

# The Investigation and Development of Domestic Plants Utilizable Horticultural Therapy

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## Objectives

This study of human emotional response by horticultural therapy used to domestic plants was proposed to get data that its plant affect on psychic, psychological, and somatic changes and to help to selection and development of useful its plants as therapeutic factors. Recently, there has been increasing interests on horticultural therapy, however, detailed studies concerning their therapeutic application are rather limited, especially when using foreign plants. The objective of the present study is, through literature survey to introduce the effectiveness and applicability purpose.

## Materials and Methods

1. Materials :Foreign plants-lavender, rosemary, mint, sage, basil and so on.

Domestic plants-labiatae(*Agastache rugosa*, *Thymus quinquecostatus*),compositae(*Aster tataricus*, *Dendranthema indicum*, *Chrysanthemum morifolium*),umbelliferae(*Cnidium officinale*, *Oenanthe javanica*, *Foeniculum vulgare*) and so on.

2. Methods :seeding, indoor and outdoor cultivation, planting a cutting, flower arrangement, aroma therapy and cooking.

## Results and Discussion

1. A process utilizing plants and horticulture activities to improve social, educational, psychological and physical adjustment of persons thus improving their body, mind and spirits.
2. Especially, domestic plants extend programs for horticultural therapy. These are more friendly to general public, instead of foreign plants(Kim,1996, Park and Jung,1997).
3. Application of domestic plants will be also an important aspect for horticultural therapy in near future.