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PANACHE

Concrete Harmony!

...to put your house in order!

A pleasantly fragrant whiff of air even as you stroll through the lobby; large glass panels, sun rays penetrating through them; beautified walls coupled with light music soothing the senses... Not exactly the setting for a hospital, but if that's what hospitals were like, healing would become a lot easier & perhaps faster too. Shaking your head in disagreement, are you? Well, it may sound uncanny but the architecture, colours, textures & even shapes affect human behaviour to an extent, that if used effectively, can foster therapeutic healing. .. Healing architecture, in simple terms, can be explained as designing the structure of the building such, that it causes a general feel good mood. And this concept of healing is increasingly gaining prominence the world over, which "till now was ignored while designing a building", opines Dr. Dharmendra Nagar, MD, Paras Hospitals. While 'beauty' forms an indispensable part of such therapy, the structure must functionally be in tune with nature to get that perfect healing touch. "Allowing natural light into the buildings, especially ICUs, helps patients be less prone to depression & reduces the risk of a common problem, 'ICU psychosis', where patients lose all bearings regarding time & space.



... & therefore quicker recovery," says Dr. Nagar. A case study at the South Downs Health NHS Trust in the UK revealed that when original architecture of lodgings from a Victorian, brick institution with unusually high ceilings (accommodating 15 patients in one large room) was changed to single wards & its name changed to a more pleasing *Mill View Hospital Hove*, there was a significant improvement in patients' recovery, who also seemed extremely satisfied with the treatment as well! Similarly, many places like St. Vincent's Hospital, Indianapolis & Kosair Children's Hospital, Louisville, apart from others are redesigning wards to give a personal space for patients, fostering their recovery & instilling in them a sense of inner tranquility that affected them in ways that'll perhaps never be known to the staunch believers in medicine & technology!

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