

### Etterment of Sick Monks

*(An exploration of theories in building construction accustomed in three ancient monastic hospitals ruins)*

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Ruins found in Buddhist Monastic hospitals in main three sites in Anuradhapura and Polonnaruwa Districts, excavated by Unesco Sri Lanka show two major structural base forms rectangular and quadrangular. They evidence that those buildings follow main Vasthu theories of structures built in many purposes. An open space enclosed by walls on all sides, irrespective of whether it has a roof is permissible for purpose of living if it has followed the rationale of controlling energies for beneficial effects of its dwellers. This rationale is based on space (place) time and the orientation with accounting the interaction of background geo-magnetic radiation with different architectural forms and their influence on ecological characteristics of surrounding living space of a man. The created structure and nature, thereby connect us to the earth and to the cosmic energies. Thus developing the spatial energies are influenced on the Human Body, Mind and Spirit.

Aim of this study is to prove that hospital foundations show the ancient system of building theory has manipulated the energies beneficial for the users of building. Traditional building construction in Sri Lanka usually follows the ancestral guidelines whether they do not understand its scientific background. Contemporary studies on 'Vasthu' shows the effects of human health explained in modern terms. The left ruins of Mihinthale and Alahana Pirivena monastic hospital demonstrate the establishing five cosmic energies in the first step of structuring the building and those energies are manifested in fourth stage of world creation based on Indian philosophy. It was further observe that building could demonstrate the pyramidal effect in addition to the traditional Vasthu effects in curing the sick.

**Key words** – cosmic energies, monastic hospital ruins, architectural forms

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