



## UNIT - V

### FACTS OF VAASTU SASTRA

#### VAASTU FOR STAIRCASE

The number of steps in a staircase should always be odd (15, 17, 19, or 21). The number must never end with a '0'. Because, An average person tends to put his right foot first, while taking a flight of stairs. The flight must end with the user putting his right foot down. This is only possible, if the staircase has an odd number of steps.

#### Vastu-recommended directions for staircase

According to Vastu, south-west is the best direction for the staircase.

#### Vastu for staircase inside the house

Vastu experts are of the belief that for internal staircases, the south-west portion in the property is an ideal choice. The south and the west portions happen to be the second-best choices. In this case, the staircase must start from the north and go towards the south. Alternatively, it can start from the east and go towards the west. An internal staircase should not be located at the center of the property.

#### Vastu for staircase outside the house

In case of external staircase, the ideal directions for external staircase under Vastu are:

- The south-east, facing the east.
- The south-west, facing the west.
- The south-west, facing the south.
- The north-west, facing the north.

The staircase should not be built in the north-east corner, whether externally or internally. Also, staircases positioned right before the entrance cause imbalance.



## Location of a Vastu-compliant staircase

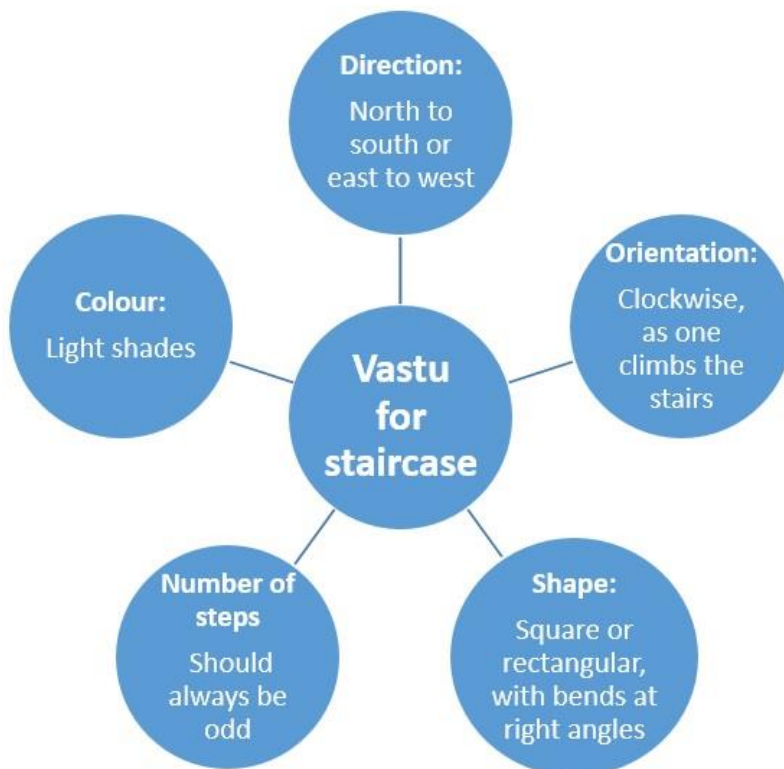
Landlords who live on the ground floor and have rented out the upper floor to a tenant, must ensure that they do not have a staircase right at the main entrance. This, say Vastu experts, could lead to financial losses.

## Starting point of the staircase

The stairs within the home should never start from or end at the kitchen, the store room, or the puja room. The steps going to the upper floor should not be a continuation of the stairs that lead to the basement or the cellar.

## Visibility of a Vastu-compliant staircase

An internal staircase must be built in such a way that is not directly in the line of vision of your visitors. Having doors at the start and the end of the staircase, is also advisable.





## **Staircase Vastu: Orientation of steps**

The way the stairs in your staircase move can have a lasting impact on physical health. This is why staircase Vastu rules must be complied with when it comes to the orientation of the steps.

According to staircase Vastu rules, staircases should always turn clockwise, as we walk up. In other words, the person using the stairs to go up should move from the north to the south or the east to the west. Vastu experts are of the opinion that an anti-clockwise staircase can impact career growth.

## **Vastu-recommended shape for staircase**

**Square** and **rectangular staircases** with bends at right angles, are the best for internal or external staircases according to Vastu. Staircases that are too steep or too high would result in the user feeling drained out, each time he has to use it. For the same reason, experts ask property owners to avoid spiral staircases.

## **Vastu-recommended colours for staircase**

You want your staircase to be well-lit so that climbing up and down during any time of the day is not a problem. When you choose dark shades to colour or decorate your staircase, it would naturally assume a dark tinge, something you don't want at all. That is why always go for light shades to paint the stairs or the banister. Avoid dark shades in stairs, especially red and black, as these colours will give negative energy. The walls adjoining the staircase can be decorated with a wallpaper of your choice, preferably not too dark.

## **Vastu recommendations for use of space under the staircase**

In small homes, the space under the staircase is often used to build a small kitchen, bathroom or puja room. Sometimes, a small workstation is also created under the staircase, to utilise the area optimally. This should be strictly avoided. The space under the staircase should be used for nothing but storage of common household items, say Vastu experts. Cabinets containing valuable items, such as cash or jewellery, should not be kept in this space. Do not use this space for keeping discarded items or worn out footwear.



## **Vastu rules for staircase decoration**

According to Vastu rules, staircase walls should not be decorated with family photos, as it can cause differences in the family members and can be detrimental to their health. Decorate the stairs wall with sceneries of blooming flowers, lush greenery, mountains or abstract art. Keep ceramic pots for plants underneath the staircase area. According to Vastu, it is inauspicious to hang a mirror in front of, or under the stairs, as the reflection will attract negative energy inside the house. Never keep a fountain or an aquarium under a staircase. The staircase area should be well lit up.

## **Vastu rules for staircase handrail**

Stair rails, or handrails ensure the safety of people using the steps. It can be stylish but most importantly, it should provide comfort when climbing up or down. According to Vastu, it is advisable to opt for marble or stone rails for the staircase in the south-west direction. For stairs in the west, opt for metal rails and use wooden rails for the east and south staircase.

Even though somehow pleasing to the eye, a staircase without a handrail, like the one shown in this picture, could be highly risky.

## **Vastu rules for usage of space along the staircase**

Vastu experts also advise against displaying photo frames carrying pictures of deities or family members on the wall space along the staircase. Vastu rules on staircase, however, do not advise against using the wall space to flaunt great artwork. In case you want to dress this space up with wallpapers, it would be ideal to use light shades of any colour. You want your staircase to be illuminated and well-lit. Light-coloured wall papers would enable that at all times.