

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

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SUMMARY OF FINDINGS

Exposure to east or morning light vs. west or afternoon light

1. Bipolar disorder hospital patients in east-window rooms had 3.67-day shorter hospital stay than patients in west-window rooms.
2. Those exposed to artificial light primarily in morning had a significantly more ideal body mass index than those exposed to light primarily after noon.
3. 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.
4. Morning light is at least twice as strong an antidepressant as evening light in the treatment of seasonal affective disorders.
5. Sufficient exposure to sunlight after breakfast may be necessary to maintain sleep and mental health, and proper function of the circadian clock.

Associations with sleep in different directions

1. Sleeping with head to north is associated with lower score on the Mental Health Inventory.
2. Supine orientation w/head to north is stressful: all subjects complained of irritation, confusion, & serum cholinesterase levels significantly increased.
3. Sleeping with head to north compared to south increased heart rate, blood pressure, & serum cortisol.
4. 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.
5. Head direction affected both levels of beta and gamma coherence and speed of performance.

Associations with direction that house faces

1. Homes with a south entrance had 75% more burglaries than homes with other orientations.
2. Subjects whose homes had south entrances had significantly poorer Mental Health Inventory scores than patients with north, north-east or east entrances.
3. Subjects whose homes had south entrances reported more financial problems.

Working in a Maharishi Vastu (MVA) office building

1. Significantly higher scores in verbal originality, figural originality, resistance to closure, and elaboration after employees of a company moved into an MVA office building.
2. 8% higher level of employee health & well-being when working in a MVA building compared to working in a conventional office building before.

Living in Maharishi Vastu homes

Respondents reported that living in MVA was associated with improvements in well-being, health, personal development, and success, and reduced levels of stress. These quantitative findings corresponded to, and were corroborated by, qualitative reports. The effects were apparently greater for those living in MVA for more than 3 years.

For more information

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