



## Designing Health Landscapes

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**Abstract:** *The use of the natural environment has varied over the centuries, reflecting the beliefs and values of each culture. Historically, people have always used nature as a powerful healing source and source of recovery. Natural open spaces and natural elements such as forests, parks, trees and flowers provide opportunities to improve public health and well-being. Proper design of health landscapes can meet the requirements for green environments in urban environments and create a comfortable environment for residents to relax, enjoy outdoor activities, and engage in various activities.*

**Keywords:** *urban environment, landscape design, small architectural forms, health landscapes.*

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### INTRODUCTION

Today, health landscape design is an increasingly developing area of landscape architecture. "A restorative garden is intended by its planners to evoke rhythms that energize the human body, inform the soul, and ultimately enhance the regenerative powers inherent in a weakened body or mind" [1]. These gardens offer the physically and psychologically unwell and city dwellers therapeutic, self-enhancing activities based on elements such as plants, land and nature.

For example; A classic case of "wrong" art took place in a US hospital [2], an art object installed in the hospital yard with an abstract depiction of birds was not liked by cancer patients in the wards in this area, who looked at this art object with fear and eventually the artifact was removed.

When designing a healing garden, landscape architects have two goals in mind. The first goal is the healing process, and the second is to design an environment that supports this process. Key design elements in wellness gardens help users spend time alone or socialize, walk more energetically without being relaxed, and enjoy the sunshine or the coolness of the shade. A wellness garden should be a place that changes people's moods and improves the sense of well-being of visitors. In these conditions, patients' direct contact with the physical and natural environment ensures improvement of their health. The following common management and design factors have been identified in health landscape solutions: 1) clearly defined perimeters; 2) characteristics of planned and programmed events; 3) modified measures to improve vegetation and horticultural techniques in the area; 4) abundance of plants and people - interaction with plants; 5) essentially good and human-supportive conditions in spatial environments; 6) multifunctional design for full access to the health-preferred properties of plants, elements and health landscape spaces[3].

The principles of designing a health garden for patients are given below

- If there is enough space in the area of the garden to be organized, the free spaces should be designed separately, so that there are small areas of different sizes and degrees of closure. Some

users come alone and look for a comfortable place to sit, while others may want a distraction from their problems and social connections[4].



Picture 1

- Internal and external spaces should complement each other. If patients have private rooms near the outdoors, outdoor spaces for social interaction and observation should be prioritized. An inside view of the garden area is essential for long-term care facilities to monitor patients and staff.
- Gardens should be designed and organized in a way that is attractive and comfortable, people should know that they exist, that they are easily accessible through entrances and paths, and that the outdoors in a health park can be used regardless of age or disability, and that they have a specific purpose. they should know that it facilitates their physical or mental activity.
- Special walkways should be wide enough for two wheelchairs to pass (at least 180 cm, Picture-2) and should be smooth and level for attendants to carry a patient in a bed or wheelchair from the walkway to the park.



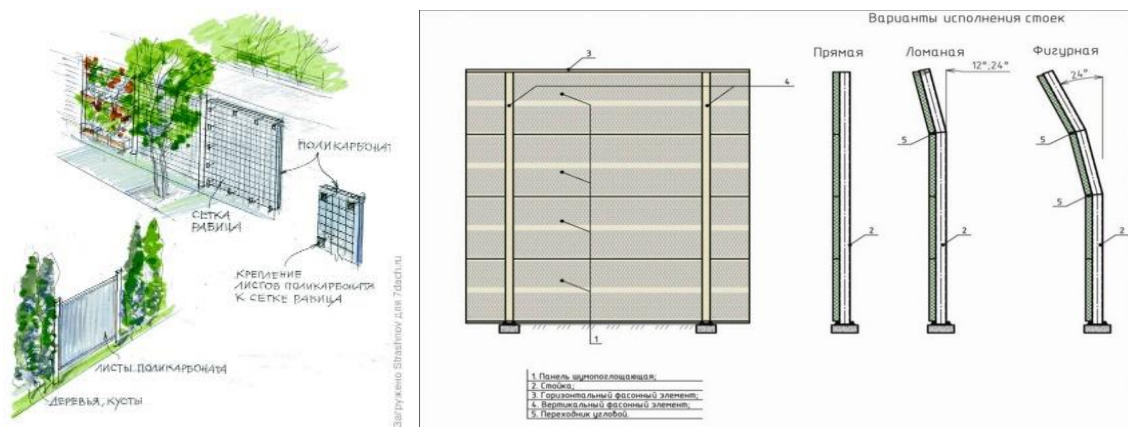
Picture-2

- Recliners for sitting Figure 3 are especially important for park users with physical disabilities. The sense of control in the garden can be changed by allowing users to engage in its design and make their own choices of different types of spaces and fields. For example, it is possible to move the chairs by choosing the level of sun and shade, as well as by specifying the size of the seats. In this case, the transformer equipment is very important.



Picture -3, seats for the disabled

- Since patients in hospitals are often sensitive to parameters such as temperature and sun and shade areas, gardens should be designed with ease. Space shadow in summer, sunlight in winter, changes in shadows and sunlight, privacy, wind and silence should be taken into account.
- In a stressful setting like a hospital, art, sculpture, and other human-made design elements must be unmistakably positive and uplifting in their meaning.
- Because patients often feel physically and psychologically vulnerable in hospitals, they need to feel safe.
- If the garden is of medical importance, it should be peaceful. It can create a screen that blocks sound waves in order to distract from external noises and provide attention. Figure 4. People who use the garden should feel calm, hear the chirping of birds, the sound of the wind or the fountain.



Picture -4, protective barriers

- Plant different and eye-catching lush, colorful plants to show off the look of the garden. For maximum health benefits in the garden, it should provide an abundant supply of plant material, some with seasonal variations; leaves or grass moving with the slightest breeze; subtleties of color, texture and leaf shape, especially weak people can move slowly downwards or people sit in one environment for a long time[5].





Picture - 5, green compositions

- Fragrant and brightly colored flowers and foliage provide an attractive experience for all garden users, including the visually impaired. The sense of smell is closely related to memories and emotions, so smells can trigger sudden memories and responses that can help those with memory loss. Enhancing the senses is especially important for patients with low vision and cognitive function, and this can be helped by plants with colorful, fragrant properties throughout the year.
- Quality care contributes to the improvement of the condition of plants, which provides maximum health benefits. Shrubs should be pruned to restore their natural shape, so that the area looks well-kept and sends the message that patients are well cared for. Appropriate plant selection is one of the most important elements of a healthy garden environment, with particular attention to cultural requirements and proper placement in the garden, as wilted and damaged plants have a negative psychological effect on those who observe them[6].
- A healing garden should provide observation of the sky and changing cloud formations; ponds that reflect the sky or trees and can attract wildlife, remind those with poor health that life goes on, elements that reflect the sight and sound of running water and, where possible, views of the horizon or landscape are recommended.
- Bird-attracting devices—such as fountains or birdbaths, bird feeders, nesting trees—stimulate emotions and help lift people's spirits. bird-attracting plant species are gentle reminders of the value of life.
- Providing the child with opportunities to experience nature. Rocks, mud, bushes and tree branches provide habitat for wildlife (lizards, earthworms, leaves, spiders, insects, beetles, bees, frogs, butterflies, birds). Plants should be selected appropriately to reflect seasonal diversity and wildlife such as leaf color and flowers, fruits and nuts.

## Summary

We tend to take our health for granted, to the point of making it worse. Poor mental or physical health as a result of illness, injury or a congenital condition can make it difficult to use education, work and the community in which we live. In our discussions with disabled people, we talk a little about disability in physical terms, but we are very concerned about environmental barriers and them. Healthy gardens, by nature, enable the environment. Health landscape design is more specific and related to a specific aspect of the disease or healing process. A health landscape is designed to produce specific effects and measurable outcomes on a disease or health problem for a specific patient or group of patients. It can be considered similar to a medicine taken for a particular disease or ailment. Today, health garden design and use is growing rapidly. In particular, it is necessary to accelerate these studies in developing countries. In the last decade, urban landscape research in Turkey has shown rapid growth in terms of quality and quantity. Therefore, people's well-being is

significantly improved from physical and psychological aspects. However, there remains a need for more specific areas such as health landscapes. The health practice of the garden should be increased in public areas.

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