VastuScan

PRINTABLE CHECKLIST

Vastu health checklist: what to check at home

Use this when someone at home is unwell often. Work from the centre of the home with a phone compass; the grade behind each item is what decides how serious a finding is.

- [ ] **1. Toilet in the north-east**
  Check first. A toilet in the north-east is a Critical defect; only moving it or changing the room's use changes the grade.
- [ ] **2. Toilet in the south-east or south-west**
  Both are Problematic. Vastu links a south-east toilet to health and money troubles, and a south-west toilet to the health of the head of the household.
- [ ] **3. Staircase zone**
  A staircase in the north-east is a Critical defect, linked to neurological (head and spine) health issues. Mark which zone yours sits in.
- [ ] **4. Kitchen direction**
  Ideal in the south-east, acceptable in the north-west, west or east, Problematic in the north, south or south-west, Critical in the north-east.
- [ ] **5. Cooking direction**
  The cook should face east (most auspicious) or north (acceptable), and never face south while cooking, which is associated with health problems.
- [ ] **6. Stove position**
  The stove belongs in the south-east corner of the kitchen: not directly in front of the kitchen door, and not under a window.
- [ ] **7. Sink and stove**
  The sink sits in the north-east or north of the kitchen, with 1–2 feet or a small barrier between fire and water.
- [ ] **8. Sleeping direction**
  Head to the south or the east, headboard against the south or west wall. Note which way every bed in the home points.
- [ ] **9. Bed under a beam**
  Vastu links a beam over the bed to headaches and stress. Move the bed if any part of it sits under one.
- [ ] **10. Bed in line with the door**
  The feet should not point towards the door. Move the bed if it sits in direct line with the door.
- [ ] **11. Toilet above or below the kitchen**
  In a multi-storey home this is a Critical defect: a health and hygiene energy conflict. Check the floor above and below.
- [ ] **12. Bedroom above or below the kitchen**
  A Major defect in our rules, not a Critical one. Note what sits directly above and below the kitchen.

Grades follow VastuScan's published Vastu rules. Vastu is traditional guidance; use it alongside a proper inspection.