

DESIGN ON HUMAN HEALTH

graduate student Korea aerospace university

Ahliddinov Abrorjon

11 school of Termiz city

Kholboyev Ayyub

Abstract : *Biophil of design a person health for useful aspects , biophil from the design of use in architecture instead of*

Key words : *Water, air , colors , ecology , design , interior, cortisol , biophilic , cognitive , landscape , facade , evolution, urbanization , acoustics,*

Ecological problems when we say First of all we breathe taking of air and drink of our water, of nature purity being brought damage , sometimes people by neglect , cars and work release from factories coming out poisonous gases etc is understood . Biophile design when you say natural landscape from the elements organize found architectural design is understood. Biophile the design in interior design and in exterior design use can This the design relevance, this design type natural landscape from plants organize because of the current global warming during from the sun coming harmful from the rays protection does and the air cleans .

In today's fast-paced world where urbanization and technology dominate our daily lives, reconnecting with nature is more important than ever. Designers often suggest using biofil for interior design. (Figure 1). Proper biophilic design requires a lot of responsibility, since it is mainly the plant life. This type of design is widely used in developed countries due to its many useful aspects.

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Reconnecting with nature in today's fast-paced world where urbanization and technology dominate our daily lives

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For example, in Japan and Uzbekistan, biophilic design is being designed and used not only in interior design, but also for exterior facades.

Important aspects of biofill design include :

1. Stress reduction : Natural materials , colors and tissues such as biophilic design stress level of elements reduction and to relax improves .



Picture 1. A view of biophilic design in the interior.

2. Improves air quality: Adding plants to indoor environments not only improves aesthetics, but also acts as a natural air purifier, removing toxins and pollutants from the air and providing clean, healthy breathing conditions , so rest rooms can be designed with this design in mind. should be decorated with (picture 2)



Figure 2. Rest in places biophile design appearance

3. Healing Environment : Health storage in institutions of the patient recovery supportive healing environment create for biophile from the design is used . Hospital gardens and in their yards from nature inspired art works and green garden until the scenery , health storage institutions biophile elements input of the patient stress reduction , recovery times reduction and from care common satisfaction to increase shown .

4. In education Advantages : Education in institutions biophile design academic efficiency and of students activity because increases spiritual from the side energy gives Natural light , external study places and biophile elements own to the design entered schools to the students learning , creativity and common prosperity for comfortable environment present is enough In general in general , biophile of design to health effect from aesthetics much away stretched out is different different environments and both physical and mental in populations prosperity for significant benefit brings

Basically, the theory of biophilia explains why we love being outdoors and living in nature. This has been confirmed in many studies. While most of our history was spent in the savannah, forest or seaside, we now find ourselves in the noisy and unhealthy environment of the city. The theory of biophilia is the use of

nature as a means to reduce stress, restore strength, and improve a person's overall mental and physical well-being. Creating the environment necessary to maintain a positive mood in various areas directly related to human activity has many advantages.

According to Oliver Heath, this has been confirmed by numerous studies that have analyzed various buildings over the past 30 years.

“Students learn better in natural light, patients heal faster and take less medication when connected to nature. There is evidence that incorporating natural elements into offices increases productivity, creativity and engagement at work.

Noise attack

Oliver talks a lot about the role of evolution and how all our senses are connected to nature. For thousands of years, we have used our ears to survive: hearing has helped us avoid danger and take advantage of opportunities. The rustling of a broken branch in the forest is a sign of danger. The sound of water flow gives life pleasure.

“In the workplace today, we're surrounded by noise: traffic, phones, text messages, fingers clicking on keyboards, or nearby background chatter. In a large, open-plan office, not every employee can handle the noise burden.”

"That's why the right acoustics are so important," Oliver points out.

"Bad acoustics are very damaging to all types of buildings. But this is not the only aspect that most designers do not think about until the end of the project.

"Putting a positive acoustic layer on the rest can be very useful, especially if it is the sound of clean water. It tends to mask the speech noise, so it can be less distracting to people and more effective with less physical and mental stress but you need to add a visual component to the auditory part - people need to hear and see the water.

If you only hear the sound of running water, then you either think there is a leak in the pipe, or you feel the urge to go to the toilet, and this may be the problem. But it shouldn't be. If biophilic design can positively impact people, making them happier, healthier and more productive, isn't it time to step into nature? - says Biofil designer and architect Oliver Heath.



Figure 3. The congregation in places biophile design appearance

Summary. As society continues to struggle with increasing levels of urbanization, the establishment of new cities, the reconstruction of existing and historic cities, the development of domestic and foreign tourism, climate change, and mental and physical health, biophilic design addresses these issues. is in the main place to fight with. Biophilic design has the potential to transform not only the spaces we live in, but also our overall well-being. Adopting biophilic principles in architecture and design represents a holistic approach to supporting a healthy, happy and sustainable society for generations to come.

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