



Why Not To Sleep On Head At North Side, Use Right Direction, Use To Compass, Spiritual And Cultural Decompose

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Abstract: The head on north side is not good to in human body. The Sleep has one of the most precious God's blessing the human existence and it vital for both body and soul The human are external and internal factors like age, drug, Job, life style, psychological and Earth's magnetic field influence quality of sleep they help to sleep. The head on north side is relationship between Geographical direction and during sleeping process and there quality to observe of sleep They see scientific standpoint impact of sleep limited direction are limited to sleep. Some research that he head position are the sleep can influence that physiological parameters are heart rate and blood pressure A study find a variation in a parameter based on the head orientation and they suggests. The direction of to head during sleep may be measurable effect. And this is finding a universal accepted. Along the equally important to sleep a right direction. And the most avoid the sleep at north direction are facing many problem to human being.

KEYWORD= Sleep direction, north direction slepping , vastu shastra, earth's magnetic field, blood circulation, compass for sleep direction, negative energy

I. INTRODUCTION

Sleeping with your head to the north side in various cultures and traditional particular in Hinduism and Feng Shui. Here are some reasons why it's often advised to avoid sleeping with your head to north .In asiant people says that cultural traditional sleeping with your head facing north is discouraged because it's believed to disrupt The body natural magnetic alignment and potentially leads health issues If you can discuss about the various culture, traditional scientific studies and this is deeply rooted in vastu shastra. Many people Sleep in north direction there cause health issue disturbed sleep, negative energy created our body The one should can be avoid the sleeping with head on north side their head pointer are north stem from a traditional practice like to vastu Shastra .They can be suggest the head towards the south or east direction promotes better sleep for health. Human being can be created a idea of geographical direction to suggest south and east direction for sleep they can help to our body health. They support the body can right direction to sleep.

II. PRECAUTIONS AND ALTERNATIVES

1. Experiment and observation

Try to sleeping with your head in different direction and observe the body. The sleep to different direction Your body sleep better and feel more relax. The direction of south and east are most comfortable direction for sleep this direction created a positive thinking for human body. The human are facing a problem for day to day life so the human can need to comfortable sleep at night so they help to human for this direction can be use.

2. Use to compass for direction

You are unsure about direction of your bad use a compass with determine orientation of your bedroom. The compass are useful for known right direction. The compass are help to right direction to seating a bed. In a cultural traditional like to vastu shastra they consider a compass direction are important to sleep with a south facing sleep is often for health and created a positive energy for our health and north facing sleep is discouraged in human being

3. Consider Alternative Directions For Sleep

Try to sleep with your head in east, South, west direction. Some traditions suggest this direction can sleep because this direction can relaxing direction and spiritual growth. Facing south side direction to sleep the vastu shastra believe that sleeping with our head south direction attract positive energy. This energy are balance the magnetic field and mind and promotes deep. Facing east side direction to sleep they are sometimes recommended are improve their memory. Facing north side direction to sleep this direction can cause tension, health issues, headaches and they believe interfere with Earth's magnetic field.

4. According to mythological

Hindu traditional said that North direction is Yama's direction Sleep the north direction attract your body is negative energy of Surrounding and atmosphere. The north direction is not good for sleep. The ancient said that this direction are laid their head pointing north so sleep this way is seen inauspicious

5. Best sleeping direction of ayurveda

East= Sleep is direction is improve intelligence spiritual growth and memory

South= This direction open and comfort for head to sleep, best direction to sleep

West= This direction is neutral but they cause disturbed to sleep

6. spiritual and cultural decompose

Those people are strongly believe in traditions may feel uneasy affecting their mental strength. In Tibetan Buddhism, sky burials involve the placing deceased on mountaintops to consumed. In journey toward rebirth and emphasizes impermanence of our physical body. Turing of bones they Malagasy people of Madagascar the famadihana ceremony can be involve and they can be use fresh cloth, and celebrated with music and dance. This ritual means speed up decomposition.

III. SUMMARY

The north direction is harmful for human being to head on this direction for sleeping. But may cultural and traditional beliefs discourage. they can experience to sleep can be disturbances and trying to sleep on different direction Sleeping your head on north facing on north direction disturbed energy flow and health problems and disrupts blood circulation and brain activity. Many people prefer to sleep in the east or south direction for better rest. Some traditions suggest that this direction is a relaxing direction and is beneficial for spiritual development, so one can sleep in this direction. Both ancient wisdom and modern science give reasons to avoid sleeping with the head facing north. Vastu Shastra emphasizes spiritual and energy disruption, while scientific studies highlight the impact on blood circulation and sleep quality.

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