



EXAMINE HEALING ARCHITECTURE TOWARDS HEALTH CENTRES

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Abstract: As technology advances, hospitals are increasingly moving away from holistic medicine that goes beyond addressing physical ailments. One of the most prevalent and detrimental variables that hinders patient recovery is the environment.

According to many researches, when people feel happier and more comfortable, their body reacts positively, which will promote healing by strengthening the immune system, it starts with the environment that the patient is exposed to.

In an effort to explore the ability of the environment to enhance healing, design considerations have been proposed. Gardens encourage patients to feel part of a larger group and offer an opportunity to focus on living plants that represent hope, growth and renewal.

The article focused on exploring potential designs that could stimulate the senses to reduce stress and aid in healing.

Key words :healing architecture ,high quality day light ,human comfortaccess to nature

Introduction

The purpose of this article is to discuss architecture that creates a spatial experience for people to interact with, giving them a great sense of positive energy that translates into real healing. This type of architecture can create a transition to sustainable healing.

To better understand this article, let's understand healing and architecture separately.

Healing involves alleviating emotional stress, improving coping skills, and establishing a positive state of mind, while architecture is a passion, a vocation, a vocation—just like the science and art of designing buildings. Architecture also has the power to delight and heal the mind.

Architecture of Healing will help strengthen the health centre environment in India as it examines the influence of the physical environment, planning and design aspects of health centres.

Just as hospitals often instil so much fear and anxiety in patients that it promotes a stress response and the body becomes weak and unable to handle the medication and treatment received in the hospital. Everyone is looking for healing from their mental and emotional wounds. Healing has the ability to make us feel better. Any space, sight, colour, person or anything can help us feel better.

When placed in a healthy and constructive environment, the human body has the ability to "self-heal". The environment has the power to awaken the senses. By reducing the harmful effects of stress on the body, it promotes a healthy psychological response.

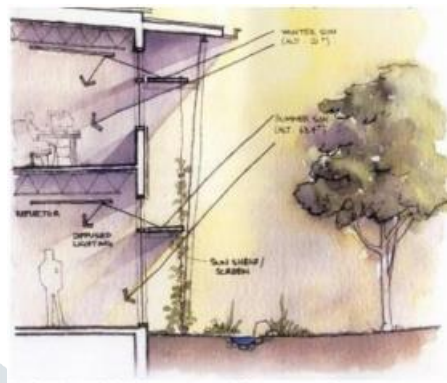
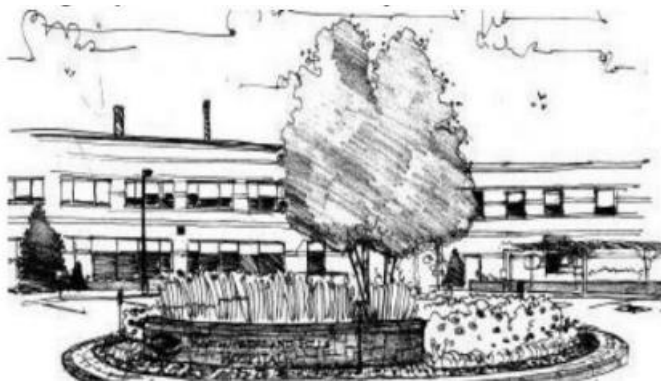
Neuroscientists find that "*good architecture can positively affect the human brain*"

"If a place can make you happy, can it also make you well?" - Esther Sternberg

DESIGN CONSIDERATIONS

• Welcome entrance-

Entrance is the first view of the patient that shows the environment inside. To make a good impression, it should be attractive. It could be shared with trees or canopies, well landscaped with trees, plants and water area.



Entrance with landscape garden Sunlight according to the seasons

• High-quality daylight-

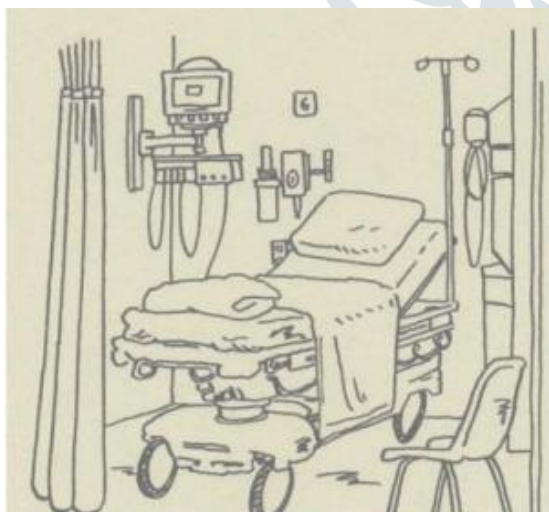
Research shows that exposure to sunlight has better health outcomes. The light should not create unwanted reflections.

• Human comfort-

Human comfort is the most important need of a healing environment. Freedom to regulate temperature, open windows, control light through curtains and blinds should be ensured.

• Privacy-

As studies have suggested that recovery is faster in single wards. Spaces should respect the privacy of residents. The patient should have some freedom in deciding the level of interaction with the world. The use of curtains, partitions, noise-reducing material and finishes can be useful in providing privacy in general wards.



Private ward General ward

• Access to nature-

Nature has therapeutic powers. Contact and access to nature increases the speed of recovery and reduces stress, blood pressure and maintains a normal heart rate. It could be useful to use large sliding doors that connect inside and outside for sun and fresh air.



Access to nature through large openable doors

View from the window

- Views and views-

All areas should have views and views of nature at most from the premises of the health centre. The openness and view make the rooms spacious. Soothing and interesting and stimulating views lower blood pressure levels.

- Spaces for interaction -

The patient should be free to decide his own level of social interaction. There should be different interactive spaces with different seating capacity. A modified amphitheatre, garden, courtyard and atrium can also be used as an interaction space.



Outdoor interactive spaces

- Therapeutic gardens –

There are various trees, plants, herbs and shrubs that are beneficial for the treatment of various ailments. Arcaded walkways, serpentine paths with water fountains, a water area spatially and visually connecting the balcony and the outdoor space. Using an earthy shade to reduce the amount of glare

- Colour-

Patients seem to be happy with the pastel colour scheme. The perimeter walls can be painted in dark colours to increase the brightness contrast with the adjacent windows. A layer of colour fills allows light that penetrates the outer layers of colour to reflect illuminating tones from within.

- Water body-

Tranquil pools, as well as flowing stream beds, have the ability to relax the mind. Aquariums, fountains and ponds can reduce anxiety and pain.

CONCLUSION

As technology advances, hospitals are increasingly moving away from holistic medicine that goes beyond addressing physical ailments. One of the most prevalent and detrimental variables that hinders patient recovery is the environment.

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