

# VASTU SHASTRA FOR PREGANCY

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NIRANJAN  
BABU  
BANGALORE

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Over the last few years, we have been seeing the rising importance of Vastu Shastra not only in India but also all over the world. **Vastu shastra is based on the cosmic energies emanating from various bodies all over the universe.** These energies could be gravitational, solar, magnetic, thermal, electrical, mechanical and many unknown (to modern science) forms of energies.

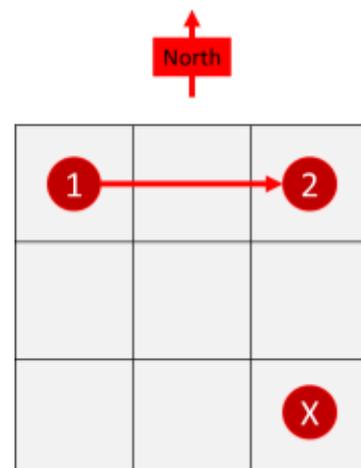
When Brahmastana (the center of a site or house) is disturbed, invariably there is misunderstanding among the family members (or employees, if it is a business house). Here, we are speaking of gravitational energies. When placing of your head to the north or west is not advised, perhaps, our ancients took magnetic and thermal energies into consideration. When the north-east was referred to as Easanya or Devamoola and recommended for meditation etc and the South-east was referred to as agneya and recommended for placement of a hearth, our ancients were speaking, perhaps, of solar energy. A grounding rod normally helps dissipate excess electricity from a lightning strike into the earth. If we observe carefully, temples of yore had lightning rods installed. Our ancients were very much aware of electrical energies and these rods, perhaps, were used for grounding purposes.

## Directional Guidelines for Mothers-To-Be

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This write-up is especially written for young mothers-to-be. Apart from taking the modern medical guidelines into consideration, I am sure, certain simple Vastu directions given below will help the mother-to-be bear a healthy child. Normal medical advice is to get a check-up once in two weeks till the thirty-sixth week and then weekly, until delivery. At each visit, blood pressure is recorded, urine is tested for sugar and protein, mother's weight-gain is seen to check for swelling of the legs and face and to detect any development of hyper-tension and diabetes during pregnancy.

Couples planning their progeny can use a North-west



(Vayuvya) room (primary element Air) until the onset of pregnancy. The mother-to-be can then move into a North-east (Easanya) room as is explained later. All classical works have clearly spelt out the place of the primary element Agni or Fire as the South-east of a Mandala. It is precisely for this reason that this author does not advise a pregnant lady to live in this sector (or room). It is a known medical fact that heat has a great implication in pregnancy. Anything that raises the lady's core body temperature can amplify congenital anomalies, mostly during the first three months, when all main organs of the foetus are forming.

## Placement of Electrical and Electronic Gadgets

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Normally, a lady's basal body warmth is higher during pregnancy. It is, therefore, advisable for the lady to keep herself away from and being too near a television, a computer or any Agni gadget (that emanates electrical or electro-magnetic energies). This way, she can avoid increasing her internal temperature to a dangerous level without even being aware of it. Normally, a woman dissipates body heat through her skin and breathing. The foetus that is growing has normally a temperature which is a little more than the mother's and dissipates its heat across the placenta and through the mother's blood stream. Foetal damage can occur if the mother or the foetus does not cool down quickly after the temperature of the core rises.

Certain Finnish studies have revealed manifold increase of miscarriages in women using computers. Computers produce unusually high levels of extremely low frequency magnetic fields. The South-east sector of the building and the South-east sector of a room are places to be avoided by a pregnant lady at least for the first three months. Medical science tells us that by the end of the fourth month, almost all the major organs of the foetus are formed. The brain stem and the limbs are formed and begin to mature. Most pre-natal damage capable of causing birth defects occurs during this time. This period, commonly known as embryo-genesis, can cause organ-specific damage. However, brain development continues throughout the period of pregnancy. Therefore, there is really no safe period for strong intense bursts or continuous doses of electro-magnetic frequencies during the months of pregnancy.

## Sleeping Directions and Thermal Heat

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Research on the effects of thermal and non-thermal electro-magnetic fields has shown reported 50 percent miscarriages in pregnant women who slept in electrically heated waterbeds. Thermal heat is, therefore, another factor that affects pregnancy. When the Eastern part of the earth is heated, its Western part remains cold. Consequently, thermal electricity generated by the Sun travels over the surface of the earth from East to West. Therefore, pregnant ladies can avoid sleeping with their heads to the east. They can sleep with their heads to the south as natural polarity of the body is maintained and health of both the mother and the foetus is taken care of.

# Beneficial Ultra Violet Rays

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The pregnant lady can sleep in a north-east room. Vastu refers to the North-east as Easanya or Devamoola, thereby indicating it is a very important spiritually elevated zone. It is a known fact that the Sun's rays can be split into 7 plus 2 colors. **We speak of the Paramasayika mandala for human habitation (manushyalaya).** This plan divides each side into 9 parts. Beginning from ultra-violet ray in the first part on the Eastern side corresponding to North-east, the Sun's beneficial rays further split into violet, indigo, blue, green, yellow, orange, red and infra-red in the last part corresponding to the South-east. Ultra-violet and the cold colors of the spectrum are said to have a soothing effect on the body and hence, **the North-east room is recommended for a mother-to-be.** Since blue has a cooling and astringent effect, a soft zero candle bulb, which burns in the room during night, is suggested. The other two colors of the cooling trio viz., violet and indigo can be alternated during the entire period of pregnancy. In case of pains, indigo can be an effective anaesthetic and can induce insensibility. Violet is said to be good for bone growth, maintaining the potassium and sodium balance of the body.

Expectant mothers who regularly meditate will be happy to know what Leonardo Da Vinci has to say: "The power of meditation can be ten times greater under violet light.....". To put it simply, violet is an inspiring and spiritual color. Ultra violet ray, which is the head of the cold colors and is said to normalize all metabolism and glandular activities can also be used with advantage.

The panchataras of Bharata viz., Jyotisha, Vastu, Yoga, Vedanta and Ayurveda were given to us on a platter. We have to be intelligent in understanding these great Shastras, and in the process, seek their help in bettering our lives. I wish all mothers-to-be a happy and healthy Vastu-based pregnancy.

## ABOUT NIRANJAN BABU



**Niranjan Babu Bangalore is a scholar in Vastu, Astrology, Mantra Shastra, Gemstone and Meditation.**

He has authored several best seller [books](#) in English and several regional languages of India. He is an advisor for well-known temples, complexes and institutions. He has lectured, conducted workshops (and teaching classes) and given professional [consultations](#) in India, North America, Europe and other parts of the world.

Many [individuals](#), [businesses](#) and [institutions](#) have utilized his services and have greatly benefitted from his advice. He has been associated with his father and internationally reputed scholar of Vedic Astrology **Dr. B. V. Raman**'s work since more than thirty-five years.

He was the CEO, Publisher and Managing Editor of **The Astrological Magazine**. He is now the Chief Editor of [The Astrological eMagazine](#).

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**Consult Niranjana Babu**

Email: [info@niranjanbabu.com](mailto:info@niranjanbabu.com)

Call: +91-98440-13335

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