PROLOGUE

World Health Organization (WHO) defines ‘Health’ as “A state of complete physical, mental and social wellbeing, and not merely the absence of disease or infirmity.” [WHO, 1946]

Health is a resource for everyday life, not the object of living, and is a positive concept emphasizing social and personal resources as well as physical capabilities. Health is a fundamental human right, recognized in the Universal Declaration of Human Rights (1948).

Concepts such as disease and health can be difficult to define precisely. Part of the reason for this is that they embody value judgments and are deep rooted in metaphor. Dis-ease (from old French and ultimately Latin) is literally the absence of ease. Disease then, is the pathological process, deviation from a biological norm. Illness is a feeling, an experience of unhealthy condition which is entirely personal or interior to the person of the patient.

Ill health affects people in different ways. If a patient has been unwell, it may take some time to feel his normal self again. The length of time this takes will depend on the illness he has had. Many people experience both physical and emotional changes, while others experience very little. Research shows that because of a lack of memory of the illness while in intensive care, patients find it difficult to understand why it takes so long to return to normal. [Hartig, 1991]

So the recovery of the illness may be achieved by curing the biological disorder, but some states of mental and social wellbeing are always adjourned. Patients may be discharged from the hospitals, cured from the diseases and physically treated for good conditions; but a comprehensive recovery includes the emotional and public comfort which actually describes the essence of “Health”.

Health is determined by two forces: Intrinsic forces such as genetics, behavior, culture, habits and lifestyles; and extrinsic forces such as preventative, curative and promotional aspects of the health sector. The other forces which comprise elements outside the health sector including: economic factors, social factors, environmental factors, and technological factors. The feeling of happiness – whether you equate it with optimism, joy, well-being, personal achievement or all of the above – goes hand-in-hand with healthier habits. One study found, for instance, that happiness, optimism, life satisfaction, and other positive psychological attributes are associated with a lower risk of heart disease. [Hartig et. al, 1991]. It's even been scientifically shown that happiness can alter your genes. [Gierlach-Spriggs et al., 1998]
Research suggests experiences make us happier than possessions; the "newness" of possessions wears off, as does the joy they bring you, but experiences improve your sense of vitality and "being alive" both during the experience and when you reflect back on it. [Adachi et. al, 2000].

Emotions are known to be contagious among people in direct contact (this is true for friends, acquaintances, and even strangers), and new research [Dejana, 2010] suggests they may also be contagious through social media. After analyzing over one billion status updates from Facebook users, the researchers [Dejana, 2010] from the University of California in San Diego found that each happy post encouraged an additional 1.75 happy updates among their Facebook friends.

If an emotional change in one person spreads and causes a change in many, then we may be dramatically underestimating the effectiveness of efforts to improve mental and physical health of the entire world. The word “Health” is again defined here as not just a physical wellbeing, but includes the mental and societal states of comfort, which eventually stretches the happiness of every individual and prevails throughout the humanity contagiously.

To attain the happiness in the humanity, it is a must for an individual to be happy. To make an individual man happy, it is crystal clear that he ought to be healthy in all terms of his physique, spirit and human race. The environment is often cited as an important factor influencing the health status of individuals. This includes characteristics of the natural environment, the built environment, and the social environment. Creating an environment for an individual man to make him happy through his wellbeing is the state of philanthropy. Such altruistic developments must be carried out by every responsible architect for the direct or indirect benefit of the civilization.

This research attempts to perform two sets of experiments. The first one is done concentrating on the External Landscaping of Hospitals and the second one on the Internal Landscaping of Hospitals. The first experiment narrows down in finding out the ratio (x:y) for a typical hospital premise, where ‘x’ is the minimum built up area required for ‘n’ number of occupants (patients, non-patients, hospital-staff, etc.) and ‘y’ is the minimum open space required for the medicinal landscape to be executed for a Healthy Hospital. The second experiment is carried out in laboratory with 25 selected species of vegetation. The second experiment will be focused on finding out the optimum requirement of species in the indoor spaces with respect to the human’s five senses.
This work is dedicated to
all the patients and
eventually to the happiness of the entire civilization