



# Advances in horticultural therapy

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## DESCRIPTION

Horticultural therapy (also identified as garden therapy or Social and Therapeutic horticulture or STH) is explicated by the American Horticultural Therapy Association (AHTA) as the commitment of a person in gardening and plant-based task, facilitated by a trained therapist, to accomplish specific therapeutic treatment goals. Direct contact with plants is trusted to guide a person's focus away from stress boosting their overall quality of life. The AHTA believes that horticultural therapy is an effective process which occurs in the context of a customary treatment plan (Garden Therapy: The benefits of an outdoor life, 2022).

Fundamentally horticultural therapy can be split up into three types of programming: Vocational, therapeutic, and social.

## Vocational horticultural therapy

Vocational Horticultural Therapy is considered to teach skill and intensify behaviours that can be used in a job or workplace. People going through vocational therapy can learn skills require greenhouses; vegetable gardening, tree and shrub care, furthermore learn about plant production, sales and services.

An activity vocational therapy education consists of how to re-pot, water, and shift plants within their space. Learning the basic knowledge of their plants root system and the care various plants need is taught at their own pace (American Horticultural Therapy Association Definitions and Positions, 2013).

## Therapeutic horticultural therapy

Therapeutic Horticultural Therapy has its focus on medical and illness recovery. The central confidence that therapeutic horticulture therapy revolves around is that being in nature has restorative properties. Therapeutic horticulture might be used to try and improve physical activity, social skills and engagement. Tasks encompassed by therapeutic horticulture differ widely, some tasks include: repetitive steps such as digging and watering, monitoring about plant growth and change, relating plant life cycle to human life, and starting seeds. It has been advised that things such as new growth on their plants can delight the caretaker, building up their belief and rising enthusiasm towards horticultural activities (Lin et al, 2014).

## Social horticultural therapy

Social Horticultural Therapy is centred on leisure activity and intensification of life quality. Far from therapeutic horticultural therapy, social horticultural therapy is more to be expected to be task based.

Social Horticulture therapy works to generate a community that focuses on plant growth and educates self-reliance all while providing a support system (Simson and Straus, 1997).

Another element of social horticultural proficiency and expertise is to guide patients and the common public how various herbs and spices can be added to their meals to give flavour and to cure minor illness.

If the various herbs and edible food crops and plants are planted in their gardens (Discover Whether Horticultural Therapy Can Finally End The Torture of Being a Mental Illness Victim? 2019).

## CONCLUSION

The effect that therapeutic horticulture has on mind and body, as well as its capability to be undertaken in small spaces makes therapeutic horticulture a captivating option for smaller facilities.

A noteworthy systematic review with meta-analysis scrutinized the effectiveness of horticultural therapy.

A remarkable positive association with gardening was well-known for a wide range of health outcomes, such as reductions in depression and anxiety symptoms, stress, mood disturbance, and BMI, as well as expands in quality of life, sense of community, physical activity levels, and cognitive function.

The patient and or their family can go and pick the various herbs to add to their meals.

Careers with horticultural knowledge and skilled can advise their patients and their families which herbs can be used for various dishes, and advise what other ingredients would work well with these dishes.

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