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PSYCHOSOMATIC WELL-BEING THROUGH LANDSCAPE ARCHITECTURE

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ABSTRACT- *Landscape architecture is traditionally concerned with the design and management of open green spaces. But we can see these days, its main focus is on how aesthetic things look, visual appearance, their style, and how they are organized. Whereas (health benefits and its history) primary role plays. Landscape architecture lies in its role in addressing environmental degradation while improving human living conditions. Through the integration of green spaces and sustainable designs, landscape architecture plays a vital role in enhancing both physical and mental well-being.*

The research focuses on the design and architecture of landscape spaces according to physical and mental well-being. This research looks at how landscape architecture can help with health in many ways. It can boost physical fitness, improve mental health, build social connections, and support a healthier environment.

Key words*: (landscape architecture, health benefits, physical well-being, mental health, green spaces, sustainable design, social connections, environmental health.)*

INTRODUCTION:

As urbanization continues to increase, especially in rapidly growing cities, the creation and maintenance of green spaces become essential for the health and well-being of residents. But now overall half of the world's people live in cities. More than 60% of people in India live in cities. Urban development replaces natural environments with built environments resulting in limited access to outdoor environments which are critical to human health and well-being. This research examines the relationship between landscape architecture and public health, specifically focusing on how the design of open spaces can lead to improvements in physical activity, mental health, air quality, social interaction, and overall well-being. It looks at how landscapes can create spaces that encourage healthier living. Good scenery can help lower stress levels. It can also help deal with issues like air pollution and climate change.

AIM:

The aim of the topic "Health Benefits spaces according to the physical and mental wellbeing Through Landscape Architecture" is to show how well-designed open spaces, like parks and gardens, can improve people's physical and mental health. It focuses on how nature and green areas can help people's reduce stress, encourage exercise, improve mood, and bring people together. The research also looks at how these spaces can make the environment healthier by providing plant's and water feature which is beneficial to healthy life and these plants can help improving air quality and offering safe places for people to enjoy. this research shows how landscape architecture can create more green spaces to improve health and make communities better places to live.

OBJECTIVE:

- How open spaces encourage activities like walking or exercising, which improve fitness.
- In landscape how nature helps reduce stress and improve health.
- In landscapes how plants and trees can clean the air and create healthy environments.
- Show how public spaces bring people together and help build strong communities.
- Ensure everyone has access to parks and nature to enjoy the health benefits.

NEED OF THE TOPIC:

With growing and fast world, especially after covid, the world has grown importance of landscape, greenery and health. But today we can see landscape- visual and greenery limited- we need to design and propose spaces and landscapes which provide

health physical and mental benefice through design and selection of proper planets and trees. Well-designed parks, gardens, and open spaces can help reduce stress, improve fitness, and make people feel happier. This topic highlights the importance of creating more green spaces to improve health and make communities better places to live.

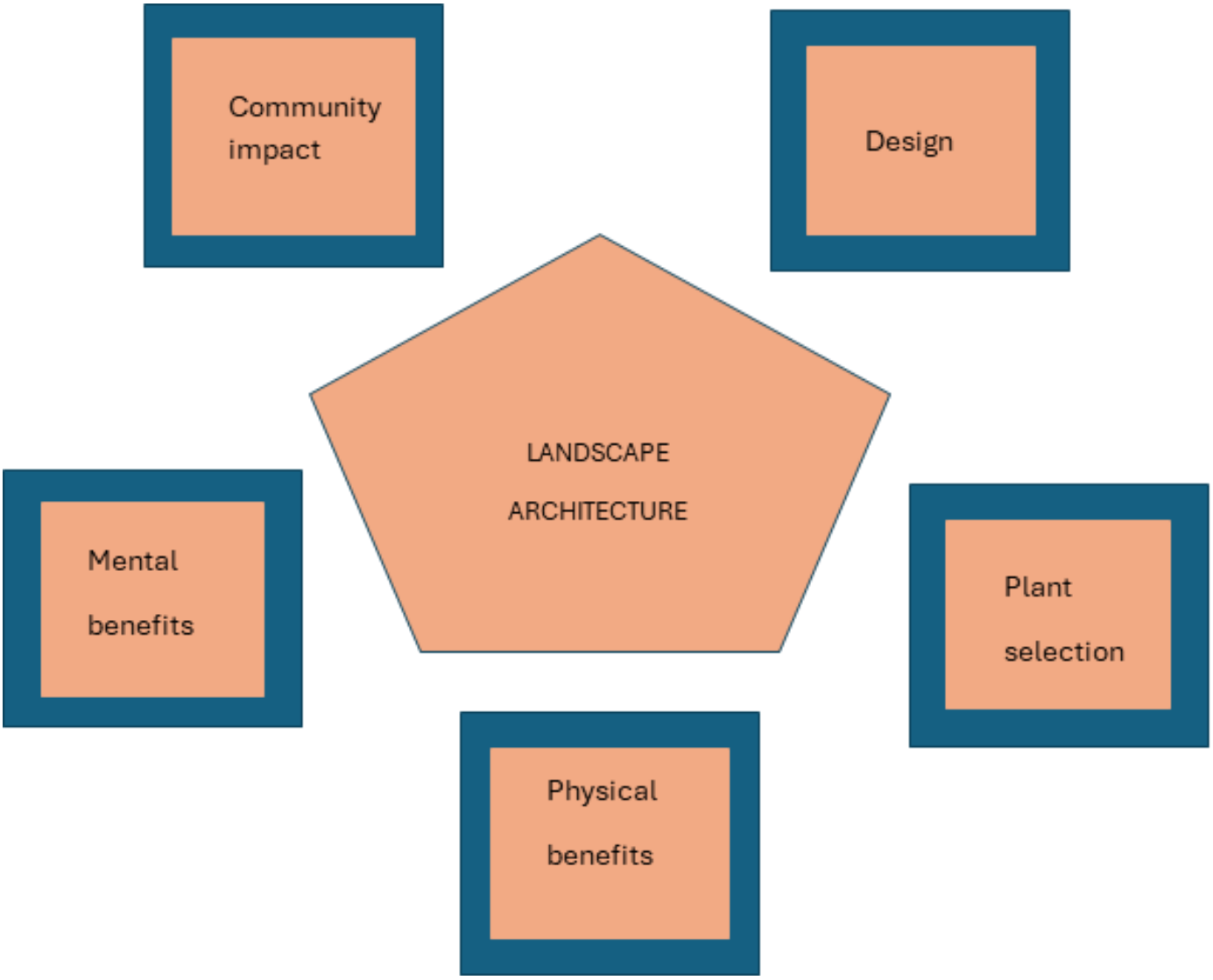
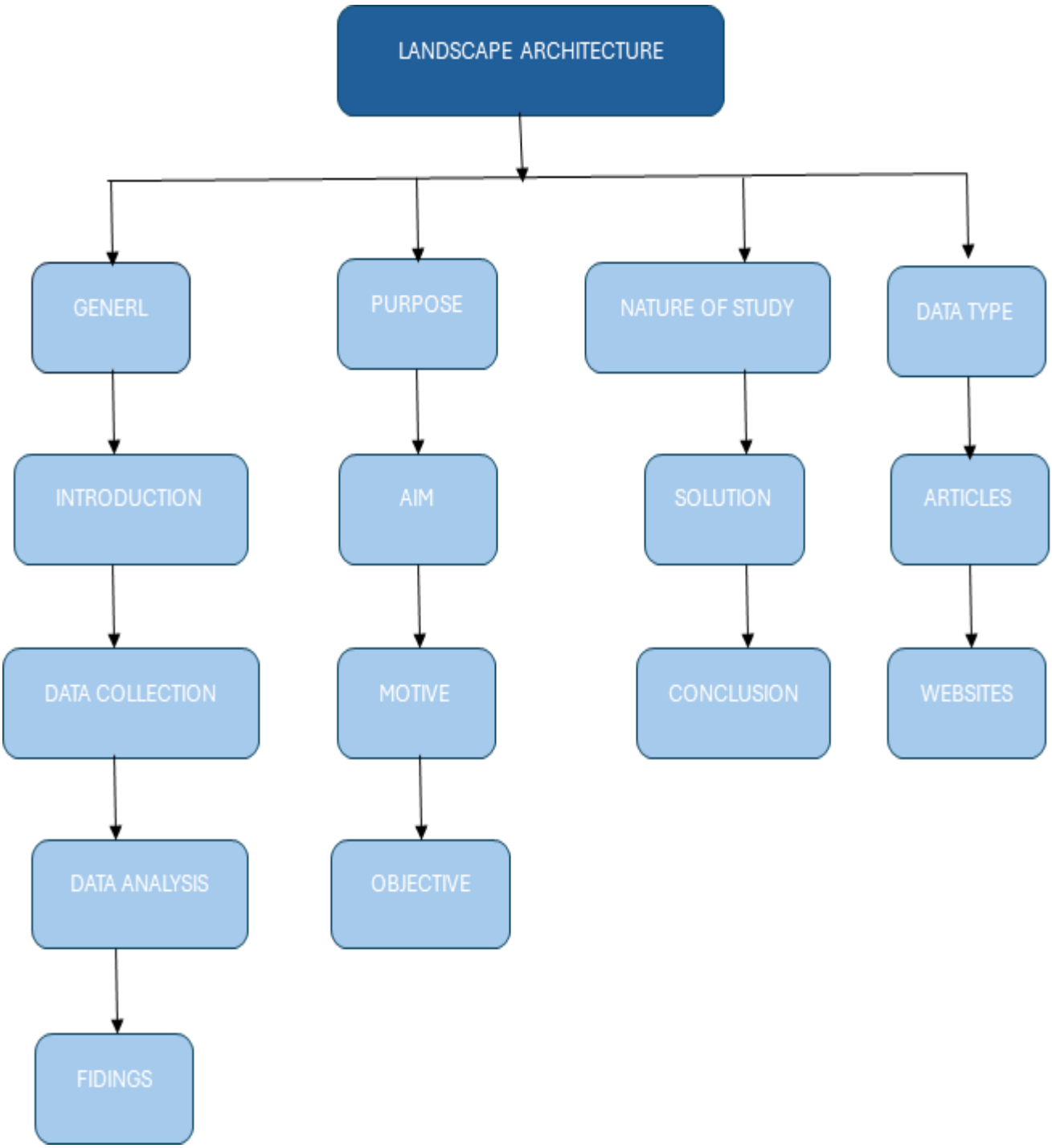


Fig .1 Enhancing Urban Health Through Green Spaces

RESEARCH QUESTION:

1)How landscape architecture plays vital role in social wellbeing?
2)What is healthy landscape and why healthy landscape important?
3) What is healing landscape architecture?
4) How selection of trees & plants matters in shaping the healthy lands?
5) Designing of landscape. According To physical & metal wellbeing?

METHODOLOGY:



LANDSACPE ARCHITECTURE AND SOCIAL IMPACT:

Having access to nature is a basic need for people. Greenspaces are vital for health and happiness. Landscape architecture can boost well-being by designing beautiful areas that offer space for outdoor exercise and socializing. Adding more plants in growing cities can help clean the air and reduce noise, leading to lower stress levels. Landscape design can also support mental health and reduce stress. Quiet areas, natural features, and water elements promote relaxation and mindfulness. In short, landscape architecture can create spaces that are not just pretty but also support our well-being.

Landscape architecture can also help support mental health by creating spaces that promote relaxation, meditation, and mindfulness. Features such as water features, natural textures and scents, and quiet seating areas can all contribute to a calming and peaceful environment.

Landscape architecture has a critical role to play in improving our health and well-being. By designing with nature, we can create spaces that are not only beautiful but also functional, sustainable, and supportive of our physical, mental, and emotional health.

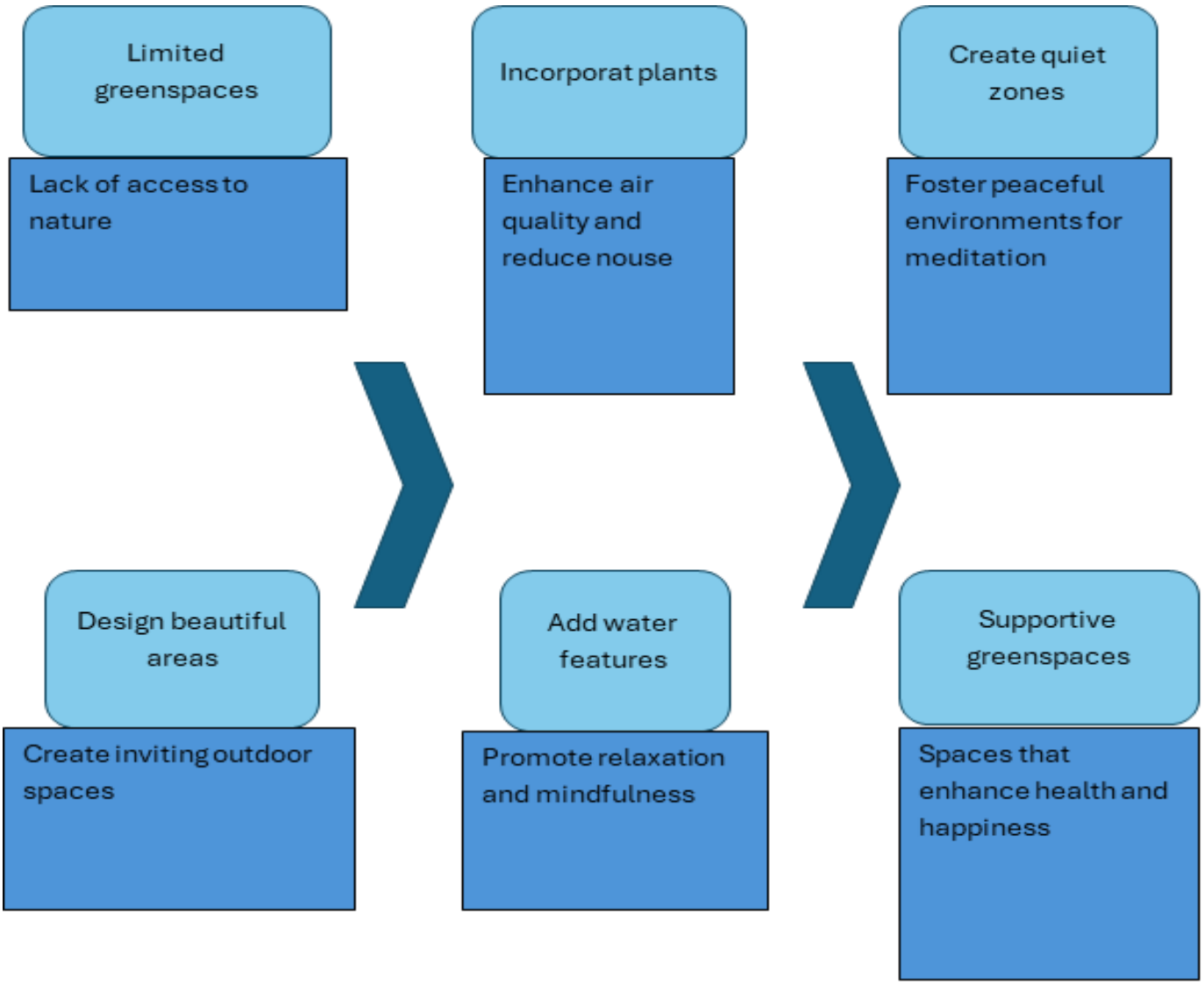


Fig .2 Transforming Spaces For Well Being

HEALTHY LANDSCAPE AND IT'S IMPORTAN'S:

Well-planned landscapes really help our physical and mental health. Healthy landscapes can be anything from parks to protected areas. They improve our health by surrounding us with clean air, sunlight, and greenery. Thoughtful design can help clean air and water and lower pollution. Healthy spaces make people feel good, boost social interactions, and reduce feelings of isolation. They create opportunities for work and learning and help heal both body and mind.

Throughout history, people have recognized how important nature is for our health and well-being. Being around clean air, sunshine, plants, and nature in general has positive effects on our body and mind.

Adding native plants and trees, implementing regenerative energy, and incorporating smart water-saving irrigation techniques are some additional ways to produce healthy landscapes. Sustainable design practices are important to creating healthy landscapes because they not only encourage a healthy environment, but also maintain them for many generations to come.

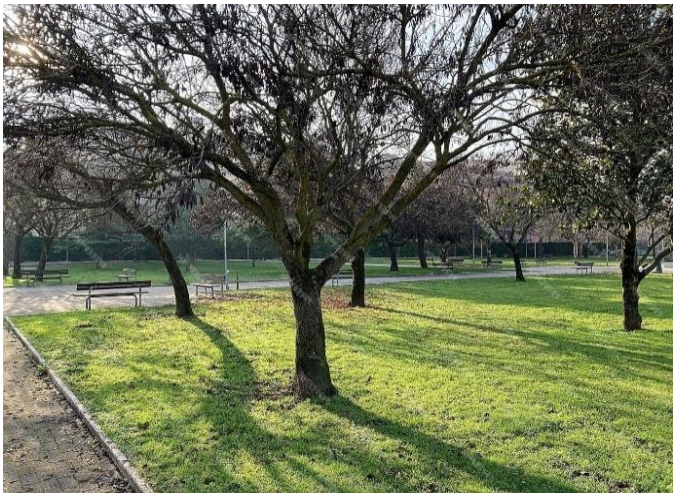


Fig .3 Systemic and Well-designed Amazingly Green Spaces. Symmetry, form, colour, stone, texture.

- Healthy environments contribute to overcome health inequalities and can promote healthy lifestyles.
- Healthy spaces help people feel relaxed and comfortable. This leads to more socializing and less loneliness and stress.
- Healthy places maximize opportunities for working, learning and development.
- Healthy environments are restorative, inspiring and healing for both physical and mental health conditions.

WATER FEATURE IN LANDSCAPE:

Water features are decorative elements in landscape design that involve water as a central feature. the Water features can come in a variety of forms, including fountains, ponds, waterfalls, and streams. Water features may be created for aesthetic value, functionality, or to create a habitat for aquatic life. Water features are vital important in landscape architecture because they can create a sense of tranquility, movement, and a connection with nature. Water features can also improve air quality, create a microclimate, and increase the overall aesthetic value of a property. Water features can also be used to create a focal point, to suppress noise pollution, and to provide a cooling effect during hot weather.

TYPES OF WATER FEATURE WHICH IS USE IN LANDSCAPE ARCHITECTURE:

1. **Fountains**	2. **Ponds and Lakes**	3. **Streams and Waterfalls**
Wall fountains	Koi ponds	Naturalistic streams
Freestanding fountains	Swimming ponds	Formal canal systems
Pond less fountains	Reflection pools	Cascading waterfalls
Sculptural water features	Wildlife ponds	Step fountains

BENIFITES OF WATER FEATURE:

1. The sound of water has a calming effect on the mind and body.
2. Moving water releases negative ions, which can help purify the air.
3. Water features create habitats for birds, butterflies, and other beneficial creatures.
4. Temperature regulation: Large water bodies can help cool surrounding areas on hot days.
5. The sound of water can help drown out unwanted noise from traffic or neighbors.
6. Well-designed water features can boost the aesthetic and monetary value of your property.

Fig .4 3 tier fountain, lake, Waterfalls

LIST OF PLANT WHICH SMELL'S GOOD AND TASTE, TRIGGER'S EMOTIONALLY:

Fig .4 Different Types of Plant's

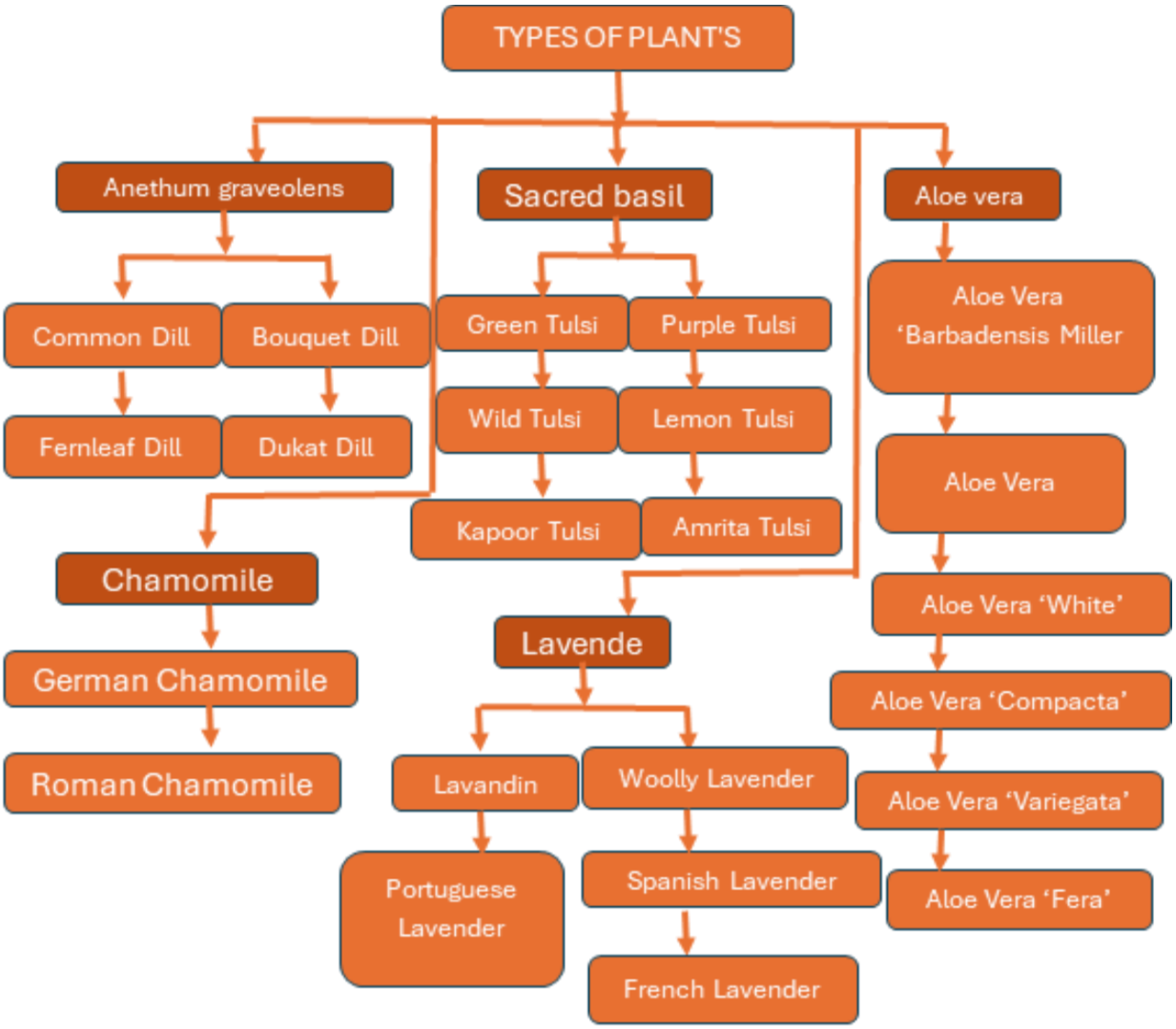
AWARENESS	MAINTENANCE	PHOTO
Curry plant This plant thrives warm and sunny spots. It doesn't do well with frost. It grows best in soil that drains well and is a bit acidic to neutral. It needs full sunlight to really thrive. You can use it as a small hedge or plant it in pots, making it a flexible choice.	Curry plant is low maintenance. Regular watering, but avoid overwatering. Light pruning to maintain shape and remove dead growth. Watch for occasional pests like aphids, but they are generally pest-resistant.	
Anethum graveolens Dill, or Anethum graveolens, grows best in cooler areas. It likes well-drained sandy or loamy soil. This plant needs full sun to grow strong. Dill can get pretty tall and spread out, so make sure it has enough space to thrive.	Dill is low maintenance. Regular watering, but allow the soil to dry between waterings. Remove spent flowers and leaves to encourage new growth. Watch for aphids and treat them naturally if needed.	
Chamomile Chamomile grows best in mild, cooler places. It likes soil that drains well, such as sandy or loamy types. Make sure it gets plenty of sun but can also handle some shade. Since it can spread out, give it enough space for it to grow comfortably.	Chamomile is low maintenance. Regular watering, but not too much (it prefers slightly dry soil). Remove dead flowers and stems to encourage new growth. Generally, pest-resistant, occasional aphids may appear.	

Lamb's ears Lamb's ears thrive sunny and dry spots. They don't need much water, so they're great for dry days. These plants do best in sandy or loamy soil that drains well require full sun for optimal growth. Since they can spread a lot, it's important to give them enough space to fill the area.	Lamb's ears are low maintenance. They are once established, they are drought-tolerant and need minimal watering. Trim back spent flowers and any dead or damaged leaves. Generally, pest-resistant, but watch for slugs or aphids occasionally.	
Lavender Prefers full sun and well-drained soil. Can be sensitive to overly wet conditions and frost.	Low-maintenance. Needs occasional pruning and minimal watering once esta .	
Buddleia *Buddleia* attracts butterflies. Can be invasive in some areas. Choose the right variety for your garden.	Prune in spring (cut back 12-18 inches). Water during dry spells. Fertilize lightly in spring. Deadhead flowers to keep it blooming. Watch for pests like aphids. blished.	

Mock orange Needs full sun and well-drained soil. May be susceptible to pests such as aphids.	Low-maintenance. Requires occasional pruning and watering, especially in dry periods.	
Purple coneflower Needs full sun and well-drained soil. Can self-seed, which may lead to spreading.	Low-maintenance. Needs occasional deadheading and minimal watering once established.	
Alliums Prefers full sun and well-drained soil. Bulbs need to be planted in fall for spring bloom.	Low-maintenance. Requires little care once planted, occasional watering, and removing spent flowers.	

Sacred basil Prefers full sun and well-drained soil. Sensitive to frost and requires warm temperatures.	Low-maintenance. Needs regular watering, occasional pruning, and protection from frost.	
Aloe vera Prefers full sun and well-drained soil. Sensitive to frost and overwatering.	Low-maintenance. Needs occasional watering, especially in dry periods, and minimal care once established.	
Lemon balm Prefers full sun to partial shade and well-drained soil. Can spread quickly and may need control.	Low-maintenance. Requires occasional pruning to prevent spreading and minimal watering once established.	

Turmeric need warm weather, indirect sunlight, and moist, well-drained soil. Very beneficial for health.	Low maintenance. Water regularly and keep them in a sunny spot. They grow slowly, taking about 8-10 months to mature.	



LIST OF BUILDING ACCORDING TO THE "UDPCE" WHICH IS OPEN AND LANDSCAPE:

1) RESIDENTIAL BUILDING:	**OPEN AND LANDSCAPE:**
• Single-family homes – "Low-rise" • Multi-family structures – "Apartments, flats, or housing complexes". • Row houses / Townhouses Group housing projects - "Planned communities or residential clusters".	• Private gardens and lawns • Shared parks or playgrounds • Paths for walking and benches
2) COMMERCIAL BUILDINGS:	**OPEN AND LANDSCAPE:**
• Retail shops, malls, and shopping centers. • Office buildings – business centers, corporate offices. • Hotels and service apartments. • Mixed-use buildings – Residential, commercial, and recreational combined.	• Public plazas and pedestrian spaces • Parks and landscaped areas • Parking lots with greenery for shade
3) INSTITUTIONAL BUILDING:	**OPEN AND LANDSCAPE:**
• Schools, colleges, and universities. • Hospitals and healthcare facilities. • Government buildings – civic centers, administrative offices. • Religious buildings – temples, churches, mosques, etc.	• Large open spaces, such as courtyards, playgrounds, or green gardens. • Pedestrian-friendly pathways and outdoor seating areas. • Therapeutic landscapes for hospitals and healthcare institutions. • Tree plantation and shrubbery to improve air quality and aesthetics.
4) INDUSTRIAL BUILDING:	**OPEN AND LANDSCAPE:**
• Light industrial buildings – warehouses, distribution centers, etc. • Heavy industrial buildings – factories, processing plants, etc.	• Green buffers around the industrial site to separate from residential or commercial areas. • Landscaping for visual appeal and air quality improvement, such as tree planting along the site boundary. • Stormwater management systems, like rain gardens, ponds, or permeable surfaces. • Buffer zones to reduce noise and pollution impacts on surrounding areas.
5) PUBLIC AND SEMI-PUBLIC BUILDINGS:	**OPEN AND LANDSCAPE:**
• Community centers and cultural centers. • Sports complexes – stadium, arenas, gyms. • Libraries and museums. • Civic centers – town halls, public service buildings.	• Public open spaces, such as parks, plazas, or recreational areas. • Pedestrian pathways, benches, and shaded seating for public comfort. • Green infrastructure, such as rainwater harvesting, tree planting, and sustainable landscaping. • Public gardens and spaces designed for social interaction and outdoor events.
6) MIXED – USE BUILDINGE:	**OPEN AND LANDSCAPE:**
• Live-work space – combined residential and	• Green spaces, such as community gardens,

commercial spaces. • Mixed-use developments – combining commercial, residential, and recreational area.	rooftop gardens, and public courtyards. • Pedestrian pathways that connect different functions. • Public plazas or green areas for relaxation and social gatherings. • Sustainable landscape features such as vertical gardens and green roofs.

IN HIGH RAISED BUILDINGS OXYGEN LEVEL AND ROOFTOP LANDSCAPE FACES PROBLEMS:

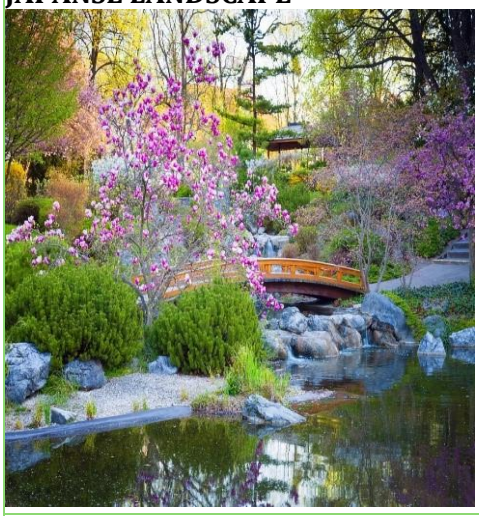
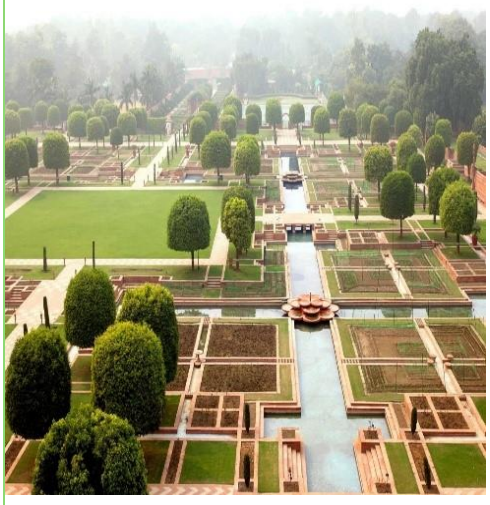
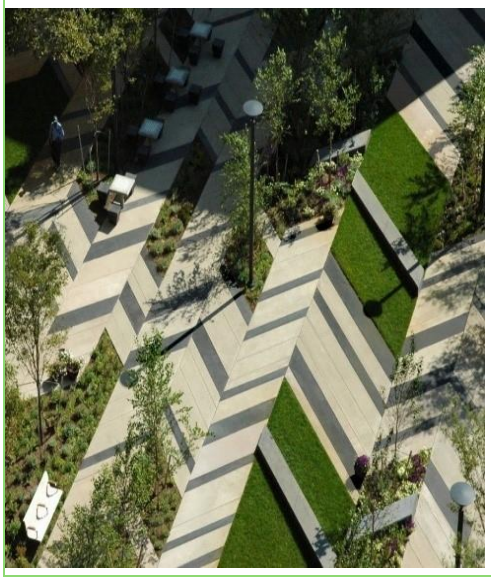
- Wind Exposure
- Temperature Extremes
- Soil Erosion and Drainage
- Structural Load
- Access for Maintenance
- Pest and Disease Management
- Limited Space
- Water Supply
- Noise and Pollution

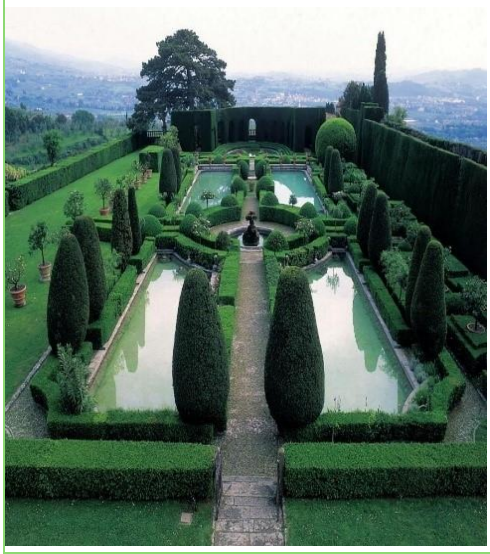
ROOFTOP OXYGEN LEVEL IN HIGH RISED BUILDINGS:

In earth atmosphere the oxygen concentration is typically around 21% at sea level. oxygen concentration is consistent up to certain altitudes, typically around 3000 meters above sea level, where the air becomes thinner.
Most buildings are under 500 meters the oxygen level will remain around 21% on the top floors as well as at ground level.

TYPES OF LANDSCAPE DESIGNS:

TYPES OF GARDENS	FOCUS	CLIMATE	SENSORY EFFECT	POSITIVE EFFECT
CHINESE LANDSCAPE 	Chinese philosophy, integrates elements of Feng Shui and Taoism to promote balance, harmony, and respect the natural forces.	monsoon Climate, which produced lush, green areas with mountains, rivers and forests.	**Sight:** Visual aesthetics are essential for landscape, plants, rocks, and water features creates a balanced and calming environment. **Touch**: smooth texture like trees and stones. **Sound**: sound of water flowing through streams or ponds birdsong, creates a peaceful atmosphere. **Smell**: Fragrant flowers like jasmine, lotus, and pine trees	Encourage relaxation, mental clarity, stress reduction.

JAPANSE LANDSCAPE 	Zen gardens are specially minimalist and focus on simplicity, balance, and peace.	temperate climate Japanese landscape architecture, supporting a variety of plants and seasonal changes in the design.	**Sight:** Zen gardens create a soothing environment, and provide quite spaces **Touch**: smooth texture like trees and stones. **Sound:** Pleasant sounds, such as water bubbling in a small fountain or bamboo chimes **Smell:** Nice aromas from bamboo or pine trees which provide pleasant fragrance and peaceful environment.	promote mindfulness and meditation, its reducing stress.
INDIAN LANDSCPE 	Traditional gardens that use water features, trees, and plants to enhance cultural heritage.	Indian landscape architecture thrives in a tropical and subtropical climate, with hot summers, monsoon rains, and mild winters, supporting lush greenery and water features.	**Sight:** The symmetrical design and vibrant flower beds, combined with reflecting pools, create visual harmony and balance. **Touch:** smooth stones, cool water from fountains, and soft grass underfoot. **Sound:** soothing sounds of flowing water, combined with the rustling of trees and birdsong. **Smell:** Fragrant flowers like roses, jasmine, and lotus enhance the sensory experience.	promote relaxation, tranquility, reduce stress and foster a sense of peace.
UNITED STATES LANDSCPE 	formal elements, neat symmetry, and the use of hedges and simple, elegant plantings.	temperate and continental climates are supporting diverse plants and outdoor spaces with distinct seasons.	**Sight:** Well-arranged plants like flowering plants which can symmetrical layouts offer visual order and calmness. **Touch:** soft grasses and flower petals create a more delicate texture. **Sound:** gentle water sounds. **Smell:** Fragrant flowers, such as roses and lavender, provide soothing scents.	relaxation, tranquility, and contemplation, reduce stress and foster a sense of peace.

FORMAL GARDEN 	It is all about neatness and symmetry.	temperate climate, with mild seasons, which supports neat, symmetrical designs and well-maintained plants.	**Sight:** with their clean lines and orderly design, fosters a sense of calm and balance. **Sound:** Water features like fountains or small streams provide soothing, gentle sounds. **Touch:** The smooth surfaces of well-maintained pathways, stone benches, and manicured lawns. **Smell:** Fragrant flowers such as roses, lavender, and jasmine create a soothing and uplifting environment.	Mental clarity, relaxation, reduced stress, enhanced mood, sense of order, and emotional calm.
COTTAGE GARDENS 	These gardens are informal and blend beauty with utility, with a variety of plants such as flowers, herbs, and vegetables.	temperate climate with moderate rainfall and mild seasons, supporting a variety of flowers, herbs, and informal, lush designs.	**Sight:** the visual appeal of cottage gardens lies in their rich, colorful plantings. **Sound:** The sounds of buzzing bees, chirping birds, and rustling plants offer a lively auditory experience. **Touch:** The soft leaves of herbs like mint and thyme, combined with the smooth petals of flowers. **Smell:** feature aromatic plants such as lavender, mint, and rosemary, enhancing the olfactory experience.	Stress relief, relaxation, mood elevation, increased creativity, emotional well-being, connection to nature.

CONCLUSION:

Landscape architecture is not just about designing beautiful open spaces; it plays a crucial role in enhancing the environment. Nowadays urban areas are growing faster, and most of the people live in cities, and because of that, the need for landscape architecture is increasing. In landscape architecture, thoughtful and careful planning encourages people to engage in physical activity, reduce stress, improve air quality, and foster social connections. an creating well planned green spaces, including parks, gardens and therapeutic landscape is beneficial in facilitating the overall health of people and communities. In landscaping, also using sustainable practices such as choosing the right plants and including water features can also help enhance environmental health and provide restorative benefits.

Incorporating natural elements into built spaces is not only a matter of beauty; instead, it is essential for establishing healthier, more enjoyable living spaces. As urbanization growth escalates, it is crucial to focus on landscape design that focuses on residents' well-being and providing access to nature for everyone. By embracing these ideas, landscape architecture can develop well-designed spaces that not only beautify but also foster long-term physical, mental, and emotional well-being.

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