

Editor's Desk



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GREEN THERAPY, ECOTHERAPY & GREEN PRESCRIBING.

We are all well indoctrinated and aware of many non pharmacological approaches for some commonly encountered medical illnesses. Hypertension, Cardiac diseases, Anxiety disorders, Depression, Stress disorders, Cognitive impairment, and Anger management are a few that easily strike our minds. Our goals and ambitions have always been to minimize dose of medications or avoid adding yet another medication for improved control and reducing unwanted side effects. Even in some lucky people with no known illnesses we aspire to garner their health tank. One does not necessarily have to possess intrinsic qualities like eco minds, green fingers or be animal lovers to explore these venues of medical management. There are no side effects from Green prescribing and this is cost effective.

There are many such non pharmacological methods, included are yoga, meditation, music and art therapy, visiting religious places and listening to devotional discourses to mention a few. Stroking domestic pets also have calming and health yielding benefits. Gardening, including growing flowers and vegetables, walking the nature trails, visiting mountains, Parks, woodlands, farms and being outdoors, enjoying serenity of nature can generate immense positive emotions and vibrations, mental calmness, joy and pave the way for improved concentration. ECOTHERAPY is new and is an excellent way to prime the health pump. Nature therapy, green care, green exercise and horticulture therapy is not a chore but is an investment in health and wellbeing particularly for lonely, socially isolated, elderly, physically challenged and mental illness sufferers. When we direct our energies into gardening this can reverse our moping and brooding. Children with ADHD can improve their cognitive functions when they interact with nature.

Walking, jogging, cycling and yoga in the parks and woodlands is a stress buster, provides free Anger management, reduces risk of dementia, helps reduce stress hormones and helps to burn calories as well. This is also nature's economical way of receiving the regular dose of Vitamin D. This can even encourage development of green personality, of being kind, generous and compassionate. Green means harmony, energy, freshness and calmness. Forest bathing, immersing in forests and woodlands, Lake and sea side walking, being able to smell the fresh air and flowers, Bird watching will attempt to prove nature is the best physician. So colleagues, make a routine habit of prescribing green therapy for improved mental and physical well-being of patients and to soften the impact of various illnesses.

Even in city atmosphere they can develop roof gardens, grow flowers and organic fruits and vegetables which are money saving and health giving. They can also form groups of like minded people and develop community gardens, do some charitable work. Even if unable and



*The Medical **Bulletin***

unwilling into gardening, at least watching Films and T.V programs about Nature are also helpful to connect with nature and enjoy the health profits ! You can take a walk in the woods and come out taller than the trees. Finally keep a green tree in your heart and perhaps a singing bird will come to nest in you.

Best wishes

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CHIEF EDITOR