

## **INDOOR PLANT GARDEN: CARE AND MAINTENANCE TOWARDS BETTER HOME ENVIRONMENT AND HEALTH BENEFITS**

**Amit Ghosh<sup>1</sup> and N. C. Nandi<sup>2</sup>**

<sup>1</sup> An enthusiastic indoor plant gardener; Email: [amitbiochem@gmail.com](mailto:amitbiochem@gmail.com)  
and

<sup>2</sup> Social Environmental and Biological Association, Kolkata (SEBA), Email:  
[nepalchandra.nandi@gmail.com](mailto:nepalchandra.nandi@gmail.com)

Indoor plant garden is always a pleasure and pride possession of the owner gardener especially for environment and health benefits. It encompasses a wide array of approaches from simple to quite complex herbal plant gardening. Usually home garden is maintained in a variety of set up from simple to complex designs to suit into the available spaces on walls, windows, and by hanging the potted plants. In this communication, some easy approaches are demonstrated to embark on by the gardener, for creating better living environment towards health benefit

Requirement of home gardening materials includes: i) Ceramic and or plastic pots of different sizes and shapes to suit into the available spaces, ii) Wooden or Steel framed glass door cabinets and almirahs to accommodate the potted plants to be grown, iii) Wooden, iron and solid plastic support materials, iv) Soil, sphagnum moss and/ or potting mix materials to grow plants, v) Mini aquaria, glass jars, clay pebbles, vi) Sun light, electric light, and electrical wires, vii) Temperature and humidity measuring device, viii) Sprayers and droppers, ix) Solid and liquid manure materials, x) Liquid disinfectants, etc.

Indoor plant garden can be maintained in a various ways, viz., on tables, windowsills, and available wall spaces. More methodical arrangements are in glass door racks, wooden glass cabinets, and glass door steel almirahs. It is better to use sphagnum moss pole of wired structure set up to support sphagnum moss inside so that water and nutrients are available unhampered for aerial root formation. The updated approach relating to indoor garden is hydroponic garden system – a system of growing plants suspended in water without the roots in soil and even using hydroponic clay pebbles. This process is usually associated with an artificial light source such as full spectrum glow light.

Indoor plant gardening is focused here with pictorial displays, demonstration on wall, tables, racks and almirahs (Figs. 1-8). Aquaria and glass jars can be used for maintaining plants under hydroponic system. The hydroponic system often yields better results as weather, light and nutrients are carefully controlled in this arrangement without the adversities of weather, season and weeds. Mention is made that indoor tropical humidity can be maintained by using clay pebble tray with water and artificial humidifier.



Figs. 1-8. Showing some indoor gardening kits (Fig.1), Maintenance of plants on wall with light arrangement (Fig. 2), Plants with moss pole on a table, and wall (Fig. 3), Plants maintained on glass cabinet (Fig. 4), hanging on window (Fig. 5), and on baskets (Figs. 6-8).

**Remarks:** Nowadays indoor gardening is an updated life style in urban apartment with reasonable space for living in harmony with nature. This system offers both physical and psychological benefits of clean air and green set up towards filtering environmental toxicity, sustained life reducing stress, as well as promoting peace of mind and relaxed living (WS 1- 4). In fact, caring of indoor plants is mood buster towards concentrating attention in house hold works, current ways of work from home, and in recovering from stress and illness.

### WEBSITE EFERENCES

WS. 1. <https://www.healthline.com/health/healthy-home-guide/benefits-of-indoor-plants>

WS.2. <https://plantaform.ca/blogs/home/the-benefits-of-growing-with-an-indoor-garden>

WS.3. <https://www.amazon.ca/s?k=indoor+hydroponic+gardening+system&adgrpid>

WS.4. <https://www.info.com/serp?q=indoor%20hydroponic%20gardening%20system&segment>