

Indoor Gardening

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The art of growing different plants inside the house is known as Indoor Garden. The main purpose of indoor gardening is to create a beautiful, attractive and lively atmosphere inside the house. Indoor gardening typically embodies the concepts of self-care and customized setup, which have both concrete and symbolic meaning in communication. The benefits of plants for health are well-reported. Indoor plants have numerous advantages for our mental and physical well-being.



What are the Advantages of Indoor Plants?

Plants have always been known to enhance life quality in one way or another. The initial placement of many houseplants follows the same concept. Positively, they add to the enjoyment of the vista. Types Indoor Gardening, Container Gardening, Hydroponics, Miniature Garden, Trearium, Aquaculture. Here are some benefits of growing houseplants and why you should have a reason to consider them.

1. House plants can enhance indoor air quality.
2. They can improve your mood and promote relaxation.
3. They could also aid in lowering stress levels.
4. Boosting mood and productivity.
5. Reducing noise levels.
6. Improving sleep quality and physical health
7. Reduced stress and anxiety
8. Natural decoration

Important features

1. Beautifies the interior decoration.
2. Oldest way of foliage cultivation.
3. Sense of interest for recreation
4. Popular in metro cities due to scarcity of space.
5. Divides the living areas
6. Bring freshness in house.

Advice for caring for indoor plants

- Taking care of indoor plants can be a rewarding and relaxing experience. Repotting: If your plant has outgrown its container, repot it into a larger pot with fresh potting soil.
- Humidity: Many indoor plants prefer high humidity levels. Think about putting a humidifier next to your plants or regularly spraying them.

Provide proper lighting: For optimal growth, most indoor plants require bright, indirect sunshine. Make sure the area where you plant them gets adequate natural light. Your plants need enough light, so supply it. Most indoor plants like bright, direct light. Remember to research and educate yourself on the specific care needs of your indoor plants to ensure they stay healthy and happy.

Interior landscaping

- It combines a range of strategies ranging from long-life plants and displays to more short-term floral arrangements.
- It includes using accessories such as pots and containers to complement the architecture and interior design of a space.
- Generally, two kinds of plants grown in indoor places the flowering plants which are spectacular in appearance by virtue of their colourful flowers. The other category belongs plants for permanent display with their graceful foliage and sometimes with their architectural or unusual form.
- House plant should remain evergreen to retain its permanent decorative character.

Plants suitable for indoor gardening:

Coleus (*Plectranthus scutellarioides*) Aglaonema (*Aglaonema commutatum*) Spiderwort (*Tradescantia zebrina*)

Burgundy rubber plant (*Ficus elastica* 'Burgundy') Aluminum plant (*Pilea cadierei*)

Triostar stromanthe (*Stromanthe sanguinea*)

Bromeliad (*Bromeliaceae* genera)

Polka dot plant (*Hypoestes phyllostachya*) Nerve plant (*Fittonia spp.*)

Echeveria (*Echeveria spp.*)

Rex begonia, fancy-leaf begonia (*Begonia rex-cultorum*) Cordyline, Hawaiian ti plant (*Cordyline terminalis*) Purple shamrock, false shamrock (*Oxalis triangularis*)

Pink princess philodendron (*Philodendronerubescens* 'Pink Princess') Tricolor rubber plant (*Ficus elastica* 'Tricolor')

Neon pothos (*Epipremnum aureum* 'Neon') Prayer plant (*Maranta leuconeura*) Calathea (*Calathea spp.*)

Peperomia rosso (*Peperomia caperata* 'Rosso') Snake plant (*Dracaena trifasciata*) etc.

Reasons for Indoor Gardening

Indoor gardens can be grown in any indoor space, making them a great option for homes, offices, restaurants, and other spaces where people want to bring a little bit of life and color inside. With an indoor garden, we have full control over the environment in which our plants are growing. So whether you're looking for a way to bring some natural beauty into your home or office, or simply want to nurture a small corner of the world on your own terms, starting an indoor garden is the perfect solution.

Necessities for Indoor Gardening

- **Space** - You may have resorted to indoor gardening due to a shortage of outdoor garden area, but some inside room is still necessary. When designing your garden, keep in mind the requirements of your particular plants and their root systems to ensure they have the room they require to grow and flourish.
- **Light** - Some plants can survive with very little natural light, while others need it desperately to grow. Sunlight is an obvious choice to help your plants grow but for an indoor garden, you may not have much direct sunlight available or it likely won't be available for as many hours as your plants need. Standard incandescent light bulbs could work well if you intend to nurture a few simple houseplants. Fluorescent lighting could

work well for plants and seedlings. Grow lights, whether LED or HID, are essential for the healthy growth of any plant that yields fruit or flowers.

- **Soil and Nutrients-** Soil for indoor gardening should be rich, porous and well drained with good water holding capacity. However, indoor plants need less water. Both over watering and under watering are harmful to indoor plants. Nutrient present in pot soil is adequate for satisfactory growth of house plants. Important constituents of potting media are bagasse, bark, cinders, clay, moss, peat moss, perlite, rice hull, saw dust, vermiculite etc. Repot your plants and give them fresh soil as often as they need it to keep them happy and healthy.
- **Water-** Water is the simplest but one the most important things you indoor garden will require. Every plant is different and some will require more or less water than others.
- **Temperature and humidity** will also affect how much water they require at any given time of the year. It's important to research how much water your specific plants need to keep them in the healthiest condition.

What are the side effects of indoor plants?

If houseplants don't get enough light and moisture, they can get mould, fungal, or bacterial diseases on their leaves. The plant can suffer damage from bacterial infections, fungi, and mould in a number of ways. Furthermore, the diseases may cause contaminants and mould spores to be released into the air you breathe.

Disadvantages of indoor plants:

Indoor plants are a wonderful way to add life to your house, but you should think about certain drawbacks before you buy.

The following disadvantages are given below.

- ❖ **Pests** – Pests including aphids, mites, and whiteflies can be drawn to indoor plants. Your plants may suffer harm, and these pests spread illness.
- ❖ **Watering** – Regular watering is required for indoor plants, some of which can require a lot of upkeep. It may also draw pests and promote the growth of mold.
- ❖ **Cost** – The cost of indoor plants might be high, especially if you purchase numerous ones. Make sure to compare prices and shop around before making a purchase.
- ❖ **Limited Space** – Indoor plants might not be the ideal choice for you if you have a small home. They need room to grow and can occupy a lot of areas.
- ❖ **Toxicity-** This can be a hazard for households with children or pets. It is important to weigh these disadvantages against the benefits when deciding to keep indoor plants in your home or workspace.

References

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