

# **INTOXICATION OF BODY THROUGH YOGA AND PLANTS.**

( A PAPER ON EFFECTS OF INTERIOR PLANTS IN YOGA CENTER AND THE USER)

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## **ABSTRACT:**

*As the technology is increasing day by day the man is becoming isolated from nature. The culture of INDIA has always been supportive for plants, in day to day life, whether it is worshipping tulsi. Urbanization is increasing, and hence the greener areas are decreasing which has alienated the people from nature.*

*Researchers have demonstrated the benefits of interior plants. Plants make a major contribution to the health and well being of people, it reduces energy costs and increases productivity and profitability, as well as they, reduces VOC'S(volatile organic compounds) from our environment. They reduce SBS (Sick Building Syndrome) are reduced when plants are present. If we see the history from the paintings formed in the cave to tulsi in INDIA evidence can be seen that buildings are better with plants in exterior as well as interiors.*

*As stated by Webster's New Universal Unabridged Dictionary - the landscape is a picture representing a section of natural, inland scenery, as of prairie, woodland, mountains....an expanse of natural scenery seen by the eye in one view.*

*Now coming to Interior Landscape it is the practice in which we design/grow, arrange and care in an enclosed environment. The outdoor landscape has a similarity as spaces are there with ornament, color, sculpture, focal points and overall pleasant environments.*

**KEYWORDS:** Plant, interior landscaping, design, leaves, environment.

## **INTOXICATION OF BODY THROUGH YOGA AND PLANTS**

Yoga, as known by all, is the most relevant exercise for the person trying to get fit free from illness and injuries, can be performed by all from a kid to an old person for getting into shape and building their balance. Now, enhancing this is done by benefits of plants in yoga environment.

If we look at the history evidence have been found in the caves of early man that they planted indoor plants. Indoor plants have been in tradition ever since the early Greeks and Romans. As we grew developing we lost our contact with nature, hence houseplants should be a major trend, the benefits provided by them are innumerable and hence it should become compulsory in our homes, offices,(in our decors) because good health and happy minds are never out of trend.

Looking at the benefits of interior plants:

S.no	BENEFITS
1.	Helping humans in breathing pure air.
2.	Removing illness, and introducing happy minds.
3.	Helps in healing mentally as well as physically.
4.	Cleaning the air
5.	Helping in approaching the nature-increasing sustainability.
6.	Purifying the air.

**Table 1. Benefits of Interior plants**

**1. Helping humans in breathing pure Air:** When we inhale air, a process takes place in which inhaling of oxygen, and releasing of carbon dioxide happens, plants do the opposite during the process of photosynthesis, which leads to the cooperation of plants and humans. Plants increase the oxygen level in our bodies. Now, talking about the night there are plants which absorb oxygen and release carbon dioxide at night, whereas if we look at ORCHIDS, they take carbon dioxide and release oxygen.

**2. Removing illness and introducing happy minds:** You must have heard that walking on the grass in the morning with barefoot is very useful for the eyes, in outdoors the plants perform transpiration, which is said to account 10% of the moisture in the atmosphere. Transpiration can be used to increase the humidity, which may be helpful in the dry months, leading to decrease in dry skin, cold, sore throats and dry coughs, as well as if we study the flu viruses it is said that high humidity is an enemy for survival and transmission of the flu viruses.

**3. Helps in healing, mentally as well as physically:** When we visit a patient in a hospital we give them flowers, so that he/she gets well soon, one study recommends flowers as inexpensive, and complementary medicine for surgical patients, The study at KANSAS STATE UNIVERSITY that viewing plants during recovery from surgery led to significant improvement in their mental fitness. Research also shows that plants lower ratings of pain, anxiety, and fatigue as compared to patients without plants in their rooms. Somewhere in abroad, horticulture therapy is provided in which the patients take care of the plants.

**4. Cleaning the Air:** We spend most of our times inside our built environment, hence NASA studied about the air quality which makes sense. According to NASA, the new concept of improvement in air quality is played both by leaves and roots, which remove toxic vapors from inside the buildings. Talking about the relationship between the plants and humans, plants provide us food and they improve our indoor air quality, take the carbon dioxide from the air and produce oxygen that humans use to breathe, and all this is done by the leaves alone. Some common examples are Peace lily, English Ivy, gerbera daisy, bamboo daisy, bamboo palm, spider plant.

**5. Helping in approaching the nature- increasing sustainability:** Urban areas have little vegetation and can experience a temperature of up to severe degree higher than those with tree covers. Trees have demonstrated costs and counteract, the "heat island". Properly planted indoor trees can cut heating and cooling costs by as much as 12% percent and reduce power demands.

**6. Purifying the Air:** Researchers have proven that studying or working in presence of plants, perform better. Being around plants improves concentration, memory, and productivity, 20% of memory retention is increased by plants as stated by University of Michigan study. Keeping ornamental plants in the home and in the workplace increases memory retention and concentration. Accuracy is also influenced getting higher than the environment.

### **Why do we need the touch of nature?**

The more high-tech our lives are becoming, the more nature we need

to achieve natural balance:

- The mind/body/nature connection, also called vitamin N (for nature), will enhance physical and mental health.
- Utilizing both technology and nature experience will increase our intelligence, creative thinking, and productivity, giving birth to the hybrid mind.
- Human/nature social capital will enrich and redefine community to include all living things.
- In the new purposeful place, natural history will be as important as human history to regional and personal identity.
- Through "INTERIOR LANDSCAPING" design, our homes, workplaces, neighborhoods, and towns will not only conserve watts but also produce human energy.
- In relationship with nature, an expanded ecological consciousness in the high-performance human will conserve and create natural habitat — and new economic potential — where we live, learn, work, and play.

### **PLANTING TECHNIQUES :**

Interior gardens are made keeping in mind the following things

- The amount of light intensity it hinders.
- How much care and time can be allotted for its care and maintenance.
- Amount of space available for proper placement as related to design elements.

Interior landscaping can be done in the following ways keeping in mind the above points:

A house trees should be of the size 5' to 8' tall which can be considered as an architectural sculpture. Special attention should be given to color and textures of leaves, stems or trunks structure. At partitions plants ranging from 4' to 8' may be placed with an overall spread of 18" to 26" depending upon the available space and overall effect expected. In areas like lounges, cafes, reception areas, elevators lobbies outstanding specimen trees can be used for creating such effects. Hotels and bank lobbies can be decorated with waterfalls, fountains, and streams. Enclosed shopping malls can be made attractive by the use of skylights and add tropical plants and trees, which can create an environment of year-round seasonal parks.

### **QUALITY CONTROL AND PLANT CARE :**

- **Technical approach:** Regular live plant service should be performed for interior landscaping by professional technicians that take care of your as well as plants needs.

- **Proper designing:** Design should be in such a way that plants could fill voids, terminate or create views, create spaces. The architect should also consider plants scale, color, and texture before using it in design.
- **Watering:** Plants should be checked regularly to ensure water and moisture level. Humidity, temperature, light, heating and air systems influence amount of water needed by plants.
- **Fertilizing:** Plants should be fertilized on a regular schedule at low levels, just to keep plant healthy and green.
- **Pruning and trimming:** Occasional pruning and trimming are required since plants shed leaves and grow new one.
- **Disease control:** Horticulture technician should diagnose this on their regular visits and take proper action.
- **Cleaning:** Dusting should be done regularly so that plants stay healthy.
- **Plant replacement:** Unacceptable plants should be removed and should be replaced with new ones since our goal is to maintain uniformity and aesthetic appearance.

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**Experimentation/ Findings:**

**Different types of plants and their requirements.**

<b>Botanical Name, Common Name</b>	<b>LIGHT</b>	<b>TEMP.</b>	<b>MOISTUR E</b>	<b>SIZE(Ht.)</b>	<b>WEIGHT</b>	<b>CHARACTER</b>
<b>1.Chamaedora erumpens, Bamboo plant</b>	Medium (75- 100fc)	Warm (62-85 F)	Moist	Upto 15 ft	9.25 kg max	Medium leaf
<b>2.Chamaedora Serifizii, Reed palm</b>	Medium (75- 100fc)	Warm (62-85 F)	Moist	Upto 15 ft	-	Thin leaf
<b>3. Chrysalidocarpus futescens Areca palm</b>	High (200 fc)	Warm (62-85 F)	Wet	Upto 25 ft	1 kg	Fine leaf
<b>4.Dracaena deremensis Janet craig</b>	Medium (75- 100fc)	Warm (62-85 F)	Wet	Upto 5 ft	9.85 kg max	Medium leaf
<b>5. Dracaena dermensis warneckii Warneckii</b>	Medium (75- 100fc)	Warm (62-85 F)	Wet	Upto 5 ft	8.50 max	Medium leaf
<b>6. Dracaena fragrans Corn plant</b>	Medium (75- 100fc)	Warm (62-85 F)	Wet	Upto 20 ft	8 kg max	Medium leaf
<b>7. Phoenix roebelenii Dwarf date palm</b>	High (200 fc)	Warm (62-85 F)	Wet	Upto 12 ft	6.7 kg max	Thin leaf
<b>8. Spathiphyllum Peace lily</b>	Medium (75- 100fc)	Warm (62-85 F)	Wet	Upto 5 ft	3.5 kg max	Broad leaf
<b>9. Aglaonema Chinese evergreen</b>	Low (50 fc)	Warm (62-85 F)	Moist	Upto 2 ft	9 kg max	Broad leaf
<b>10. Nephrolepis exaltata Boston fern</b>	High (200 fc)	Medium (50-70 F)	Moist	Upto 2 ft	2.5 kg	Small
<b>11. Sansevieria trifasciata Snake Plant</b>	All intensit y(50- 500	Warm (62-85 F)	Moist, dry	Upto 1.2 ft	2 kg	Medium leaf
<b>12. Ficus pernila Creeping fig</b>	Medium (75- 100fc)	Warm (62-85 F)	Moist	Upto 2 ft	4 kg	Small leaf
<b>13. Hedera helix</b>	High (500 fc)	Warm (62-85 F)	Moist	Upto 1 ft	0.6 kg	Small leaf

14. <i>Rhapis excelsa</i> Lady palm	Medium (75-100fc)	Cool (40-45 F)	Moist	Upto 13 ft	17.6 kg	Broad leaf
15. <i>Ficus elastica</i> Rubber plant	Low (50 fc)	Medium (30 F)	Moist	Upto 8 ft	1.9 kg	others
16. <i>Epipremnum aureum</i> Money plant	Low (50 fc)	Cool (28 F)	Moist	Upto 7 ft	15kg max	Heart shaped
17. <i>Gerbera jamesonii</i> Gerbera daisy	All intensit y(50-500	Medium (20-100)	Moist	Upto 3 ft	-	Broad leaf
18. <i>Chrysanthemum morifolium</i> Pot mum	Medium (75-100fc)	Medium (20-100)	Moist (3 times a week)	Upto 1 ft	-	Small leaf

**Table 2. Different types of plants and their requirements.**

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