



Horticultural Therapy in Pakistan

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Horticulture is “art or practice of garden cultivation and management”. It is an area of plants agriculture for food, comfort and beauty. It is communally important because it recover how we use plants, for food and other human intentions, as well as repairing the environment and special aesthetics.

Its types are study of cultivation of fruits is pomology, study of cultivation of vegetables is olericulture, and floriculture is cultivation of flowers (cut and potted) and foliage ornamental plants also included in it.

Landscape horticulture is the arrangement of plants in well maintained and appropriate manner to They choose plants for their aesthetic appeal and practically and arrange them in ways that are pleasing and conform to the needs of their clients.

Landscape design is an independent profession for the development and decorative planting of outdoor environment. It includes some elements for the development and maintenance are some points balance, harmony, emphasis, focal points, color and climate. Landscape design is also related to architecture and software for designing on the commercial level.

Horticultural Therapy is another most important field of horticulture is directly related to landscape design because it consists of plants (green areas, flowers and trees) with the balance that can give people soothness and freshness when they view green area. Horticultural therapy is very advanced in other countries of world and some universities are teaching the courses. Now there is a need of HT in Pakistan for the betterment, health and wellness of human being. People in Pakistan are not well aware of this field. HT can improve the health of people of all kind of chronic diseases includes stress, depression, cardiac patients, early healing of cancer patients after surgery, psycho patients, Alzheimer or dementia, diabetic patients, disable people and old age people.

Horticultural Therapy plays a very vital role in the health and wellbeing of human beings. It can improve the health (cardiac, physical, emotional and psychological) patients. HT can engage people in different kind of activities gardening, hoeing, sowing seeds and watering plants. People from different age level children, adults (psycho patients), disable community and the old aged people. For children in the schools and also with their parents at home gardens (vegetable gardening) also little bit of landscaping and different kind of new ideas. All these activities make children more active, creative, keen thinkers and outdoor players.

In abroad, UK, China and other developed countries have special classes for the children at school level. Children in these countries are active, intelligent and very creative and idea developers. Parents spend time with their children in ordinary talks and in creative works as gardening and interior plantscape (practice of arranging, designing and caring of plants in indoor environment). It includes softscape in which use of flowers, trees, soil and color schemes include another is hardscape refers to use of rocks, stones, pergolas, and benches etc. arrangements include.

If we talk about old aged people activities and their aging levels, sadness, tiredness and emotions of being old and thoughts of not being able to do anything. HT gave much activities to engage with and just forget about the sadness about being aged. As when they sow a seed and on daily basis they see those plants growing and developing. They then cared the plant (watering, hoeing, cutting) like a child and feel happy when plant produce a beautiful flower.

For the cardiac patients in other countries, doctors prescribe walking in the gardens for inhaling fresh air from environment, chirps of birds in lawn, fragrant of flower, water stream voice gives a beautiful music and most importantly walking on the lawn barefooted can provide healing electron from earth is called as Earthing.

I just done my thesis work on Horticultural Therapy and now I want to promote it in Pakistan in urban areas. As our rural people likes plantation and spend much more time in greenery and suffer less in disease than that of urban people. Urban people have vast lands with the beautiful landscaping but have no time to spend in their lawns. Either in home lawns and in the offices.

Please give your point of views regarding Horticultural Therapy.

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