

AN ANALYSIS ON BIOPHILIC DESIGNS IN INTERIORS

¹Aditi Kashyap ²Ar. Neha Mishra (Assistant Professor, CSJM University, Kanpur)

ABSTRACT

In the world where we are mostly surrounded by still life entities with no life it has been utterly important to add living elements to our surroundings to feel positive. The experience of happiness and tranquillity of being on the trekking, rest by the side of ocean or being on peaks of mountains gave rise to concept of biophilic interiors. Biophilic design seeks to connect our inherent need to affiliate with nature in the modern built environment (Report of the Inquiry into environmental infrastructure for growing populations, 2020). The use of sustainable earth material in the construction as well as the implementation of living entities in our design is the overall sum up of biophilic design.

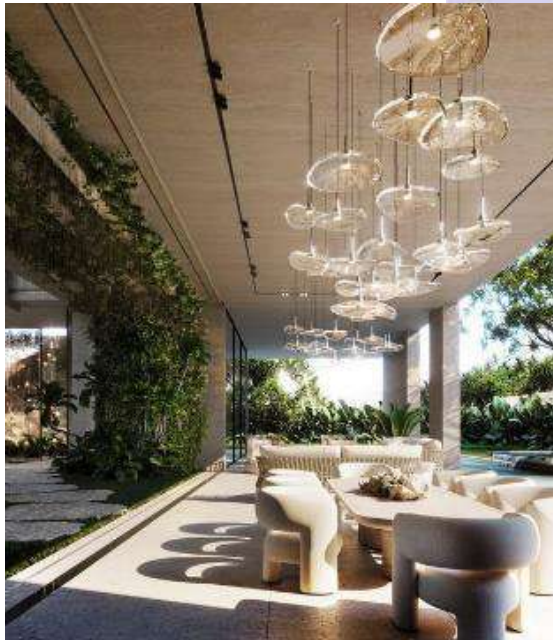
INTRODUCTION

Biophilic design is a concept that has gained popularity in recent years, particularly in the field of interior design. The term refers to the practice of incorporating natural elements into the design of interior spaces to create a sense of connection between humans and nature. Biophilic design is based on the idea that humans have an innate desire to connect with the natural world, and that incorporating natural elements into interior design can help to improve well-being and create a more sustainable environment.

There are a variety of ways in which biophilic design can be incorporated into interior spaces. One common approach is to use natural materials such as wood, stone, and other organic materials in the design of floors, walls, and furniture. These materials not only look beautiful, but they also create a sense of warmth and comfort that can be very welcoming in a home or office environment.

BEGINNING OF BIOPHILIC DESIGNS

The concept of biophilic design struck the minds of designers and architects when in 1987 a popular biologist, naturalist **EDWARD O. WILSON**, in his book *Biophilia* argues that the very essence of humanity is our natural affinity for life and the desire to connect with nature. The absence of it can cause suffering and health issues.



Now-a-days biophilic designs are considered crucially important to one's physical and mental health. In architecture and design, Biophilic leads to the evolution of sustainable designs that reduces the carbon footprints in constructions (Bello, 2020). Thus in my opinion on how the minds of people are affected with the presence of nature around them gets a positive support.

ELEMENTS IN BIOPHILIC DESIGN

1. Lighting

Lighting is what? Is it just about adding lighting fixture to all corners of the house to lit up all or there is more to it?

Well in my opinion lighting brings an emotional value to architecture.

It draws attention to the texture, colour and forms of space, helping design achieve its true purpose.

In biophilic designs we talk about incorporating natural light (i.e. sunlight) to our design in such a way it fulfils the purpose of place.

A place with maximum light (1 light increases the productivity of human brain. Lighting is often set by the analysis of how people want to feel walking around the space.

2. Materials

Prioritizing plants and greenery in our biophilic designed space, design also extends to water, natural light, stone and wood, countering concrete, smog and carbon footprints.

A. Wood

The most obvious material to start with is wood. We can imitate the biophilic response of spending time in nature by bringing those materials such as wood in our design (How to Use Biophilic Design Materials in Your Interior Design Project, 2020).

B. Cork

The production of cork from cork oak is a carbon negative process thus it proves as another biophilic material. Its is well known for being extremely lightweight resistant to water and



has a great thermal insulation.

C. Rattan

One of the trendiest materials today is known to be rattan, whether its is used in furniture, door,



windows, or ceiling. It is so popular in biophilic designs due to its property to purify air.

It converts CO₂ into pure air making it environment friendly.

D. Stone

One of the oldest yet widely used natural material today. Stone is so popular choice in biophilic interiors due to its presence in natural earth tones. It is widely used in bathrooms all round the world.

Advantages Of Biophilic Design

The benefits of biophilic designs are far beyond what meets the eye.

1. Association with physical and mental wellbeing

Imagine walking on the fresh clean air that you breath and all Well, that's the kind of but a residence surrounded with the same feeling in the comfort for being the hype of biophilic



green grass on a clear day with the your stress vanishing into thin air. experience you only get in nature, all natural elements can give you of your couch. The major reason design is this only.

2. Increase the productivity.

Well with a personal this very well that being creative. The number of unmatched. Living in a you achieve great ideas cluttered space without natural light.



experience of being an artist I can quote surrounded with nature makes you more ideas that could cloud you mind is biophilic designed home or office can help much better than working in a chaotic,

3. Helps us create a strong bond with nature thus, caring to protect it.

From the innovative way to designing a place to live to helping reconnect with nature, biophilic design does it all. Its human instinct to show care to things that we have. For eq. if we have a pet, we begin to show love and care to them to help them grow, applying same concepts with nature if we can learn to live with nature, we will grow more considerate to them. Thus, biophilic designs are considered environment al friendly.

Conclusion

Urbanisation is one of the major factors contributing to the rise of biophilic designs in buildings. With all the homes being converted into buildings and commercial space people feel the need to reconnect with nature just like in previous day where people use to have mandatory gardens and open courtyards in their home. A biophilic design fulfils all the necessity of a house as well as gives us a chance to feel nature around us. With green colour calming our minds to shades of brown adding tones and texture to design. With increasing population cities tends to have less relatively less available free space and the increase prize of property. With this evolves the concept of terrace garden, vertical garden, indoor water feature and so much more. Thus, it is safe to say that biophilic design is just not restricted to a single concept but have a lot to explore. It gives us the opportunity to be creative and discover various ways to add nature to living spaces.

Bibliography

Bello, R. D. (2020, November 04). *AN INTRODUCTION TO BIOPHILIC DESIGN*. Retrieved from A designer at Heart: <https://www.adesigneratheart.com/en/interior-design-blog/sustainability-and-well-being/90-an-introduction-to-biophilic-design>

How to Use Biophilic Design Materials in Your Interior Design Project. (2020, August 22). Retrieved from THE design SHEPPARD: <https://www.thedesignsheppard.com/biophilic-design/how-to-use-biophilic-design-materials-in-your-interior-design-project>

(2020). *Report of the Inquiry into environmental infrastructure for growing populations*. Melbourne: Parliament of Victoria.

