

Indoor Gardening: Bringing Nature & Healing Into Your Space

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Introduction:

In today's fast-paced lifestyle, we often find ourselves distant from nature. High-rise buildings, limited outdoor space, and a fast-paced lifestyle make it difficult to enjoy the greenery we once had in our surroundings. But there is a solution i.e. Indoor Gardening. It offers a wonderful opportunity to reconnect with nature, introducing not just beauty, but also improved health, well-being, and healing. With the right environmental conditions and thoughtful plant selection, anyone can cultivate an oasis of life and vitality even in the smallest of homes.

What is Indoor Gardening?

Indoor gardening is the practice of growing plants inside enclosed spaces such as homes, apartments, offices or institutions. From small pots on windowsills to hanging baskets or vertical green walls, indoor gardening turns any corner into a mini natural oasis. The benefits are diverse: from enhancing air quality and mental peace to offering fresh herbs and even medicinal remedies, all thriving within arm's reach.

Why Indoor Gardening necessary?

Here are some **strong reasons** why you should consider starting an indoor garden:

1. Improves Air Quality

- ☞ Certain plants naturally filter indoor air pollutants such as benzene, formaldehyde, and carbon monoxide.
- ☞ NASA studies have shown that houseplants like **Spider Plant**, **Peace Lily** and **Areca Palm** are effective air purifiers.

2. Reduces Stress and Anxiety

- ☞ Research has proven that being close to plants can reduce stress, anxiety, and symptoms of depression.
- ☞ Tending to plants is therapeutic and creates a calming effect on the mind.

3. Enhances Home Decor

- ☞ Greenery enhances aesthetics and makes spaces feel more welcoming, alive, and fresh.
- ☞ Stylish pots, hanging planters, and vertical green walls add to interior design.

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4. Promotes Healthy Living

- Growing herbs like **basil**, **mint** or **coriander** indoors ensures access to fresh and chemical-free ingredients.
- Indoor plants improve humidity and oxygen levels, contributing to better respiratory health.

5. Educational for Children

- Kids learn about nature, responsibility and patience by helping with indoor gardening activities.

Environmental Factors That Ensure Plant Success

To truly thrive, indoor plants need specific environmental conditions - **temperature, light, air, and humidity** - carefully maintained to mimic their ideal habitats.

Temperature: Most indoor plants prefer temperatures between **18-25 °C**. Avoid placing them near air conditioners, heaters, or drafty windows, as sudden fluctuations can shock their systems.

Light: Plants rely on light for photosynthesis. Low-light varieties like Snake Plant and Pothos do well in shaded areas, while sun-loving plants like Aloe Vera and Basil require 4–6 hours of bright, indirect sunlight. In low-light homes, use LED grow lights to compensate.

Air Circulation: Good airflow prevents fungal growth and pests. Keep

windows open for fresh air and avoid overcrowding plants. A gentle fan can be beneficial in closed spaces.

Humidity: Tropical plants such as Peace Lily and Fern require higher humidity levels (50–60%). Use humidifiers, mist leaves regularly, or place water trays nearby to maintain a suitable air-moisture level.

Medicinal Indoor Plants: Natural Healers at Home

Aloe Vera: One of the most beloved medicinal succulents, Aloe Vera's clear gel inside its leaves is a potent anti-inflammatory and healing agent. Applied topically, it accelerates recovery from minor burns, cuts, rashes and sunburn; capturing healing power within minutes. Moreover, Aloe helps remove indoor toxins such as formaldehyde and benzene, making it a dual-purpose houseplant.



Mint (Pudina): Mint is cherished both in the kitchen and the medicine drawer. It soothes indigestion, reduces nausea, freshens breath and has mild anti-inflammatory effects. Chewing fresh mint leaves or drinking mint tea

can ease digestive upset and clear respiratory passages.

Holy Basil (Tulsi): Considered holy in Ayurveda, Tulsi is a powerhouse of healing. Rich in antioxidants, it boosts immunity, reduces stress, and supports cardiovascular health. Its anti-inflammatory and antibacterial properties aid in managing fever, coughs, and respiratory infections.



Lemon Balm & Peppermint: Members of the mint family, both herbs provide calming effects. Lemon Balm (*Melissa officinalis*) relieves mild anxiety, insomnia and digestive cramps—its soothing aroma also calms the mind. Meanwhile, Peppermint is frequently used to relieve tension headaches, migraines and digestive issues; its essential oils can invigorate and refresh.

Ginger & Turmeric: These spicy roots can be grown in containers and harvested fresh. **Ginger** soothes nausea, arthritis and colds, while **Turmeric** is a potent anti-inflammatory and antioxidant, supporting joint health and metabolic wellness. Both are staples in both culinary and therapeutic applications.

Chamomile & Thyme: Chamomile, with its delicate flowers, is best known for its use in calming teas that soothe nerves, ease insomnia, and relieve colds or digestive distress. Thyme offers antiseptic, antifungal, and respiratory relief benefits—ideal as a cold remedy.

Snake Plant & Spider Plant: Though not “medicinal” in the traditional sense, these hardy houseplants purify the air by removing toxins like formaldehyde, benzene and xylene, leading to better indoor air quality and respiratory health.

Additional Ayurvedic Healers: Plants like **Ashwagandha**, **Giloy**, **Amla**, **Marigold**, **Lavender** and **Brahmi** (*Bacopa*) can also thrive indoors under proper care. They support immunity, enhance cognitive function, relieve inflammation and promote skin health.

Creating a Healing Indoor Garden: Practical Integration

To build your own medicinal garden indoors, choose a few suitable plants based on the light and humidity of your home. For example, a sunny kitchen might host Aloe,

Basil, Mint and Thyme, while a bathroom or humid corner could support Aloe and Peace Lily. Understand each plant's preferences like Tulsi's need for bright light and occasional pruning, or Aloe's requirement for well-drained soil and sunny spots.

Alongside environmental conditions, regular care such as watering when the topsoil dries, wiping leaves and occasional misting can significantly improve plant health and efficacy. Using organic soil and gentle fertilizing every few weeks further enhances growth and healing potency.

Conclusion

By nurturing indoor plants, we cultivate far more than greenery, our homes become havens of health, beauty and rejuvenation. With thoughtful environmental management and the inclusion of medicinal plants like Aloe, Tulsi, Mint and Chamomile, an indoor garden becomes a living pharmacy, furnishing natural remedies at your fingertips.

Start today: Place a pot of Aloe on the windowsill or set mint in the kitchen and watch as each plant brings not only vibrant life but also tangible health benefits into your world.

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