

園芸緑地資源の医学療法への利用に関する萌芽的研究

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Study on use of landscape and plants resource to medicine treatment

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Abstract

Recently, much attention has been paid to the use of plant-based medicines for therapeutic applications, and interest in the methods of use and the effects of such use on people has risen. However, academic data supporting the efficacy of such therapies is scarce as cases of study are few. Although research has already been conducted in the planting design laboratory concerning man and plants, this paper focuses especially on the introduction of our ongoing study regarding the use of a plant-based derivative for medical treatment. Our current results indicate that plants and planting design influence electroencephalogram (EEG) and blood flow to the prefrontal cortex. It has also become clear that the volatile element derived from the plant reduces the stress hormone. Our evidence suggests that it is important to continue gathering medical and scientific research in this new area of study known as "well-being in green space" as well as to begin targeted testing of practical application in the real world environment.