

## Characteristics and Utilization of Ornamental Plant Resources Based on Horticultural Therapy

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**Abstract:** With the development and progress of the times, people's living standards are getting higher and higher, life has become better, and science and technology have developed, but the pressure of life and social pressure that follow has become more and more great. Not only do people have a lot of problems in the body, but what is more worthy of attention is that in psychology, according to incomplete statistics, more and more people suffer from mental illness in the contemporary era, and horticultural therapy is one of the very good ways to treat mental illness. Horticultural therapy also has a place in the field of mental illness treatment, and this therapy is also a better way to solve physical and mental diseases in the field of modern medicine. Horticultural therapy is very active and effective in the treatment of physical and mental diseases of modern people. Ornamental plant is a kind of horticultural plant which can be realized relatively well. But horticulture therapy is not a spontaneous research, it is a kind of treatment rehabilitation means from foreign countries, the development time in our country is not enough, many aspects of practical application and application fields have not yet played a very perfect stage, but for the present still has a very considerable development prospects.

### 1. Introduction

In general, horticultural therapy is a kind of medical method that our country introduces to the western countries to study for the person-heart rehabilitation treatment. The research and utilization of horticultural therapy are not very familiar, but horticultural therapy is a very good method for the treatment of the person-heart disease. Now many hospitals and nursing homes have planted a lot of ornamental plants, these plant resources have a unique point is a special plant fragrance, can treat people's physical and mental diseases to a certain extent. The resulting "scent therapy" is a medical technique that modern medicine generally tries to do. For some plants, the special breath emitted contains something that can inhibit the endocrine of the human body, and the smell emitted by some plants can relieve the suffering of the human body and reduce the burden of the patient. In addition, many plants in China have medicinal value in addition to ornamental properties. Horticultural therapy, as mentioned in this paper, is the use of ornamental plants, and the use of their unique characteristics of smell to some people who need physical or psychological treatment or rehabilitation, with these plants to improve their pain, improve people's physical condition, this is a physical and psychological effective medical measures. Starting with the meaning, development status and function of "horticultural therapy", this paper explores and perfects the utilization measures and development suggestions of "horticultural therapy".



Figure 1 Ornamental plants

## 2. Present Situation of Ornamental Plants in China

In China, the geographical environment of many cities is very suitable for the growth of plants, and it is also more suitable for the cultivation of some plants. Nowadays, many cities develop and attach great importance to urban greening. Whether in the city construction or in special occasions, the need for ornamental plants are very important. Now not only the city's greening needs ornamental plants to add style, ornamental is also a certain role in medicine, "horticulture therapy" in the ornamental plants are very good proof, this kind of medical means introduced by foreign countries to study and study in our country today's popularity is not too common, the development time is short, so the research is not too thorough, many are still in the stage of research and development, because the geographical environment, climate and other factors, for plant cultivation is selective, so we should be based on the characteristics of plants to further research and development of this medical means. In today's hospitals, nursing homes can be seen everywhere in the figure of ornamental plants, in the decoration of the hospital environment can also play a certain medical role, these plants can alleviate the patient's physical pain to a certain extent, ease the patient's psychological condition, for the medical effect has a certain auxiliary effect. But this method of medical treatment is not only to know some pharmacological knowledge of medicine, but also to study the nature of plants, such as in a large area of parks, it is not suitable to plant such plants as oleander, because its juice is toxic, may lead to bad consequences.

## 3. Of Ornamental Plants Based on Horticultural Therapy

The introduction of "horticulture therapy" in China is to get some medical help. In modern society, although people's quality of life has been greatly improved, but followed by a variety of physical and psychological diseases are also increasing, so many modern people like to plant plants to add color to life, hope to be in the flowers, experience the beauty of life; In medicine, the special aroma of plants is also used to treat patients with diseases, especially many psychological clinics, very common means is "horticultural therapy", the use of plant fragrance to relieve psychological pain, this is some medical physical means can not achieve the effect, and the development of ornamental plants in China has been relatively mature, so that ornamental plants into the "horticultural therapy" is also a good medical means. In rehabilitation hospitals, many doctors advise patients to feel the fragrance of plants and relieve physical pain. In nursing homes, many nurses advise elderly people to plant flowers and plants and play with them. This kind of "gardening therapy" can stimulate people's senses to a certain extent, make people feel the beauty of life, increase their own happiness, satisfaction, and even to a certain extent can prolong life.

Horticultural therapy is not a very difficult plant species to find in the world, most of them are more common plant varieties, its cultivation requirements are not very high, as long as they know their growth characteristics can ensure a good survival rate, and these plants are ornamental plants, visible places are also many, planting a lot of, relatively rich resources.



Figure 2 Ornamental plants

In our country, the population is very large compared with other countries, with the progress of society, people face more and more pressure, many people's physical and psychological damage to a certain extent []. Many medical methods are not complete, especially for psychological treatment, our country is not strong, the "horticultural therapy" shows the advantages are very appropriate to the current social situation, the universality of ornamental plants can also greatly assist people's psychological and physical treatment.



Figure 3 Ornamental plants

#### **4. " Horticultural Therapy "for Ornamental Plant Resource Conservation**

##### **4.1. Improved Species Protection of Ornamental Plants**

For many living creatures today, conservation and development measures are mostly taken. The resource protection of ornamental plants is beneficial to the development and utilization of plant species, and it is also an important measure to balance the growth and development of natural organisms and human beings[1]. Many cities in our country have natural advantages in plant species because of their geographical environment and natural advantages of climate. Many rare or special varieties can only be grown in individual areas. For ornamental plants, there are certain requirements for climate. Not all plants can survive in any city or place, so it is very important to protect the resources of ornamental plants[2]. Therefore, it is necessary to investigate the climate

environment, select suitable varieties for planting, try to protect the plant network system, establish a special plant sector, conduct systematic research and planning on plant growth and development, and reduce plant mortality. Plants that live in special areas should protect the cultivation of these special plants and establish a resource bank to preserve these rare plant seeds in order to better protect these resources[3].

## 5. Summary

The social development of our country is becoming more and more developed, the economic level is rising, the social development is changing with each passing day, and the pressure on people in this era is increasing, whether it is economic pressure or physical pressure, or psychological pressure is increasing. In the face of the current high incidence of various diseases, whether physical or psychological, many are linked to stress. The "horticultural therapy" introduced in China has a certain auxiliary effect on it, the construction of the city is getting better and better, and many ornamental plants are getting more and more, so a medicinal therapeutic value for ornamental plants has been well played on the basis of "horticultural therapy ". "Horticultural therapy" is beneficial to alleviate people's physical and psychological pain, so we should strengthen the research on the cultivation of ornamental plants, at the same time, we should adapt to the local conditions in the selection of ornamental plants, so as to protect the resources of ornamental plants to the greatest extent, and to develop and utilize them, so as to protect the living environment of human beings.

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