

Revivification of Locale

Chinmayi Saxena

Assistant Professor, Brindavan college of Architecture, Bangalore, Karnataka, India

Abstract: *During this period of unexpected occurrence of Covid-19, humans now are spending around 80% of their time at home, confining themselves to gadgets. Technology has affected human life both positively and negatively. But being overly connected can cause psychological issues such as distraction, narcissism, and even depression. Mental and physical health is pivotal. Striking the balance is cardinal. This equilibrium can be achieved by connecting with nature. In such times, the span between people and nature shouldn't surge. The only way to evade this situation is to draw nature towards us, in the form of houseplants or a small garden. Unambiguously quoting, nature is important to us because we are a part of nature. Are plants paramount to our home habitat? Are houseplants favorable to us? Do plants possess healing power? Is your home undone without plants? The paper focuses on elucidating the above-mentioned concern through readings and occurrences. Being a new-fangled plant enthusiast, the paper highlights uncovering factual features of home plants. The Lucky Bamboo plant, the Spider plant, the Peace lily, the Snake plant are the four types of indoor plants that are canvassed in the paper.*

Keywords: Human life, houseplants, Lucky bamboo plant, Spider plant, Peace lily plant, Snake plant

1. Introduction

Technology, with the aid of science, has made work less challenging. Everyday life has become facile. Technology has made a recognizable difference in society. Technology has been requisite in people's day to day lives and to exist without them would be unimaginable. Technology has become so ingrained in our lives that it's hefty for us to recall what the world was like prior. Tech devices are compelling and the world is crammed with technology. But "Excess of anything is bad" an old proverb that is true to life. Experts have perceived that apart from making our lives favorable, there is a negative side as well. Originally fabricated to serve humanity, digital devices have commenced disclosing harmful repercussions on lives. Technology is also modifying our bond with nature.

What initiative can be undertaken by us to surpass the circumstances? Reharmonizing a relationship with nature is the key. Balancing is the solution. Nature can succor in such times. People's lives can be as submerged in nature as they are in technology. By staying close to nature, we do our brains and bodies a favor. Devoting more time to nature (also known as ecotherapy), significantly improves the overall quality of life. Due to the unforeseen advent of Covid-19, staying at home is imperative. All one can do is to pull nature towards oneself in form of houseplants. Bringing houseplants or having some greenery at locale associates us directly with Mother Nature.

The crux about the indoor air- Typically whenever the term "Air pollution" is used, one anticipates it to be for outdoor air but the air in the house or office could also be polluted. Indoor air pollution is a risk factor, as the majority of the time is now being spent indoors. Indoor air pollution is an abasement of indoor air quality by harmful chemicals, which is adverse than outdoor air pollution. Indoor air pollution is the outcome of toxic emissions from synthetic building materials. Toxin emissions for eg. benzene, formaldehyde, trichloroethylene, xylene, toluene, etc. alter indoor air quality. These compounds rest in every home. Numerous wall paints, vinyl laminates, and plastics disintegrate over time and release harmful compounds into

the air. The sources of Formaldehyde, Trichloroethylene, Benzene, ammonia, xylene in environment comprise of - furniture and wooden products containing formaldehyde-based resins such as particleboard, plywood and; insulating materials paints, wallpapers, glues, adhesives, varnishes, and lacquers; household cleaning products such as detergents, disinfectants, softeners, carpet cleaners, and shoe products; cosmetics such as liquid soaps, shampoos, nail varnishes, and nail hardeners; electronic equipment, including computers.

As per a study, scientists scrutinized 25 different products which included lotions, soaps, deodorants, hand sanitizers, shampoos, and initiated these products generate a variety of potentially harmful chemical byproducts. Each product contributed to 17 different VOC's (Volatile Organic Compounds), which are injurious to health.

The Sick Building Syndrome (SBS) another major issue in these times. It is a condition in which inhabitants of a building encounter health or comfort-related effects and this appears to be connected directly to the time spent in the building. In such scenes, no specific illness or reason can be spotted. Indoor air quality especially VOC (Volatile Organic Compounds) assuredly can be held responsible for SBS. Headaches, dizziness, nausea, eye or nose infection, dry or itching skin, allergies are some traits of SBS. Favorable news here is that the indoor air quality can be brushed up with "Plants".

Plants: Our Saviour and Confidante- Plants are the knight in shining armor. Plants play an important character in providing active and passive solutions for every drawback. Plants act as buffers between us and harmful toxins. A research study revealed that hospital patients, who had plants in their vicinity, are hospitalized 8 per cent less than their counterparts. For a better environment, better lives and better future plants are optimum. Including few little green friends to life and home brings ecstasy. The color green has been linked with stimulating the production of oxytocin. It's the natural feel-good hormone. The alike feeling experienced when with friends. Plants can be a bosom buddy.

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Figure 1: Plants- Boon to mankind

The therapeutic power of plants- Indoor plants are not only aesthetically pleasing but they also make us feel great. Primarily, plants provide fresh oxygen to breathe. And oxygen is indispensable. The existence of plants has therapeutic effects and on a witty note cheaper than a therapist. Studies have revealed that the presence of plants reduces stress and anxiety. Plants immaculate air by absorbing toxins, breaking them down into by products, and storing them in the soil to use later for food. This procedure increases humidity and produces oxygen henceforth increasing productivity, concentration, and creativity. The eminence of a healthy living environment is so crucial, even NASA (National Aeronautics and Space Administration) in association with the Associated Landscape Contractors of America (ALCA) conducted research ways to clean the air in space stations through plants.

Hereby, now canvassing four types of indoor plants, uncovering its factual characteristics through experiences and readings. New-fangled plant enthusiasts can commence with these indoor plants.

The Lucky Bamboo Plant -Bamboo plant (Scientific name: Bambusoideae) is a versatile add on to any home decor. Remodelling the customary arrangement of the plant, the red ribbon which was tied around the bamboo has been removed. The plant is growing in a low heightened dish. (12cm*14cm*6cm), which was initially a box of cashew nuts. It's gratifying to reuse the materials. The box gives enough space all around roots, for them to breathe and spread out. Bamboo plants detest direct sunlight. It does great in bright light. Twice in week water must be changed. It thrives in water. This one sits near the window on the east in the living room. One of the houseplants easiest to grow. Hence, Lucky bamboo is an indoor plant that is alluring, popular, and easy to care for. It's also considered to be an auspicious plant that brings good luck according to the theory of feng shui According to a study by NASA, lucky bamboo is one of the houseplants that are good for purifying the air. Besides converting carbon dioxide, they also remove benzene and formaldehyde.



Figure 2: The Lucky Bamboo plant

The Spider plant- The vintage favorite in the houseplant world (Scientific name: Chlorophytum comosum) rests in the living room. (No living room is complete without a plant). Area taken by the plant shown in the picture is 45cm* 45cm. It is named so because of its spider-like leaves that droop down from the plant like spiders on a web. The plant prefers bright light, ranging from semi-shady to partial direct sun. Water them well but do not allow the plants to become too soggy, which can lead to root rot. Three times a week is perfectly fine for my spider plant. But every plant is different, so always feel the soil with your fingers and only when it is dry water it again. Make sure to allow the excess water to drain out.

This elegant beauty has numerous benefits. The Spider Plant produces oxygen, purifying the air by absorbing carbon monoxide, formaldehyde, and xylene. Spider Plants can assist in fostering happy vibes, increasing productivity, decreasing stress, and enriching overall well-being. Ultimate for newbies to indoor plants, as it is super easy to maintain. For newbies to indoor plants, as it is super easy to maintain.



Figure 3: The Spider plant

The Peace Lily- Stylish dark green leaves with radiant blossom "The peace lily" is bound to steal the heart. The plant (Scientific name: *Spathiphyllum*) is a vibrant and graceful perennial that adds soul to any place. The plant is also known as bringers of peace. Peace lilies are not true lilies at all. Favor this plant for its gorgeous blossom that grows on top of slender, straight stems. This is also one of the best low light plants. It can thrive in rooms with no windows and low light conditions. It sags when it needs water. It can be watered thrice a week or when one notices dry soil. The area required for the plant to sit is 50cm* 50cm. This peace lily sits at the entrance of abode seizing all the attention. It can be placed close to the door or window but not directly under a window. North or west windows are best as they do not allow direct sunlight all day. It can be placed as per convenience.



Figure 4: Peace Lily plant

Peace Lily is one such plant–It can absorb benzene, formaldehyde, toluene, xylene, and carbon monoxide effectively, which was even proved in the famous NASA experiment. Peace lilies absorb the harmful acetone vapours and keep their presence in the surrounding air in control. Peace lily can also reduce the mold spores from the surrounding air by absorbing them.

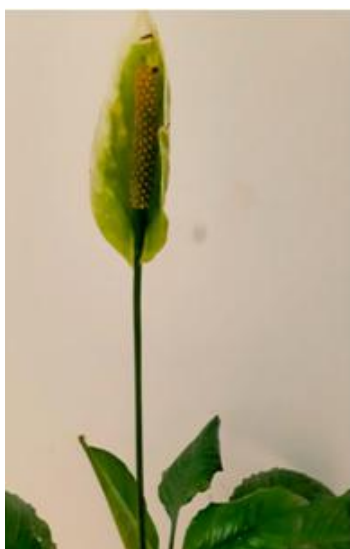


Figure 5: Peace Lily plant

The Snake Plant- Classic yet versatile houseplant with a sword-like foliage design. Snake plant's (scientific name: *Dracaena trifasciata*), also called mother in law's tongue in common language, architectural nature makes it a natural choice for modern and contemporary interior design. The plant shown in the picture is occupying 30cm* 30cm space. There are around 70 different species of this plant. If one thinks that the only type of plant, you can keep alive is made of plastic, ponder again. The snake plant is very tolerant, nearly indestructible. It can survive in full sun to low light conditions. Thrives best in indirect sunlight.



Figure 6: The Snake Plant

The snake plant has numerous benefits. It purifies air by absorbing toxins through its leaves. Snake plants can be the best bedroom plant as when most plants release carbon dioxide at night, this plant continues to produce oxygen. Apart from emitting oxygen, it filters other toxins such as benzene, xylene, and formaldehyde.



Figure 7: Snake plant

2. Conclusion

Significance of plants in lives must not be underrated. Houseplants can do much more than just brightening up spaces. Apart from adding color and life to the place, they also alter the physical aspects of the environment. While systemizing houses, houseplants should hold the same importance as furniture. In a study it was found when residents potted plants and learned how to take care of them, their quality of life improved. According to horticulture experts - "The air purification characteristic of plants depends on the size of the plant, size of indoor space. Generally, 6 to 8 medium to large plants in a large room is enough to make difference in air quality." - Gary L. Altman, CRC, HTR (associate director of Horticultural therapy programs at Rutgers.

None of the studies have established shreds of evidence of negative outcomes of indoor plants. Next time if someone complains about having to water plants, anticipate about all plants are giving mankind in return.

Author Profile



Chinmayi Saxena is Architect, who is into academics since 6 years. Currently, she is working as an Assistant professor in Bangalore. Her area of interest include- Architectural design, Landscape design, Vasatu design etc.