

# Healing through nature and natural techniques

Paridhi Khandelwal<sup>1</sup>, Sourabh Gour<sup>2</sup>

<sup>1</sup>Student, school of architecture, SDPS women's college, M.P., India

<sup>2</sup>Professor, school of architecture, SDPS women's college, M.P., India

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**Abstract** - This paper discusses how healing can be accomplished through nature and natural techniques in architectural aspects in India. The article provides the study of various flora that can be used in healing gardens, rather than the one that are already being used. It also gives a brief about the various natural techniques that can be incorporated for a landscaping that is healing.

**Key Words:** healing gardens, therapeutic gardens, types of plants

## 1. INTRODUCTION

Healing gardens are a type of therapeutic garden that has been designed to meet the physical, social, psychological and spiritual needs of the people. They can be found in hospitals, nursing homes, living residencies, cancer centers, child care hospitals, etc.

Healing is a process that promotes the overall well-being. It is a process in which the body heals, both physically and mentally.

Now, what determines whether a garden is healing or not? Well, on some level, all gardens have healing effects.

According to environmental psychologist, Roger Ulrich, "a garden basically should contain prominent amounts of real nature content such as green vegetation, flowers, and water. Further, he stated that, "the garden to be called as a healing garden, should have therapeutic and beneficial effects on the majority of its users.



Fig -1: walls made attractive

### 1.1 characteristics of a healing garden -

- Size - usually, healing gardens are small in size, as they are a part of another area/ project.
- Shape - by having organic shapes and lines in the design, healing gardens try to imitate nature.

- Designing style - extreme modern and futuristic styles are avoided in a healing garden.
- Mobility - the paths are constructed for cases of emergency and with plenty of spaces for users with mobility issues.
- Access - safety being the priority, only a few entrances are provided.
- Concentration - usually, one main garden is preferable.
- Materials - selection of materials does not matter in most gardens. The appropriate selection consists of soft materials that will be safe for the users.
- Vegetation - it should include locally available vegetation, flora which is essential for healing.
- Construction - the healing garden should be constructed in such a way that it uses locally available material preferably, and should not use hazardous materials.
- Users - it depends on the type of users and no of users using the garden
- Activities - activities that need to be performed should be taken care of.
- Public or private - the garden needs to be public, or is it someone's private garden, should be kept in mind while designing.
- Safety - measures to keep the garden safe and secure, should be taken.

Healing can be accomplished by emphasizing those elements of movement, form and sound that embody the opposing polarity to that characterized by the person.

Sensory gardens have an important curative role, accentuating hard and soft landscape, textures, and wildlife.

### 1.2 Methodology

#### 1 - LIVE CASE STUDY OF PYRA HEALING GARDENS, MHOW, INDIA

The architect believed that when one meditates under a pyramid built at a specific angle of 51 degrees, the energy concentrates at the apex of the pyramid and benefits of such meditation are manifold.

Hence, 3 Pyramids, where people could stay and meditate, were made. Healing garden is a place in the lap of nature which facilitates space for meditation, and a weekend getaway to cater the needs of the visitors.

Locally available material was used – basalt stone, mild steel, Kota stone, bamboo, shingles, cement sheets.

**2 - CASE STUDY OF AAKRITI NATURE CURE CENTRE , BHOPAL , INDIA.**

Nature cure believes that body is said healing and will repair itself from illness, if given a healthy environment.

There is more in your garden than plants and soil. The opportunity for renewed mental and physical health grows there too.

Naturopathy deals with healing power of nature since it believes that all healing powers are within our body.

Every human organism there is a healing energy, which includes our immune, our physical and psyche, which is responsible for our wellness and our ability to heal and maintain heal.



**Fig -2:** Aakriti nature cure centre

List of healing plants that can be used –

- Bamboo: it releases 3 times more oxygen than other trees, helps fight tooth decay, heals wounds, and boosts immune.
- Cardamom or elaichi: lowers blood pressure and sugar levels, has cancer-fighting properties, antioxidant and diuretic properties.
- Aloe vera: has antioxidant and antibacterial properties, accelerates the healing of burn, reduces dental plaque and improves skin.
- Neem: Has antiseptic properties, good for eye and ear disorders, heart diseases. Helps fight diabetes, skin ulcers, liver problems and helps to stimulate immune system.
- Tulsi it helps in strengthening immunity, improves hair and skin helps to cure common ailments, allergies and infections, also helpful in diabetes and high blood pressure.
- Betel leaf: It improves digestion and helps during constipation, promotes oral health and treats respiratory problems, it relieves cough and has antifungal and antiseptic benefits.
- Lemon grass: It helps release anxiety, lowers the cholesterol, boots oral health, prevents infections,

boosts RBC levels, prevents cancer and controls diabetes.

- Ginoy: Ginoy leaves helps to relieve from arthritis, boosts immune system, has strong antioxidant properties, is dengue repellent and increases blood platelet count.
- Cloves: it is both antiseptic and antioxidant, decreases stress, helps in weight loss, regulates blood sugar and cholesterol and burns fat faster.
- Curry leave: It increases the functioning of heart, helps enliven your hair, fights infections, improves skin and has antibacterial properties.



**Fig -3:** Various plants

**2. CONCLUSIONS**

Healing by the use of natural techniques that are beneficial both for the environment and our health need to be practiced.

Several plants like bamboo, cardamom, aloe vera, curry leaves, cloves, ginoy, tulsi, lemon grass, betel leaves, and neem have great medicinal properties like antiseptic and antibacterial properties, anti-allergic and anti-diarrhea properties, etc. and are good for healing.

Several techniques like use of meditational pyramids, different types of pathways like stone pathways, grass pathways, mud-water pathways, sand pathways, etc. could be implemented which would help in the healing process.

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