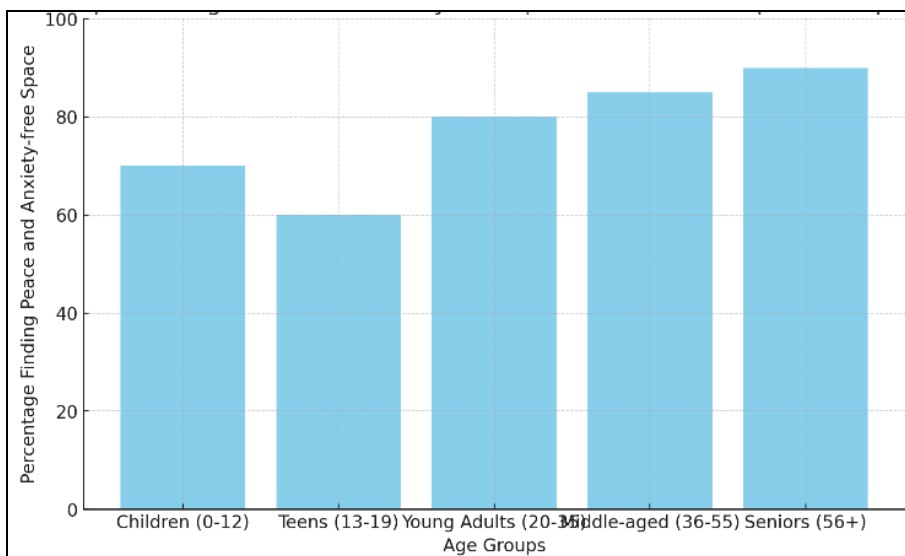
**Fig 4:** Vaastu shastra recommended color scheme for hospital areas



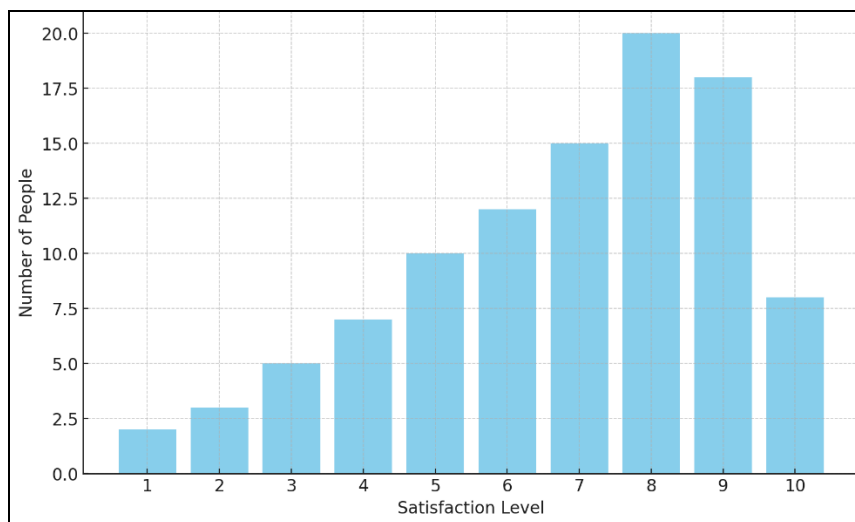
**Fig 5:** Preference for hospitals with and without Vaastu

**Table 1:** Suitability of Interactive Elements in a Hospital According to Vaastu

Interactive Element	North	North-East	East	South-East	South	South-West	West	North-West
Reception	High	High	High	Medium	Low	Low	Medium	Medium
Waiting Area	High	High	High	Medium	Low	Low	Medium	Medium
Play Area	High	High	High	Medium	Low	Low	Medium	Medium
Information Kiosks	High	High	Medium	Medium	Low	Low	Medium	Medium



**Fig 6:** Percentage of people finding peace and anxiety-free space in vastu-compliant hospitals by age group



**Fig 7:** Satisfaction levels with vastu-compliant hospital interiors

### What type of lighting should be there in an hospital according to Vaastu?

**Natural Lighting (10/10):** Maximize the use of natural light during the day. Large windows and skylights facing the east and north can bring in ample sunlight, which is considered highly beneficial.

**Soft, Diffused Lighting (9/10):** Use soft, diffused lighting to avoid harsh shadows and glare. This creates a calming and comfortable atmosphere for patients.

**Balanced Lighting (8/10):** Ensure a balance of light throughout the space to avoid dark corners and overly bright spots. Even lighting contributes to a harmonious environment.

**Warm Lighting (7/10):** Use warm-toned lights in areas where patients rest or recover. Warm lighting can create a soothing and restful ambiance.

**Task Lighting (6/10):** Provide adequate task lighting in areas where detailed work is performed, such as operating rooms and examination areas, to ensure precision and clarity.

**Ambient Lighting (5/10):** Incorporate ambient lighting to provide overall illumination without overpowering the space. It should be gentle and comforting.

**Accent Lighting (4/10):** Use accent lighting to highlight specific areas, such as artwork or architectural features, but it should not be distracting.

**Avoid Harsh Lighting (3/10):** Avoid using overly bright or harsh lighting, especially in patient rooms and recovery areas, as it can cause discomfort and stress.

**Energy-Efficient Lighting (2/10):** Use energy-efficient lighting options, such as LED lights, which are environmentally friendly and reduce heat emission, contributing to a comfortable environment.

**Minimize Fluorescent Lighting (1/10):** Fluorescent

lighting is generally harsh and can cause headaches or eye strain. If used, it should be limited to specific functional areas.

### Interpretation of the Data

**Question 1:** Interpretation: Most of the patients are between 80-100 years old.

**Question 2:** Interpretation: Most of the parent/guardian / caregivers age is between 30-40 years.

**Question 3:** Interpretation: A soothing color scheme is recommended more in a hospital according to Vaastu.

**Question 4:** Interpretation: 60% of people agree that hospital interiors with Vaastu are mostly preferred.

**Question 5:** Interpretation: Interactive elements should be placed according to Vaastu and where it should be place highly and lowest.

**Question 6:** Interpretation: People who find peace and anxiety free spaces in a Hospital With Vaastu are above 80%.

**Question 7:** Interpretation: Majority of the responders have mentioned that they have noticed about the interactive elements which is used for engaging children in the clinic.

**Question 8:** Interpretation: More of Natural light is preferred in a hospital according to Vaastu.

### Conclusion

In conclusion, the Hospital interior according to Vaastu plays a pivotal role in shaping the overall healthcare experience for patients and their families. By incorporating elements such as vibrant colors, Vaastu themed décor, and Vaastu based spatial design, a well-designed hospital can have a positive impact on the psychological well-being of its patients. The use of interactive and engaging features helps to distract patients during medical visits, alleviating anxiety and promoting a more comfortable atmosphere. Moreover, collaboration with healthcare providers is crucial in ensuring that the interior design supports efficient medical practices while maintaining a patient – centric focus. The emphasis on inclusive design, considering the diverse needs of patients, contributes to creating an environment that is accessible and welcoming to all.

Ultimately, the hospital interiors according to Vaastu extends beyond aesthetics; it serves as a fundamental

component in fostering a positive, nurturing, and stress-free healthcare environment for the youngest – oldest members of our communities. Through thoughtful design, hospital interiors according to Vaastu can contribute to enhancing the overall well-being of patients and creating a positive foundation for their lifelong relationship with healthcare.

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