VastuScan

PRINTABLE CHECKLIST

Kitchen Vastu checklist

For a kitchen you are setting up, or one you are checking in a home you might buy. Start at the top: the first three items are about the room itself, the rest about what goes inside it.

- [ ] **1. Kitchen direction from the centre of the home noted**
  South-East is Ideal and North-West the next best. A kitchen in the North-East is Critical.
- [ ] **2. Kitchen not at the centre of the home**
  The centre (Brahmasthan) should stay open and light.
- [ ] **3. Nothing directly above or below the kitchen that should not be**
  No toilet, bedroom or puja room on the floor above or below.
- [ ] **4. Stove in the south-east corner of the kitchen**
  Microwave, oven and other appliances in the south-east too.
- [ ] **5. The cook faces east while cooking**
  North is acceptable. Never south.
- [ ] **6. Sink in the north or north-east of the kitchen**
  Keep fire and water apart: the sink not right beside the stove.
- [ ] **7. Gas cylinder in the south-east, near the stove**
  Not in the north-east, not in direct sunlight, not near a window.
- [ ] **8. Refrigerator on the south, west or north-west side**
  Not in the north-east of the kitchen.
- [ ] **9. Grain and provisions on the south or west wall**
  Heavy utensils to the south-west, light items on north-east shelves.
- [ ] **10. Exhaust fan on the east wall**
  An east window is preferred, for morning light.
- [ ] **11. Kitchen door in the east, north or west wall**
  Never in a corner.
- [ ] **12. Warm, light colours**
  Orange, red, yellow, green, cream or white. Avoid black, dark grey and dark blue.

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