

Impact of Open Space as a Natural Remedy tool on Improvisation of Quality and Health of Life with the Involvement of Planning Interventions

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Abstract

This study can provide information about the importance of open green spaces to improvise health and quality of life, which is treated as an effective idea for people in the urban area. The importance of planning interventions and reservation for the development of a plan is discussed in this study. This study can provide information about the use of planning intervention and reservation in timely implementation that can provide effective benefits towards citizens. City revitalization is maintained correctly with the involvement of timely implementation of development plans, which directly has an impact on the restoration of citizen's health. Natural Remedy Tool can maintain the connection between art, healing and public health. This study can ensure that natural Remedy is implemented as a psychotherapeutic healing tool, as well as safer health systems provided by this tool. The timely implementation of the development plan is to demonstrate and summarise with the involvement of open green space through public participation. Modern-day lifestyle is evaluated with the involvement of this process.

Key words: urban area, City revitalization, Natural Remedy Tool, open green spaces, and psychotherapeutic.

Introduction

Many countries are trying to improve the quality of life of all citizens to maintain this factor. Countries are spending a huge amount of money. To develop the life of citizens it is important to use open green spaces which are treated as an effective healing factor. Various environmental hazards, stress, and inadequate activities are present in the modern life of people, which can increase health-related problems of citizens, which is evaluated in this study. Open green space without any environmental hazards can maintain this situation effectively. These open green spaces can provide various benefits to people. Along with this,

it is noticed that large open areas are treated as a natural remedy that can maintain various issues properly. Inner city revitalization process is evaluated easily with the help of large open green spaces.

Large open spaces can play a crucial role in the maintenance of ecosystems and biodiversity. On the other hand, the local economy is improvised by open green space by attracting tourists. Sense of community and mental satisfaction of people is justified properly with the involvement of open spaces. On the other hand, it is noticed that the mental health of citizens is boosted with the help of large open spaces. Physical activity relaxation and peace of people are justified with the help of a large open space. Large open space can reduce the stress of people in, especially urban areas.

Importance of open green space for human health

Urban green spaces such as woods, lakesides, gardens, and sport fields can play a crucial role in the maintenance of the physical ability and mental flexibility of people in the urban areas especially. Open green space can provide relaxation and peace towards people as well as open green space helps people to reduce stress. Environmental hazards are reduced by open green spaces by providing fresh air, cooler temperature, and greater diversity. The health of citizens is improvised with the involvement of these aspects. With the help of a few researches, it is noticed that due to lack of pepper physical activity 3.3% global death is observed. Limited access to recreational areas and our work abilities is treated as an effective cause behind this problem.

According to Bull et al. (2020), early earth-related problems are maintained with the involvement of large open green spaces, these spaces can reduce excess heat easily that can maintain the health of citizens. For green interventions, health impact assessment tools are used increasingly that can maintain the peace and relaxation of people easily. Davern et al. (2017) stated that, to maintain health-related issues of citizens many countries are trying to maintain greening up that can improvise the health of people. This process can lay a crucial role in the maintenance of premature death. The various rankings are observed between countries in the maintenance of open green spaces, which is illustrated in table 1.

Rank	City	Country	Greenspace (Percentage)

1	Moscow	Russia	54%
2	Singapore	Singapore	47%
3	Sydney	Australia	46%
4	Vienna	Austria	45.5%
5	Shenzhen	China	45%
6	Hong Kong	Hong Kong	40%
7	Stockholm	Sweden	40%
8	Madrid	Spain	35%
9	Rome	Italy	34.8%
10	London	United kingdom	33%

Table 1: Rank of countries as per the score of green space

Biodiversity and mitigation of climate change are maintained with the involvement of open green spaces. On the other hand, it is noticed that open green spaces can increase the sustainability of cities easily. Open space is treated as an effective tool that can maintain the improvisation of public health. Residential development in urban areas is maintained with the involvement of open green spaces (Aidara-Kane et al. 2018). Health related behavior of people and their perceived health status are justified with the involvement of open green spaces. Physical characteristics of people are described properly by high-performing urban residential areas. It is also noticed that residential opinion surveys can play a crucial role in the maintenance of people's health. Poor variety of outdoor activities can decrease the efficiency of public health.

Impact of open green spaces on health expenditure of the countries

Open green sources can help countries to maintain their health expenditure, which directly has an impact on their GDP. Open green spaces can maintain interconnection between health and wellbeing (Lai et al. 2019). Physical, mental, economic and environmental factors of countries are studied with the help of open green sources. Open green spaces are useful for few socio-economic communities. Health expenditure can decrease the economic growth of countries. With the help of a few effective researches, it is noticed that a continuous rise in health expenditure has an effective impact on the GDP rate of the country. 8 to 10% GDP is involved in health expenditures in many countries such as Korea, Australia, and others. In many countries, the overall economic conditions are deteriorated due to excessive health expenditure (Forsund et al. 2018). Total expenditure in health is conducted with the involvement of private and public expenditure. Along with this, it is noticed that an open space environment can maintain physical activity properly, which directly has an impact on the health expenditure of the country.

Muscular strength and mobility of health are controlled with the involvement of open green spaces. Weight loss, risk reduction, and other health-related problems are maintained with the involvement of attractiveness and safety. This factor can reduce the health expenditure of countries. Open space expenditure has a positive impact on the physical activity and health expenditure of countries. It is important to maintain the distance of residence from open green spaces, this open green space is used regularly. Along with this degree of connectivity is improvised with the help of open green spaces. On the other hand, the emotional well-being of people is also justified with the help of this process. Natural science is ensured easily towards urban science and identifies the difference in environmental status. Along with this, it is important to maintain the size of open green spaces. Zhu et al. (2017) stated that this large open group can maintain environmental hazards effectively, which is useful for relaxation.

Open green space is treated as a catalyst for a sense of community, which directly has an impact on the mental satisfaction of people. Figure 1 and figure 2 can provide information about the health expenditure of many countries around the world. Figure 1 can ensure private, public, and compulsory expenditure on health-related issues in many countries such as New Zealand, Spain, Poland, the USA, Switzerland, and other countries. On the other hand, figure 2 can provide information about health care costs. This figure can provide information about the percentage of GDP, which is used for health care. To maintain this healthcare cost it is important to use open green spaces, which are used as a natural remedy tool. However, it is

important to conduct planning intervention before the implementation of this tool (Brahmer et al. 2017).

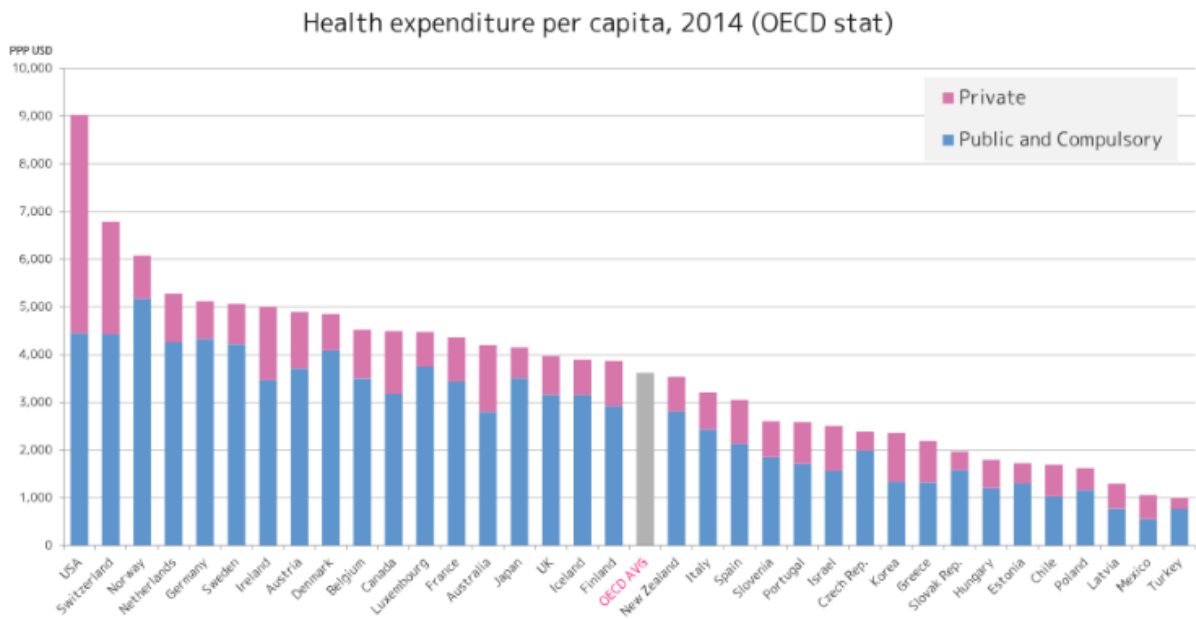


Figure 1: health expenditure per capita in many countries
(Source: Brahmer et al. 2017, p. 496).

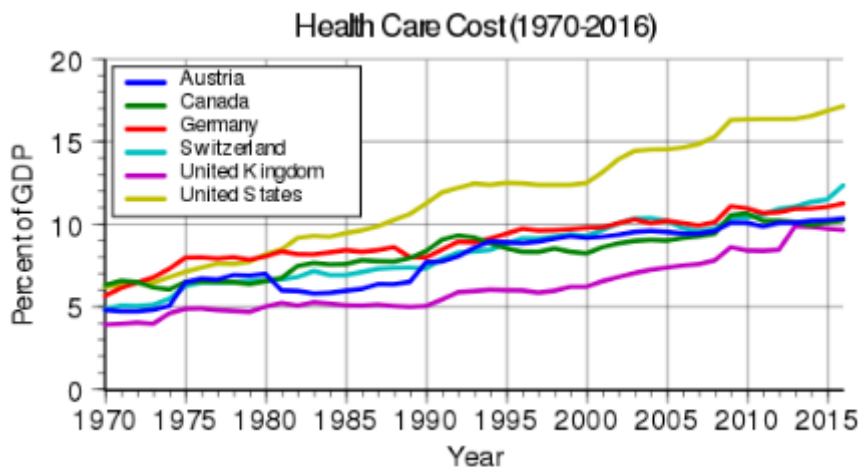


Figure 2: Health care cost
(Source: Zhu et al. 2017, p. 725)

Planning interventions for open green spaces

The World Health Organisation is involved in the maintenance of open green spaces, as well as authentic planning interventions are maintained with the involvement of WHO. According to WHO it is important to provide 9 m square individual places towards people in open green space, which can help people to reduce their stress. Many countries are trying to maintain this

parameter of open green spaces that can help them to reduce their health expenditure. These open green spaces are treated as the lungs of the city that can provide a better life and environment for citizens. On the other hand, it is noticed that pollution and health hazards of modern-day living are decreased with the involvement of open green spaces, to implement this system it is important to maintain the involvement of planning interventions.

The cardiovascular health of the citizens is provided with the help of this recess. City's aesthetic and mental factors are visually improvised with the involvement of open green spaces in many countries., as well as the purity of the environment is controlled by this aspect. As per Venter et al. (2020), for a healthy city environment, it is important to increase the efficiency of public reservation and development, which is maintained with the involvement of the planning intervention process. Gardens and stadiums are reserved for public amenities however, it is important to implement high-performing development plans in these public amenities.

This development plan can increase the efficiency of the garden stadium and other open green spaces. These developed open spaces can provide a healthy city environment for citizens in various countries. Waste of time, energy, and resources are observed due to delays in the development plan. Along with this, it is important to simplify policies of these open green spaces that can help to maintain a rapid implementation development plan. This process can inform citizens of the health benefits of society as well as they can learn about the needs of these reservations. To improvise bio-diversity, outdoor activities, and active life it is important to maintain the involvement of planning interventions in open green space. On the other hand, it is important to maintain relationships between the performance of open green spaces and the planning intervention process (Braubach et al. 2017).

Good physical and mental well being are justified with the help of group space intervention process, which directly has an impact on open green space. With the help of a few effective researches, it is noticed that the lives of residents and work in London are maintained with the help of open green spaces. Proper planning is important to implement open green spaces in London and other countries. Open green spaces are treated as an effective solution that can maintain environmental hazards and population related problems (Astell-Burt and Feng 2019). On the other hand, it is noticed that noise pollution is maintained properly with the involvement of open green spaces. Open green spaces can provide effective opportunities towards urban people, by which they can control, exposure to nature. Nature-based solutions are controlled with the help of open green spaces.

Discussion

Case study: Lakaki Udyan, Pune

Lakaki Udyan is treated as an open green space, which is situated in the modest area of Model Colony. Due to degradation slow death is observed in Pune. This area was targeted for many crimes, which can decrease efficiency of this open green space. Growth of mosquito and algae are increased in this area due to an unhygienic stagnant water body. In July 1985, this area was declared as a green belt with the involvement of civic administration. It is important to implement a development plan in this open green space. Figure 3, 4, and 5 can provide information about Lakaki Lake before development (Dzhambov et al. 2018).



Figure 3: Lakaki Lake before development
(Source: Dzhambov et al. 2018, p. 414)



Figure 4: Lakaki Lake before development
(Source: Dzhambov et al. 2018, p. 414)



Figure 5: Ariel view of Lakaki Lake Udyaan

(Source: Dzhambov et al. 2018, p. 414)

Reservation type G-28 was implemented with development plan to maintain efficiency of Lakaki Lake, Model Colony, Pune. With the help of few resources it is noticed that development was implemented in this lake after 20 years. Ekkel and de Vries (2018) stated that development of this lake was conducted with the involvement of residents of Model Colony, government and local authorities. Hygiene conditions of the lake were maintained by the development plan. Improvisation of aesthetic value can help this lake to attract tourists. In 2015, a development plan was implemented properly in this lake. After development, gardens and pathways are maintained property, which is observed in figure 6, 7, 8 and 9. Along with this it is important to maintain materials and elements of the development plan, these elements are used in Lakaki Lake. Proper planning can help to maintain visual pleasant and cleanness of this lake, which can encourage visitors to visit Lakaki Lake (Mears and Brindley 2019).



Figure 6: Lakaki Lake after development
(Source: Mears and Brindley 2019, p. 452)



Figure 7: Lakaki Lake after development
(Source: Mears and Brindley 2019, p. 452)



Figure 8: Lakaki lake after development
 (Source: Mears and Brindley 2019, p. 452)



Figure 9: Lakaki lake after development
 (Source: Mears and Brindley 2019, p. 452)

Conclusion

Based on this study it is concluded that mental and physical health of people are maintained with the involvement of open green spaces. Open green spaces can provide flexibility and reduce stress of the citizens. Continuous health benefits are provided with the involvement of open green spaces in many countries, which is concluded in this study. However, it is important to maintain planning intervention to implement open green spaces in cities. Open green spaces are normally free from noise and traffic, which is treated as a natural remedy tool. This Natural remedy tool can maintain quality of health. Based on this study, it is concluded that risk of premature death is reduced by this process.

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