

EXPLORING INTERIOR DESIGN PRINCIPLES AND VASTUSHASTRA HARMONY

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**COMBINING PRINCIPLES OF
INTERIOR DESIGN AND
VASTU SHASTRA
ENCOMPASS A BLEND OF
ART AND SCIENCE, AIMING
TO CREATE SPACES THAT
ARE NOT ONLY
AESTHETICALLY PLEASING
BUT ALSO HARMONIOUS
AND FUNCTIONAL.**

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INTERIOR DESIGN FOCUSES ON THE SELECTION OF COLORS, MATERIALS, FURNITURE, AND LAYOUT TO ENHANCE A ROOM'S BEAUTY AND USABILITY.

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MEANWHILE, VASTU SHAstra, AN ANCIENT INDIAN SCIENCE OF ARCHITECTURE, FOCUSES ON HARMONIZING THE PHYSICAL SPACE WITH NATURAL FORCES, EMPHASIZING THE IMPORTANCE OF ORIENTATION, SPATIAL GEOMETRY, AND ELEMENTS LIKE EARTH, WATER, FIRE, AIR, AND SPACE TO PROMOTE POSITIVE ENERGY AND WELL-BEING.

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**INTEGRATING THESE PRINCIPLES
REQUIRES A DEEP
UNDERSTANDING OF BOTH
THE VISIBLE (INTERIOR DESIGN)**

AND

**THE INVISIBLE ELEMENTS
(ENERGY) THAT CONTRIBUTE TO A
SPACE'S AMBIANCE.**

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COLOUR SELECTION:

IN INTERIOR DESIGN THE CHOICE OF COLORS CAN INFLUENCE MOOD; WARM HUES LIKE RED AND ORANGE CAN ENERGIZE A ROOM, WHILE COOL SHADES LIKE BLUE AND GREEN CAN CREATE A CALMING ATMOSPHERE.

IN VASTU EACH DIRECTION IS ASSOCIATED TO A COLOUR AND USING RIGHT COLOURS IN THE RIGHT ZONE CAN GIVE THE OPTIMAL ENERGY FLOW IN THE HOME OR WORK SPACE. SUCH AS CALMING BLUES AND GREENS FOR NORTH AND EAST BEDROOMS AND ENERGIZING REDS FOR KITCHEN IN SOUTH EAST.

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FURNITURE ARRANGEMENT:

IN INTERIOR DESIGN, IT'S ESSENTIAL TO CONSIDER FLOW AND FUNCTIONALITY, ENSURING THAT EACH PIECE SERVES A PURPOSE WITHOUT OVERCROWDING THE SPACE.

IN VASTUSHASTRA, THE PLACEMENT OF FURNITURE IS GUIDED BY DIRECTIONAL ALIGNMENTS AND ENERGY FLOW, OFTEN RECOMMENDING THAT HEAVY FURNITURE BE PLACED IN THE SOUTH OR WEST PARTS OF A ROOM TO FOSTER STABILITY AND PROSPERITY.

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LIGHTING:

PLAYS A PIVOTAL ROLE AS WELL, WITH BOTH DISCIPLINES ADVOCATING FOR A BALANCE OF NATURAL AND ARTIFICIAL LIGHT TO ENHANCE THE SPACE'S DYNAMICS.

VASTUSHAstra PARTICULARLY UNDERLINES THE IMPORTANCE OF NATURAL LIGHT AND VENTILATION TO MAINTAIN A HEALTHY AND VIBRANT ENVIRONMENT. IT ADVOCATES FOR AIR CIRCULATION TO ENHANCE THE VITALITY OF THE SPACE. STRATEGICALLY PLACE PLANTS TO PURIFY THE AIR AND INTRODUCE A SENSE OF TRANQUILLITY.

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TEXTURES AND MATERIALS:

THESE ADD ANOTHER LAYER OF DEPTH TO THE DESIGN. THE TACTILE QUALITY OF MATERIALS CAN EVOKE DIFFERENT FEELINGS AND EXPERIENCES, FROM THE WARMTH OF WOOD TO THE SLEEKNESS OF METAL.

VASTUSHASTRA OFTEN ADVISES THE USE OF NATURAL MATERIALS TO KEEP THE SPACE GROUNDED AND CONNECTED TO THE EARTH'S ENERGIES. THE 5 ELEMENTS NEEDS TO BE BALANCED STRATEGIALLY AS PER DIRECTION

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CONCLUSION:

ULTIMATELY, THE PRINCIPLES OF INTERIOR DESIGN AND VASTUSHAstra CONVERGE TO CREATE SPACES THAT ARE NOT ONLY VISUALLY APPEALING BUT ALSO SUPPORTIVE OF THE OCCUPANTS' WELL-BEING.

BY THOUGHTFULLY INTEGRATING THESE ELEMENTS, ONE CAN TRANSFORM A HOUSE INTO A SANCTUARY, A PLACE WHERE BEAUTY AND HARMONY COEXIST SEAMLESSLY, NURTURING THE BODY, MIND, AND SPIRIT.

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