

Harnessing the Benefits of Indoor Plants for Urbanization

Bharti Gautam*

Assistant Professor, Department
of Agriculture, MMDU,
Mullana, Ambala



*Corresponding Author

Bharti Gautam*

Available online at

<http://sunshineagriculture.vitalbiotech.org/>

Article History

Received: 15.08.2023

Revised: 22.08.2023

Accepted: 29.08.2023

This article is published under the
terms of the [Creative Commons
Attribution License 4.0](#).

INTRODUCTION

In the ever-expanding world of urbanization, our lives are becoming increasingly confined to indoor spaces. As cities grow and open spaces diminish, the connection to nature becomes scarce. The concrete jungles we live in can often feel sterile and devoid of life. However, amidst this urban landscape, indoor ornamental plants have emerged as a vital element in transforming our indoor spaces. They not only bring aesthetic beauty but also offer a myriad of benefits to the residents of urban areas. From improving air quality to boosting mental well-being, indoor plants have become an essential way to reintroduce nature into our lives. This article explores the importance of indoor ornamental plants in the era of urbanization, shedding light on their benefits, sustainability, and care in urban settings. Picture this: towering skyscrapers, bustling streets, and a constant stream of people rushing from one place to another. Welcome to the era of urbanization, where cities are expanding at an unprecedented rate. With the rapid growth of urban areas, the spaces we live in have become smaller and more confined. As a result, the importance of indoor spaces has never been more crucial. We seek comfort, tranquility, and a sense of connection with nature in our homes, and that's where indoor ornamental plants come into play.

Benefits of indoor ornamental plants for urban dwellers

a) Enhancing aesthetics and visual appeal of indoor spaces

Who doesn't love a touch of greenery amidst the concrete jungle? Indoor ornamental plants not only bring a burst of color and beauty to our homes but also have the power to

transform dull and lifeless spaces into vibrant and inviting sanctuaries. Whether it's a vibrant potted flower or a leafy houseplant, these botanical wonders breathe life into our indoor environments. They provide a visual treat, rejuvenating our senses and creating a pleasant and serene atmosphere.



b) Creating a connection with nature in urban environments

In urban environments, where nature seems to be in short supply, indoor plants offer a way to reconnect with the natural world. They act as a link to the outdoors, reminding us of the beauty and tranquility found in nature. In a stressful city environment, having a small oasis of greenery can soothe the soul and provide a much-needed escape from the hustle and bustle.

c) Enhancing air quality and reducing pollution indoors with plants

Indoor ornamental plants not only look pretty; they actively work to purify the air we breathe. They have remarkable ability to remove toxins and pollutants from the environment, acting as natural air purifiers. In urban areas, where air pollution is a constant concern, having plants indoors can make a significant difference. They absorb harmful gases, such as formaldehyde and benzene, emitted from everyday household items like furniture and cleaning products. By doing so, they help reduce indoor air pollution, creating

a healthier and more breathable living space for urban dwellers.

d) Improving mental health and well-being through indoor greenery

Indoor ornamental plants not only enhance the physical environment but also have a positive impact on our mental well-being. Numerous studies have shown the psychological benefits of having greenery indoors. Just gazing at a plant can evoke feelings of calmness and relaxation, reducing stress levels and promoting a sense of tranquility. In a world where stressors seem to be lurking around every corner, incorporating indoor plants into our living spaces can provide us with a natural escape. They create a sense of serenity and act as a visual escape from the demands of urban life. Nurturing and caring for plants can also be a therapeutic activity, offering a much-needed respite from the fast-paced world outside our homes. They not only beautify our homes but also improve air quality, reconnect us with nature, and promote mental well-being.



e) Indoor plants as natural stress relievers and mood enhancers

Life can get hectic, especially in the fast-paced world of urban living. Deadlines, traffic jams, and never-ending to-do lists can leave us feeling stressed out and exhausted. This is where indoor plants come to the rescue! These green wonders have a magical ability to calm our minds and soothe our weary souls. Studies have shown that simply being in the presence of indoor plants can lower our stress levels and promote a sense of relaxation. The natural green color of plants is known to have a calming effect on our eyes and brain. In fact, even just looking at a plant can trigger a release of endorphins, which are the feel-good hormones that lift our spirits. Another advantage of indoor plants is boosting mood and productivity through indoor greenery. Plants not only add a splash of color and life to our surroundings but also release oxygen and improve the air quality in our homes and offices. Breathing in cleaner air not only makes us feel more refreshed but also enhances our cognitive function, helping us stay focused and productive.

f) Creating a sustainable and eco-friendly indoor environment with ornamental plants

In this era of increasing environmental awareness, it's important for us to make sustainable choices in every aspect of our lives. And what better way to do that than by bringing nature indoors with ornamental plants? Indoor plants not only beautify our

spaces but also contribute to a healthier planet. They absorb carbon dioxide and release oxygen, helping to purify the air we breathe. By incorporating these green heroes into our indoor environments, we can reduce our carbon footprint and create a more sustainable living space. Furthermore, growing your own indoor plants can also be an eco-friendly way to enjoy fresh herbs, fruits, and vegetables. It's not only rewarding but also reduces the need for transportation and packaging associated with store-bought produce.

g) Indoor plants as part of the green building movement

The green building movement is gaining momentum worldwide, with a focus on creating sustainable and energy-efficient structures. Indoor plants play a crucial role in this movement by improving the air quality and reducing energy consumption in buildings. Plants act as natural air filters, removing toxins and pollutants from the air, including volatile organic compounds (VOCs) emitted by furniture, paints, and cleaning products. By incorporating indoor plants into our homes and offices, we can create healthier and more breathable spaces. Additionally, the presence of indoor plants can help regulate temperature and humidity levels, reducing the need for excessive heating or cooling. This not only saves energy but also lowers utility bills, making indoor plants a cost-effective and environmentally friendly addition to any building.

h) Choosing the right indoor plants and their care for urban spaces

Living in a busy urban setting often leaves us with limited time and space for plant care. But don't worry, there are plenty of low-maintenance indoor plants that are perfect for urban dwellers. When selecting indoor plants for your urban space, look for varieties that can thrive in lower light conditions and require minimal watering. Some popular choices include *Philodendron*, *Epipremnum*, *Aeschynanthus*, *Columnnea*, *Saintpaulia*, *Begonia* or different ferns like *Nephrolepis*, *Pteris* and many species of *Peperomia*, *Schefflera arboricola*, *Dracaena fragrans*, *Syngonium podophyllum*, *Scindapsis aureus* etc. These plants are known for their ability to tolerate neglect and can survive even if you forget to water them occasionally.

CONCLUSION

In this era of rapid urbanization, it is crucial for us to recognize the importance of incorporating indoor ornamental plants into our living spaces. They not only enhance the aesthetics of our indoor environments but also offer a multitude of benefits. From purifying

the air we breathe to boosting our mental well-being, indoor plants act as natural stress relievers and mood enhancers. Embracing the greenery within our urban dwellings allows us to create sustainable and eco-friendly spaces, connecting us with nature even amidst the concrete jungles. By choosing the right indoor plants and providing them with proper care, we can transform our urban spaces into havens of tranquility and beauty. Let us embrace the significance of indoor ornamental plants and their invaluable contribution to our well-being in this urban era.

REFERENCES

- Catherine Phillips & Eily Schulz (2021) Greening Home: Caring for Plants Indoors, Australian Geographer, 52:4, 373-389, DOI: [10.1080/00049182.2021.2014021](https://doi.org/10.1080/00049182.2021.2014021)
- French Katherine (2021). Designing Function-Specific Plant Systems for Sustainable Urban Development. *Frontiers in Sustainable Cities*. 3. 581764., DOI: [10.3389/frsc.2021.581764](https://doi.org/10.3389/frsc.2021.581764)