



Role of symmetry and geometrical shapes in Vaastu-complaint interior design

¹B Satya Yamini and ²Dr. Nischay N Gowda

¹Student, Department of Interior Design, JD School of Design, Bangalore, Karnataka, India

²HOD, Department of Interior Design and Decoration, JD School of Design, Bangalore, Karnataka, India

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Corresponding Author: B Satya Yamini

Abstract

This paper explores the significance of symmetry and geometrical shapes in interior design as per Vaastu Shastra principles. It delves into how these elements influence the harmony and well-being of inhabitants. By examining residential and commercial spaces adhering to Vaastu guidelines, the study uncovers the psychological and emotional impacts of symmetrical and geometric designs. Findings suggest that Vaastu-compliant interiors promote balance, positivity, and tranquility, enhancing the overall living experience. The implications extend to both traditional and modern interior design practices, advocating for the integration of Vaastu principles to create harmonious living environments.

Keywords: Vaastu Shastra, interior design, symmetry, geometrical shapes, harmony, cultural influences, spatial arrangement, psychological impact, well-being, design principles

Introduction

In the realm of interior design, Vaastu Shastra plays a pivotal role in guiding the layout and aesthetics of spaces to ensure alignment with natural forces and cosmic energies. Central to Vaastu principles are symmetry and geometrical shapes, which are believed to channel positive vibrations and enhance the well-being of occupants.

Objective

To explore the role of symmetry and geometrical shapes in Vaastu Shastra

- To analyze how these elements affect the harmony and well-being of inhabitants.
- To identify the potential benefits of integrating Vaastu-guided designs using geometrical shapes in modern interiors.

Theoretical Foundations of Vaastu

Origins and Principles

Vaastu Shastra originated thousands of years ago in India, derived from ancient texts that prescribe guidelines for

architecture, urban planning, and interior design. The fundamental principle revolves around achieving harmony between the structure and the natural elements.

Concept of Energy Flow

Vaastu emphasizes the flow of positive energy (prana) through spaces, which is believed to be influenced by the arrangement of rooms, placement of furniture, and utilization of geometrical shapes.

Symmetry ensures balance, while specific shapes resonate with different energies.

Symmetry in Interior Design

Definition and Types of Symmetry

Symmetry in Vaastu refers to balanced arrangements that create a sense of equilibrium and order.

Types include axial symmetry (mirror-image along a central axis) and bilateral symmetry (equal distribution of elements on either side of a central point).

some additional applications of symmetry in Vaastu for interior design, along with reasons for its importance:

1. Placement of Furniture and Décor: Symmetrical

arrangement of furniture promotes positive energy flow (prana) throughout the space.

2. **Mirror Placement:** Placing mirrors symmetrically can help in reflecting positive energies.
3. **Architectural Features:** Symmetrical features like windows, doors, and archways enhance aesthetic appeal and promote harmony.
4. **Color and Material Symmetry:** Using symmetry in colors and materials creates a cohesive visual effect.
5. **Bedroom Layout:** Symmetrical placement of beds and furniture promotes restful sleep and harmony.
6. **Altar or Puja Room:** Symmetrical arrangement of sacred objects enhances spiritual energy.
7. **Water Features:** Symmetry in water features attracts positive energy and maintains equilibrium.

Reasons for these applications often stem from the belief that symmetrical arrangements help in channeling and enhancing positive energies, promoting overall well-being, and creating a harmonious living space according to Vaastu principles.

Geometrical Shapes in Vaastu

Each shape is believed to affect the flow of energy (prana) within a space and influence the well-being of its occupants. Here's a detailed explanation of some key geometrical shapes used in Vaastu and their applications in interiors

Square (Chaturasra)

Significance: The square symbolizes stability, balance, and firmness. It represents the earth element (Prithvi) in Vaastu.

Application

Building Layout: Ideally, the layout of a building or a room should be square or rectangular to ensure balance and stability.

Room Shape: Vaastu recommends rooms to be shaped as squares or rectangles for harmonious energy flow.

Furniture Arrangement: Arrange furniture in a square or rectangular pattern to maintain balance and stability in the room.

Circle (Vritta)

Significance: The circle represents infinity, completeness, and unity. It symbolizes the cosmos and cosmic energy.

Application

Design Elements: Use circular elements like round tables, rugs, or decor items to promote inclusiveness and unity in the space.

Decorative Features: Circular windows or ceiling designs can be incorporated to enhance cosmic energy flow and create a sense of wholeness.

Triangle (Trikona)

Significance: Triangles represent strength, harmony, and manifestation of cosmic forces.

Application

Structural Design: Incorporate triangular shapes in architectural elements such as roofs or facades to enhance stability and deflect negative energies.

Decorative Use: Use triangular patterns or motifs in carpets, wallpapers, or artwork to balance energies and promote positive vibrations.

Octagon (Ashtakona)

Significance: The octagon combines the qualities of squares and circles, representing balance, stability, and transformation.

Application

Building Layout: In larger structures or gardens, octagonal shapes are used to maintain balance and promote transformational energies.

Room Design: Rarely used for entire rooms but can be incorporated in design elements like windows or door frames to enhance energy flow.

Rectangle (Ayata)

Significance: Rectangles symbolize order, stability, and practicality. They are associated with the earth element and provide a grounded energy.

Application

Room Shape: Most commonly used shape for rooms in Vaastu-compliant buildings to ensure stability and balance.

Furniture Arrangement: Arrange furniture along the longer sides of the rectangle to maximize space and energy flow.

Case Studies

Vaastu-compliant Interiors Case studies illustrate how symmetry and geometrical shapes are implemented in real-world interior design projects to align with Vaastu principles. Homes and offices designed with careful attention to these elements demonstrate improved harmony and occupant satisfaction.

Analysis of Design Elements

Analyzing design elements in Vaastu-compliant spaces reveals how symmetry and shapes contribute to functionality and aesthetic appeal. Spaces that integrate these principles effectively often exhibit enhanced natural light penetration, improved airflow, and a sense of tranquility.

Research Methodology

Literature Review A thorough review of literature on Vaastu Shastra, symmetry, and geometrical shapes provides a theoretical foundation for this study. Scholarly articles, books, and online resources offer insights into the historical evolution and contemporary application of these principles.

Case Study Method

The methodology involves analyzing multiple case studies of Vaastu-compliant interiors, focusing on the role of

symmetry and geometrical shapes. These studies provide empirical evidence of the principles' impact on design aesthetics and occupant well-being.

Guidelines for Interior Designers based on Vaastu Shastra Principles

Symmetry in Interior Design

- 1. Building Layout:** Ensure rooms are designed with balanced proportions, ideally square or rectangular, to promote stability and harmony.
- 2. Furniture Arrangement:** Place furniture symmetrically to create a sense of balance and order in the space. Avoid asymmetrical layouts that may disrupt energy flow.
- 3. Use of Mirrors and Reflective Surfaces:** Incorporate mirrors and reflective surfaces strategically to enhance light and energy flow, ensuring they are placed symmetrically for maximum effect.
- 4. Color and Material Selection:** Choose colors and materials that complement each other symmetrically to create a cohesive and harmonious atmosphere.

Geometrical Shapes in Interior Design

- 1. Incorporation of Shapes:** Integrate geometric shapes such as squares, circles, and triangles in design elements like furniture, decor, and architectural features to promote specific energies (e.g., stability, unity, strength).
- 2. Room Layout and Design:** Design rooms with consideration to Vaastu-recommended shapes (rectangles, squares) for optimal energy flow and aesthetic appeal.
- 3. Symbolic Meaning:** Understand the symbolic meanings of shapes and use them intentionally to evoke desired emotions and energies within a space.
- 4. Balancing Aesthetics and Functionality:** Ensure that the use of geometrical shapes not only enhances the visual appeal of the interiors but also supports the functional requirements of the space.

Conclusion

Incorporating principles from Vaastu Shastra into interior design can significantly enhance the quality of living spaces by promoting harmony, balance, and positive energy flow. Symmetry, as emphasized in Vaastu, creates a sense of equilibrium and order, contributing to a peaceful environment. Geometrical shapes, each with their symbolic and energetic significance, add layers of meaning and functionality to interiors. By following these guidelines, interior designers can create spaces that not only look aesthetically pleasing but also support the well-being and prosperity of the occupants. Whether through symmetric layouts, thoughtful use of shapes, or mindful selection of colors and materials, Vaastu-inspired design principles offer a holistic approach to creating harmonious and balanced interiors. Ultimately, integrating Vaastu Shastra principles into interior design encourages a deeper connection between occupants and their living spaces, fostering environments that nurture both physical comfort and spiritual well-being.

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