NATURES CURE

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**INTRODUCTION:**

Country meters indicate 4,797 deaths on average per day (199.88 in an hour) in Pakistan, these are due to numerous harmful diseases such as heart disease, diabetes, liver failure, kidney malfunction and many other epidemic diseases such as cholera, malaria, tuberculosis and several others. We have vaccination programs, treatment plans and surgical interventions with the latest technology; in order to treat all of these diseases. But the death rates don't seem to be controlled or reduced anyhow. Instead with the latest technology and interventions, an individual seems to have many other diseases at a single time.

**ISSUE:**

With our sedentary lifestyle, we already have a high rate of acquiring different diseases at once. When a patient is admitted into the hospital for his treatment, he has more chances of trauma, stress ulcer prophylaxis, hospital acquired infections, psychological problems and many more. None of our public service hospitals are built according to any plan, which may benefit a patient's health. Instead we lack even basic necessities such as a good and clean environment.

**SOLUTION:**

**“NATURE IS DOING ITS BEST EACH MOMENT TO MAKE US WELL. WHY, NATURE IS BUT ANOTHER NAME FOR HEALTH”**

ALLAH has made the world beautiful and with all the facilities that a human being may require to live a quality and good life. He is the most beneficent, all things to eat healthy and live in a good surrounding, was provided by Him. But us being a human being with endless greed, we have gone very distant from these natural blessings and we have assigned a price tag to all the resources around us.

Being active in nature can help fight chronic diseases, relieve stress and depression, and promote faster healing, stronger immune systems, and more. And new research is beginning to reveal why: Contact with nature affects us, mentally and physically, right down to our cells.

Some of blessings of ALLAH with their benefits, which can be useful in a hospital in order to help our patient to improve health are:

**Green trees**

* Purified Air: Trees play a crucial role in filtering the air by absorbing harmful pollutants and releasing oxygen. They remove pollutants such as carbon dioxide, ozone, nitrogen dioxide, and particulate matter from the air, resulting in cleaner and healthier air for people to breathe.
* Mental health: Studies have found that spending time in green spaces, including areas with trees, can reduce stress, anxiety, and depression. Exposure to nature has also been associated with improved mood, increased self-esteem, and enhanced cognitive function.
* Physical health: Green spaces with trees provide opportunities for outdoor activities such as walking, jogging, or biking, which can lead to improved health, weight management, and overall fitness.
* Temperature regulation: Trees provide shade and help cool the surrounding areas. This can prevent heat-related illnesses and reduce the need for excessive air conditioning, thus conserving energy.

**2.** **Air ventilation:**

* Indoor air quality: Adequate ventilation helps maintain good indoor air quality by diluting and removing pollutants that can accumulate indoors. These pollutants include tobacco smoke, mold spores, allergens, and other harmful particles. By increasing the exchange of indoor and outdoor air, ventilation helps to reduce the concentration of these pollutants, promoting healthier indoor environments.
* Respiratory health: Good ventilation can help prevent respiratory problems by reducing the concentration of airborne contaminants. Proper ventilation helps remove allergens, such as pollen and dust mites, as well as irritants like smoke and fumes. These are harmful for individuals with asthma, allergies, or other respiratory conditions, as well as for overall respiratory health.
* Mold control: Insufficient ventilation can lead to excess moisture buildup. Mold spores in indoor environments can cause respiratory issues, allergies, and other health problems. Effective ventilation helps control moisture levels, preventing the growth of mold and promoting a healthier living.
* Temperature regulation: Ventilation can help regulate indoor temperature by allowing the exchange of air between the indoors and outdoors, ventilation can help remove excess heat, particularly during the summer months. Adequate airflow and ventilation can prevent overheating and heat-related illnesses.
* Psychological well-being: Proper ventilation can have a positive impact on psychological well-being. Stuffy or poorly ventilated spaces can feel uncomfortable and contribute to feelings of lethargy, irritability, and decreased productivity. On the other hand, well-ventilated spaces with fresh air can create a more pleasant and inviting environment, promoting a sense of well-being and improving overall mood.

**Sunlight:**

* Vitamin D production: Sunlight is a crucial source of vitamin D, which is essential for bone health. Sunlight helps with the production of vitamin D in the body. Sufficient levels of vitamin D are necessary for the absorption of calcium and phosphorus, promoting healthy bone development and preventing conditions like rickets in children and osteoporosis in adults.
* Mood enhancement: Exposure to sunlight stimulates the release of serotonin, a neurotransmitter associated with mood regulation. Higher serotonin levels are linked to improved mood, reduced symptoms of depression, and increased feelings of well-being. Sunlight exposure has been particularly beneficial for individuals with seasonal affective disorder (SAD), a type of depression that typically occurs during the winter months when sunlight is limited.
* Circadian rhythm regulation: Sunlight in the morning and during the day helps signal wakefulness and alertness, promoting a healthy sleep-wake cycle. Adequate exposure to natural light during the day can improve sleep quality.
* Immune system support: Radiation from the sun can activate the production of immune cells, such as T cells, which play a crucial role in fighting off infections and diseases. Moderate sunlight exposure may enhance immune function and provide protection against certain autoimmune disorders.
* Eye health: Sunlight exposure, particularly in the early morning or late afternoon, is beneficial for eye health. It can help regulate the production of melatonin, a hormone that influences the sleep-wake cycle and provides antioxidant protection to the eyes.

**White noise:**

* Sleep quality: White noise, which is a consistent sound that encompasses a range of frequencies, can help mask other disruptive sounds and create a more soothing and consistent background noise. White noise machines or apps that generate continuous and steady sounds can promote a more relaxing sleep environment, potentially leading to improved sleep quality.
* Stress reduction: By providing a constant and predictable background sound, white noise can help create a calming effect and promote relaxation. This can be especially useful in noisy environments or during periods of increased stress, allowing individuals to focus better, concentrate, and feel more at ease.
* Tinnitus relief: Tinnitus is the perception of ringing, buzzing, or other phantom sounds in the ears. White noise can help mask the sounds of tinnitus and provide relief for individuals experiencing this condition. By introducing a continuous and neutral sound, white noise can help distract from the perceived tinnitus noises, making them less noticeable and bothersome.
* Different researches have highlighted the importance of white noise in intensive care unit patients for reducing stress and good sleep cycle.

**Water:**

* Relaxation and stress reduction: The sight of water, whether it's a calm lake, flowing river, or ocean waves, can have a soothing effect on the mind and body. Research has shown that being near water or even looking at water scenes can induce a sense of calmness, reduce stress levels, and promote relaxation. The sight of water can provide a peaceful and tranquil atmosphere, which can help reduce anxiety and improve overall well-being.
* Mental clarity: The sight of water can provide a refreshing and rejuvenating experience for the mind. It can help shift focus from daily stressors and provide a mental break, allowing for a clearer and more relaxed state of mind.
* Mood enhancement: Being in the presence of water scenes can elevate mood and provide a sense of tranquility, contributing to overall emotional well-being.

**COST/SCHEDULE:**

All of the natural drugs were naturally provided by ALLAH. But we human beings destroyed these facilities in order to spread our population.

All of these are renewable energy sources, one time large investment into this project may be good for our patients for a long time. We need to make sure these resources are maintained in our surroundings and their quality checks are done every month.

 Steps needs to be taken:

* Plant trees all around the hospital and designate a park for patients
* A small pond or fountain of water, sound of water flowing may also enhance mood
* Large windows in wards to provide ample sunlight to the patient
* Patient who can walk must be allowed to walk outside in the evening in the park for good health
* Speakers must be installed in the intensive units, which play white noises at night time to improve the patient's sleep cycle.

**SUMMARY:**

Our hospital infrastructure should be designed such with large windows providing optimal sunlight, with a view of beautiful trees and sight of water every morning; also a good ventilation system for air to reduce air contaminants.

A stroll in the park beside the nurse with walking aid; with fresh air, will improve body functioning and improve patient health.