

## Identification of scented shrubs on therapeutic garden

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### Introduction:

A therapeutic garden is an outdoor garden space that has been specifically designed to meet the physical, psychological, social and spiritual needs of the human or people. **Acc. Ulrich, 1984** - A therapeutic garden referred to different garden features that have the ability to foster restoration from stress and also have positive effects on patients, staff, visitors and should contain prominent amounts of real nature content such as green vegetation, flowers and water.

### Description of scented shrubs

**Abelia grandiflora:** *A. grandiflora* is a fine-textured, whorled, sprawling shrub with 1.5-inch-long, red-tinged leaves arranged along thin, arching, & multiple stems. The height of a glossy abelia ranges from 6 to 10 feet with a spread of 6 feet. The gently rounded form of glossy abelia is clothed from spring through fall with deadly groups of delicate pink and white, small, tubular flowers. Multiple stems arise from the ground in a vase shape, spreading apart as they rise into the foliage. This plant is also known to attract butterflies and bees. The fruit description is about ½ inch long, it's a hard and dry seed that is a tan color, and is an oval shape. The margin of the leaf is serrate. The venation of the leaf is pinnate.

Glossy *A.* is a semi-deciduous to an evergreen shrub. It stands out from other plants because the leaves usually keep the reddish shrubbery all summer long, but many plants with reddish leaves lose their pigment later in the summer. Considered to be evergreen in its southern range, glossy abelia will lose 50% of its leaves in colder climates, and the remaining leaves will take on a more distinct red color. *A.* is a heat and drought-resistant plant.

**Murrayapaniculate:** *Murraya* is a genus of flowering plants, closely related to citrus. It is in the subtribe Clauseninae, which are known technically as the remote citroid fruit trees. *M. paniculata* (L.) Jack, commonly known as Orange Jessamine, is a tropical, evergreen plant with tiny, white, scented flowers, which is cultivated as an ornamental tree or hedge. It belongs to the family Rutaceae and can be commonly found in South Asia & Australia.

### Medicinal properties

1. It is used for diarrhea and dysentery patients.
2. It is used to coughs, hysteria and rheumatism, etc.

**Tabernaemontanadivartica:** The plants of genus *Tabernaemontana* have been used in traditional medicine for the treatment of hypertension, & abdominal pain. The chemical ingredient from several parts of the *T.* species was reported as monoterpene indole alkaloid compounds and these compounds were shown to exhibit a wide array of biological activities.

### Uses

1. It is used as including anticancer and antimalarial.
2. It is used as an anti-arrhythmic agent.

**Cestrum diurnum(L.):** *C. diurnum* is a species of *Cestrum* origin in the West Indies. The common name includes day-blooming *cestrum* and jasmine. Also known as King of the day. The scent of these quick-growing and evergreen woody shrubs, often used for screens and borders, is released by day *diurnum* is easily propagated from the seed, which it produces in abundance. It has presence of saponins, flavonoids, lignans, phenolic compounds, volatile oils and trace amounts of alkaloids.

**Cestrum nocturnum:** Night jasmine the lady of the night is a species of plant in the potato family *Solanaceae*. It is native to the west indies but naturalized in south Asia. *Cestrum* is an evergreen woody shrub growing to 4m tall. The leaves are simple, narrowly lanceolate, 6-20 cm long and 2-4.5 cm broad, smooth and glossy, with an entire margin. The flowers are greenish-white, with a slender tubular corolla 2-2.5 cm long with five acute lobes, 10-13 diameter when open at night, and are produced in cymose inflorescence. A powerful, sweet perfume is released at night. The fruit is a berry 10 m long by the color of an aubergine. There is also a variety of yellowish flowers. There are mixed reports regarding the toxicity of foliage and fruit.

**Jasminum sambac(L.):** Commonly known as lily jasmine is a scandent or sub-erect shrub with young pubescent branches, broadly ovate or elliptic, opposite leaves, white, very fragrant flowers cultivated nearly throughout the tropical and sub-tropical parts of the world. It has many medicinal properties like anti-depressant, antiseptic, cicatrisant, aphrodisiac, expectorant, anti-spasmodic, sedative, parturient, and uterine, etc.

### Conclusion:

In a therapeutic garden, people need to relieve the tired heart and mind of office work in the evening, which can easily relieve their mental stress by visiting this kind of therapeutic garden because, for people, the garden is the only there is a place where one can easily enjoy and the fresh and clean air of nature and fragrance of scented flowers, which improves their mental and physical stress as well as the health of the person suffering from the disease because the garden gives the nature to the people seeing them and positive thinking comes to their mind.

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