

Revolutionizing Medical Science with Architecture to Ensure Sustainable Healing

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ABSTRACT

A healthy life is God's boon. A healthy Society flourishes with healthy upgraded lifestyles which significantly contribute to nation's development. Therefore, it is the need of the hour to take care of good health of human being. Many researches are happening in medical world to keep the whole humanity healthy, which includes physical and mental health as well as harmonizing mind, emotions, body, and environment to reach to the state of well-being and live life to the fullest.

To meet the requirements only drugs are not enough, a strong architectural environment can derive the aspiration of well-being of human-being. A healthy space along with medical expertise augments the healing considerable faster pace. This will contribute permanent healing not the relieving treatment last for some time.

Therefore, both Architecture and medical science joins hands together to serve humanity, a healthy society, a healthy nation, a healthy world.

KEYWORDS: *Biochemistry, Healing camps, healthy life, human well being, Salutogenesis,*

1. Introduction

Human being is life which is at its best when healthy, in other words healthy human being lives life to the fullest. Medical science has been developed tremendously to serve humanity since Centuries. To fight with the acute, chronic or recurrent diseases medical science invented and developed medicines or drugs to reach to common man to lead healthy life.

There are two different camps of medicine today, the first camp is led by the scientific idea that our thoughts and our emotions are essentially by-products of our biochemistry and healing occurs when we introduce an agent like a drug that alters that biochemistry. This type of model is sometimes called as the medical model. In other words, the healing achieved which is the absence of disease.

The other camp of medicine stems from systems of medicine is thousands of years old, like Ayurvedic medicine, Tibetan medicine and Chinese medicine. It is rooted in an idea of “Salutogenesis” which suggest that healing is not just the absence of disease but rather it reflects the harmony of our mind, our emotions, our body, and our environment.

A strong relation between Architecture and Medical science, not only ensure healing ‘the absence of disease’, but also fortify human health with physical and mental well-being conditions. Marry of both make merry in the human life. It can also be resembled as God’s grace or magic of God in healing camp.

2. Awakening about the problems

Despite the availability of medicines to fight diseases, the healing is very slow. The discharge of patients is low due to slow treatment. Numbers of patients are increasing in the hospitals day by day. Although, Modern medicine is playing a vital role in the process but the true potential of healing mind and body is not achieved properly.

This is because the hospitals are overcrowded, noisy, lighting- too much too little, foul odors, unhygienic with walking experience like maze. There is no choice but to wait for the disease to run its course and get better. The unnecessary stress building is another cause of slow curing, because it hits directly to the immune system of patients.

3. Need to Empower Environment to Ensure Sustainable Healing

The environment plays a huge role when it comes to unleashing abilities of self-healing. A metaphysical realm has to be ideated to shape an environment that aids healing, which is empathetic towards human beings. This refined character of an effective environment is useful when considering the design of a healthcare center, both inside and out. The key qualities of these healthcare centers and gardens are embodied within the term both ‘Salutogenic architecture’ and ‘resilient gardens’. Lot of ideas of this kind has been already implemented; for examples:

Maggie Centers give an inviting 'home away from home' designed to be warm and welcoming, with an abundance of natural light and inviting materials that are associated with home. The

spaces show a sense of community and homeliness to lift the spirits and help during the time spent treatment.

Resilient gardens are like sitting in a charming room with a view out to trees, feathered creatures and the sky could be extremely positive. It mirrors Jencks' enthusiasm for scene and landforms. It additionally mirrors Maggie's familiarity with ebb and flow banters inside green space look into.

4. The Impact of Natural Elements on Human to ease Healing

Brain has a place that recognizes preferred scenes and beautiful views of nature, as Irvin Peterman has done brain imaging, that part of brain is rich and endorphin receptor those feel good molecule that makes you feel happy. So his theory look to be proven when we all whatever age or culture or country we come from, the reason we all preferred look at the beautiful views, is that we give ourselves sharp and endorphin when we do so.

The beauty of our environment comes down from high stimulated stress response level. Walking down the busy city street after disconnection stress stimuli actually lowers the stress response. Good thing to bring down stress response as frequently as possible, as we know that. To total accumulated stress from individual carry with you every day and exposed stress total accumulated amount of stress does harms to the immune system of the body.

Nature and scientific studies show that views of nature do improve mood. In the landmark study in the inter city projects of chicago showed that people who were randomly assigned to apartments with a view of a grove of trees had more positive interactions with their neighbors, less violent and aggressive behaviors than those who were assigned to apartments with a view of a blacktop. This is because what you see? What you hear? What you smell? What you touch? What you do?

And all of the above makes you happy, because near-living architecture can integrate machine-based behaviors and chemical exchanges. In parallel the group will investigate the cognitive, physiological, and emotional responses of occupants.

5. Conclusion

Human Being is the product of five elements fire, wind, earth, space, water. The whole world is also the product of these five elements. Therefore, the interaction with materialistic environment brings drastic fluctuations in the behavior of human-being, whereas the intimate interaction with nature brings happiness, joy and blissfulness. It activates the healing faculties in the body. This is the spontaneous stage of not only sustainable healing but also get away from the state of catching any deceases.

Architecture plays instrumental role in creating conducive healing environment. The greatest architecture all beautiful, visionary and innovative is all so rare and seems to serve people. The alignment and union of human activities in an Architecture space lead to the spontaneity of living joyous life. Inspire with natural environment. This is also called happy healing place-a paradise-, which is key to sustain great health of humanity, resulting a healthy human-being, healthy society, healthy and affluent country.

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