

# *Application of Chinese Herbal Plants in Rehabilitation Landscape Design*

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**Keywords:** Chinese herbal medicine, Rehabilitation, Public landscape, Diversified, Balance

**Abstract:** Urban public landscape development up to now, gradually formed diversified development system, to meet the needs of different conditions on landscape, therefore, the landscape is also with the passage of time, again and again of the shift, in recent years, the rapid development of modern industrial science and technology lead to a variety of problems have been neglected, accumulate over a long period to today's situation, aiming at this situation, we put forward using the rehabilitation landscape concept of Chinese herbal medicine and western union, from the aspects of landscape in the sustainable development of the improvement plan, realize the development of modern society and traditional culture on Chinese herbal medicine feedback.

## **1. Introduction**

Rehabilitation landscape, originated from the western functional landscape design form, lays more emphasis on the application of the concept of rehabilitation, advocating the use of functional vegetation to improve the human body on its own as the premise, and carries out the design related to the relevant population. This design is particularly valued in today's social environment, China's current objective environment, rehabilitation concept began to appear in the new landscape design, want to do the maximum application in China, Chinese herbal medicine of broad concept and long-term practical experience to make it the emphasis on the application, this kind of design, in line with the potential of the rehabilitation ideas for make full use of the advantages of Chinese herbal medicine, This not only brings a new design direction, integrates resources, but also constructs a new Chinese-style rehabilitation landscape.

## **2. Chinese Herbal Medicine Landscape in the Context of Rehabilitation**

### **2.1 Environmental Health Crisis**

In the current pace of urbanization, the rapid development of various technologies leads to an increasingly fast pace of society, increasing material level and more colorful life. Can with the human more and more enjoy the conveniences brought about by science and technology, but with the passage of time, the problems caused by the development of long-term free also in further fermentation, people seemed immersed in the enjoyment of these high-end technology product lost themselves,

good attention to the state of the environment is more and more low, after all, We are still attached to the environment and the existence and development, both affect human own mental and physical environment and the ecological environment of the earth are the same is true, now, air pollution, water pollution and other pollution situation is still grim, all kinds of pollution has on our own and the whole earth ecological brought an extremely negative influence. Moreover, various industries represented by the printing industry have developed slowly in recent years due to environmental problems. From the perspective of the future development of various industries and the overall environmental status, environmental problems must be solved first.



*Fig.1 Air Pollution Caused by Thermal Power Generation*



*Fig.2 Water Pollution At the Source of Printing Plants(the Picture is from the Network)*

## **2.2 Development and Practicality of Rehabilitation Landscape and Chinese Herbal Medicine**

Landscape, for landscape rehabilitation has more attention to this one concept, and have some related applications, but it still stays in the concept of popularization, the effect is very limited, one of the important reason is that the concept of landscape rehabilitation, and the theory combined with China's actual situation of the application is a hindrance, and to break the status quo of breach, Is to combine Chinese herbal medicine with this idea. Coincided with the rise of traditional Chinese culture in recent years, all walks of life have different degrees of strengthen the application of traditional Chinese culture, natural as the essence of traditional Chinese culture, Chinese herbal medicine culture

for the use of modern society is deep spot, has been widely recognized and valued, in October 2015, China academy of traditional Chinese medicine, chief scientist tu, according to the record of the classics of traditional Chinese medicine The use of artemisinin and other antimalarial drugs won the Nobel Prize in Medicine, which is regarded as a breakthrough in tropical medicine in the 20th century, saving the lives of millions of people, but also the achievement of the spread of Chinese herbal culture has added a fire. The exploration of traditional Chinese medicine culture in various industries has been widely applied with abundant achievements. In view of the characteristics of various application forms of Chinese herbal medicine, the emerging concept of rehabilitation landscape in the domestic landscape industry coincides with some aspects of it.



*Fig.3 Rehabilitation Garden Landscape Design of Massachusetts General Hospital, Usa. the Picture is from the Internet*

### **3. The Principles of Herbal Medicine in Rehabilitation Landscape Design**

#### **3.1 Landscape Morphology of Chinese Herbal Medicine**

When “Chinese herbal medicine” to join design, the landscape design of the inherent pattern is broken, aiming at the existing urban greening landscape hierarchical upgrading, the significance of the traditional landscape primarily in space division and visual expression, etc., are mostly serve the modernization of society without taking into full consideration the needs of generation after generation, transformation, do better serve humanity, therefore, Considering the need of human sustainable development, put forward to keep original on the basis of traditional urban greening landscape visual principle combined with Chinese herbal medicine for kernel transformation ideas, combining with the characteristics of the climate of different areas and are faced with the problem that different Chinese herbal medicine with the use of different structure into different levels of urban greening landscape, for each region to create a different landscape system, Then according to different actual design requirements, can be based on the new organic combination to form a kind of brand-new concept, there are many different kinds of experience historical precipitation of Chinese herbal medicine, method of use is also various, we often say that one party soil have a party, was born in the land based landscape is more suitable for Chinese herbal medicine was born in this land, On the basis of the visual presentation with a variety of the medicinal value of Chinese herbal medicine has an effect on people, in turn, achieve the goal of improving living environment, to the improvement of the physical and mental health to the user as a effective factor for greening landscape, compared with the traditional design methods of expanded the plant equipped with the train of thought, a new design

further consideration in design is the principle of service, Layered for the needs of different users.



*Fig.4 Current Situation of Urban Public Landscape, Picture from the Internet*

### **3.2 Medicinal Value of Chinese Herbal Medicines**

At present, all kinds of rising Numbers of patients with chronic disease and mental disease, common treatment time is no cure, but the high incidence of disease is very important for people to overdraw the damage to the body at ordinary times life accumulation, more do not pay attention to the usual “pet”, leading to ailments eventually into a disease. In *huangdi neijing*, which was first put forward the concept of “maintenance”, to physical and mental health, shall comply with the natural or broke the balance of human body will need through different tone to re-establish the balance, the aftercare methods are varied in the form of, based on the present situation, the need to “raise” the status of the popularization to the whole society, the earliest recorded in *huangdi neijing* “therapy”, It means to nourish the human body through smelling some plants with special aroma or effect, and to readjust the physical state and achieve the balance and promotion of the overall condition. This is a good recipe. Further understanding, found that different aromatic plants have different effect to human body, because the cause of disease is different, the therapy has also the aromaticity of Chinese herbal medicine for composite applications, most of the cause of the disease is because of the deterioration of environment and mental tension, preliminary improvement mainly for curing cardio-cerebral common intervention and soothe composed of Chinese herbal medicine, Herbs for these aspects are not difficult to find, for example, common herbs for heart health are: Stone calamus, borneol, *salvia miltiorrhiza*, *notoginseng* and *dalbergiae* has bring brain function is more, *rhizoma atractylodis*, *evodia rutaecarpa*, *tsao*, cinnamon, *amomum villosum*, *angelica dahurica*, mint, *polygala*, lavender such according to the long-term use have explicitly by sniffing, reach the role of corresponding improvement, can according to the design needs to give priority to deployment, But care should be taken to avoid plant phase and odor allergy. The large area layout of this idea can maximize the audience, while not affecting the audience's daily life.



*Fig.5 Part of Aromatherapy Plants. Picture from the Internet*

### **3.3 The Audiences and Diseases of the Rehabilitation Landscape of Chinese Herbal Medicine**

With the further stability of material life security, people's demands have shifted to the pursuit of the spiritual level, and they begin to consider the beauty in every bit of life and focus on the psychological experience in life. This makes the Chinese herbal medicine, which has been neglected by the public, return to the public view, and the concept of "nourishment" of Chinese herbal medicine reinvigorate. Some common Chinese herbs are used to a great extent as potted plants or flower and fruit teas, such as: Mint, tsao, honeysuckle, osmanthus, dandelion, notoginseng, etc have been widely used, such as mint has bring the role of the brain, whether by sniffing smell or edible effect is very good, that is widely applied in a large number of proprietary Chinese medicine and even our common toothpaste has a huge amount of use, and mint adaptable to the environment, to survive, The more the picking grows, the more suitable it is to plant in urban greening through reasonable planning. There were also some emerging in recent years, the existence of the fire, suddenly a has obvious change is the dandelion, had just one plain grass by the side of the road, since found its need only simple processing has effect on antiphlogistic dispel fire, as if this strain of the humble grass suddenly disappeared, as high heat. Modern crowd, a question of age increasingly blurred border is insomnia, most people who want to sleep in the evening most nervous excitement, unable to calm down and finally lead to insomnia, zizyphus jujube as blindly cure insomnia of Chinese herbal medicine is widely attention, a lot of common pharmacy have prepared, a lot of proprietary Chinese medicine is used as an essential ingredient of medicinal materials, And the heat and price are high, and the application form is simple and effective, suitable for both north and south. It is obvious that the value of Chinese herbal medicine in improving diseases and the recognition of the audience are increasing day by day. Moreover, more and more diseases are involved in. It is the trend of The Times to cultivate a large number of herbs.



*Fig.5 Drying Dandelion*



*Fig.6 Jujube Seed, Picture from the Internet*

## **4. Chinese Herbal Medicine Rehabilitation Landscape Design Method**

### **4.1 Blend Chinese Herbal Medicine into Public Green Space**

In cities, diseases such as insomnia and anxiety are particularly prevalent. The concept of “nourishment” is no longer confined to the special space under the traditional definition, which makes Chinese herbal medicine have a considerable application basis in the landscape. Through large-scale targeted plant selection and improvement, even the whole social environment will be improved. The most popular and convenient to improve the carrier is the most common forms of public green space in the city, the green land with high efficiency, small involved scope, convergence speed obvious advantages, through a simple and convenient method such as sniffing can be more applied in all kinds of environments, the feasibility and application prospect, has the very high grow fastest widespread effect, optimize the environment as a whole, Form social scope of daily recuperate space, use a multitude according to different division of labor under the environment of the demand is different, the corresponding selection adaptable herbal plants, a large number of applications in the environment, targeted optimization coverage to every place, give the landscape beyond the traditional value outside the new value, revitalize old, no one CARES about public green vigor, participate in the service to each and every one, The more functional landscape is no longer only the exclusive symbol of the so-called high-grade residential areas and bustling areas, and can even become the impetus for the harmonious development of the whole society.



*Fig.7 Road Greening Status, Picture from the Internet*

## 4.2 Create the Theme Space of Chinese Herbal Medicine

Popularize the application of improved degree of more recognition of the landscape, is conducive to the implementation of the thorough elaboration, next pervasive effect of reforming is to get popularity, but want to further deepen the application will generate many scruples, people allergic reactions in plants and various plant collocation in order to achieve universal effect of trade-off between, will lead to different degrees of effect to reduce, In this case, in order to make the improvement of landscape have a better effect, we can further integrate the same plant or Chinese herbal medicine with the same effect, take some old parks or abandoned sites as the main design object, and design the theme space based on them. Targeted design of single or combined varieties of targeted tranquilizing Chinese herbal medicine to build ineffective theme space on the basis of meeting corresponding aesthetic requirements. For example, the mint courtyard with mint as the main element, or the Sun Simiao Square and Yandi Garden under the application of comprehensive varieties...Many landscape park, let people at the same time in the garden have a rest when the achieve the goal of improving physical fitness, on the basis of the original park keep its characteristics and to glow the new development opportunity, create the new space of real with utility, can achieve targeted type of spa and an audience more in-depth knowledge of Chinese herbal medicine recuperation, let the audience is no longer a passive to accept as a layman, You can actively experience and even participate in improvement as a participant.



*Fig.8 Plant Courtyard, Photo from the Internet*

### 4.3 Chinese Herbal Medicine Hydrophilic Landscape

The theory and practice of hydrophilic landscape actually started earlier, and formed two development directions of environmental governance and leisure and health preservation, and combined with the theory of Chinese herbal medicine to be applied in hydrophilic landscape. For example, in recent years, on the basis of the original environmental protection policies, the state has refined the guiding ideology of industrial ecology and ecological industrialization. Vegetations that can effectively purify the air and improve the water quality are widely planted in these pollution sources, and some functional Chinese herbal medicines are planted in combination, such as: Violets, osmanthus, mint, lemon grass, lotus, etc, the construction of the new landscape ecological environment, through proper management and planning can even develop into a mature industry chain, realize organic use of such areas and sustainable development, realize ecological, changed the essence of such enterprise pollution and make such enterprises have new development.

Through reviewing fruit drop to hot springs in the research of Chinese herbal medicine for a long time, produced by hot spring water cook for pesticide industry, building complete and exact and effective hydrophilic treatment of Chinese herbal medicine industry, form with Chinese culture, influence the world an indicator of industry layout, this kind of phenomenon is converted to concept widely promotion, improve the environment problems in natural form, realize the industrialization of ecological.

At the same time, the above mentioned in both ecological pollution enterprises through the landscape construction of Chinese herbal medicine industry optimization, and Chinese herbal medicine leisure keeping in good health, in the end it's all about the water ecology, so, if the two together, can create the mutual fusion of pollution control and water treatment water landscape architecture, In this way, both the industry itself and the geographical environment can be used more efficiently, killing two birds with one stone.



*Fig.9 Urban Hydrophilic Ecological Zone, the Picture is from the Network*

### 5. Conclusion

In this paper, through the analysis of the present landscape utility level, lack of found and corresponding with Chinese herbal medicine for the improvement of the new kernel was proposed, the fragrant plant utility casual discovery, combined with the active exploration of application of the value of the popularization of landscape formed to existing urban greening landscape and rehabilitation in the sinicization of corresponding modification, From the shallow to the deep, it is easy but difficult to analyze and design, plan the layout and consider the needs of the audience. In *The Little Prince*, it is said that “the desert is so beautiful because it hides a well somewhere”. To the



man who walks in the desert, the well is worth more than real money. To build a new multi-level urban Chinese herbal medicine rehabilitation greening landscape in the urban people, not only implements the concept of urban greening landscape and rehabilitation landscape local utility maximization, from the aspects of landscape to further safeguard the physical and mental health of the masses of real benefits, implements the new field of “nature and humanity, creative nature”, It has also helped a large number of old urban units and enterprises constrained by the environment to achieve sustainable development, carried forward the excellent Chinese herbal culture, and made it get new development opportunities now. Perhaps, this is really more precious than gold.

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