



శ్రీ వేపచేదు విద్యా పీఠము

VEPACHEDU EDUCATIONAL FOUNDATION

మన సంస్కృతి

Mana Sanskriti (Our Culture)

Chief Editor: Dr. Sreenivasarao Vepachedu, Esq.

PLANTS IN OUR CULTURE

According to a study, green offices with plants make staff happier and more productive than designs without greenery, new research shows, enriching a 'lean' office with plants could increase productivity by 15%. Therefore, investing in landscaping the office with plants will pay off through an increase in office workers' quality of life and productivity, contrary to a business philosophy of a lean office with clean desks is more productive. Plants in the office significantly increased workplace satisfaction, self-reported levels of concentration and perceived air quality. A green office increases employees' work engagement by making them more physically, cognitively, and emotionally involved in their work¹. Same should hold true for homes.

Vastu is about 6000 year old ancient Indian architectural science and tradition, which encourages and provides guidelines for planting trees. The vegetation enhances the five elements of earth, air, fire, water, and ether, which in turn influence the human beings. However, some trees and plants are encouraged and some are prohibitedⁱⁱ, the reasons may be obvious in plants like thorny plants or poisonous plants, but not clear in other plants that give fruits. In addition, some practitioners prohibit plants that are fine for other practitionersⁱⁱⁱ.

Feng shui is an ancient Chinese tradition integrating human life with the nature so as to achieve maximum positive energy. One of the best ways through which a person can achieve the maximum benefit and unity with nature is through the use of *feng shui* plants. There are some specific plants that can do a lot of good if they are put in the right place. Placing potted healthy plants in the desk is a very good idea.^{iv} Bamboo stalks are often recommended as indoor plants because they are long-living, easy to maintain, and, grow fast^v.

A strategically placed plant may quiet down an office by reducing noise by 5 decibels. The positive contribution of interior plants to sound absorption has been well documented. Houseplants help reduce stress, mental fatigue, and physical discomfort.

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Filling as little as 2 percent of room space with plants will make an impact on stress levels^{vi}. Live interior landscaping may be considered biomimicry, the science and art of emulating nature to solve human problems^{vii}.

Best air filtering house plants according to NASA^{viii}:

- English ivy (*Hedera helix*)
- Spider plant (*Chlorophytum comosum*)
- Golden pothos or Devil's ivy (*Scindapsus aures* or *Epipremnum aureum*)
- Peace lily (*Spathiphyllum 'Mauna Loa'*)
- Chinese evergreen (*Aglaonema modestum*)
- Bamboo palm or reed palm (*Chamaedorea sefritzii*)
- Snake plant or mother-in-law's tongue (*Sansevieria trifasciata 'Laurentii'*)
- Heartleaf philodendron (*Philodendron oxycardium*, syn. *Philodendron cordatum*)
- Selloum philodendron (*Philodendron bipinnatifidum*, syn. *Philodendron selloum*)
- Elephant ear philodendron (*Philodendron domesticum*)
- Red-edged dracaena (*Dracaena marginata*)
- Cornstalk dracaena (*Dracaena fragans 'Massangeana'*)
- Janet Craig dracaena (*Dracaena deremensis 'Janet Craig'*)
- Warneck dracaena (*Dracaena deremensis 'Warneckii'*)
- Weeping fig (*Ficus benjamina*)
- Gerbera daisy or Barberton daisy (*Gerbera jamesonii*)
- Pot mum or florist's chrysanthemum (*Chrysanthemum morifolium*)
- Rubber plant (*Ficus elastica*)

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*"Earth provides enough to satisfy every man's needs, but not every man's greed." - Mahatma Gandhi
Hinduism is a way of life, with diversity of religions, and Indian teachings share the importance of seva (service).*

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*Om! Asatoma Sadgamaya, Tamasoma Jyotirgamaya, Mritvorma Amritangamaya, Om Shantih, Shantih, Shantih!
(Aum! Lead the world from wrong path to the right path, from ignorance to knowledge, from mortality to immortality and peace!)*

ⁱ <http://www.biospace.com/News/how-plants-in-the-office-make-workers-more/344795>; <http://www.dailymail.co.uk/news/article-2739429/How-plants-office-help-workers-flourish-Greenery-workplace-increase-production-15.html>

ⁱⁱ <http://www.subhavaastu.com/vastu-tips-planting-trees.html>

ⁱⁱⁱ <http://www.vaastu-shastra.com/vastu-plants.html>

^{iv} <http://www.workhappynow.com/2011/08/10-feng-shui-ways-to-make-office-life-better/>

^v <http://www.kenlauher.com/feng-shui-tips/bid/47610/Feng-Shui-Plants-For-Indoor-Home-or-Office>

^{vi} <http://greenplantsforgreenbuildings.org/news/prescriptions-in-a-pot/>;

http://api.ning.com/files/bdG71GPfFwEZkZnscc5LCuuTqpc85R9OQYrKGF7cW0yNbh*bnc4e7jyar9Xp2PHVMmfeBQdYAZ8G8Bdcofsp18OE8wIzIjeJ/2014GreenvsLeanOfficesI.pdf

^{vii} <http://greenplantsforgreenbuildings.org/resources/benefits-of-green-plants/>

^{viii} <http://www.mnn.com/health/healthy-spaces/stories/best-air-filtering-houseplants-according-to-nasa#ixzz3F1vcRNAT>

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