

Bonsai: Spiritual Value & Health Benefits of Human

Khiromani Nag

Department of FLA, College of Agriculture, IGKV, Raipur (C.G.)

ARTICLE ID: 93

Introduction

The word “Bonsai” originates in the Chinese language and consists of two parts; “bon” – tray/vessel (container) and “sai” meaning tree/plant. It describes a miniaturized tree or a group of trees, which reflects a certain landscape. Conventionally, the far-eastern form of shaping miniature Bonsai depends on the image of a freely growing tree in nature. The trunks line process and the branch arrangement have been classified in Japan and divided into style of Bonsai. The traditional style classification is described by Naka J, Nakamura, Yoshimura, Chan, Ardle, Kato. The current European miniaturization art has a tendency of forgetting about the classical far eastern rules of designing Bonsai forms. Eager to create stronger and more dynamic forms, the Europeans abandon the classic and sedate forms of displaying the art of miniaturization commonly used in the Land of Rising Sun. The problem, which the Europeans encounter while performing this discipline of art is the lack of elementary rules of its shaping and what follows, the lack of ideological consistency in the creation process.

The bonsai art takes its root in China, even though it is commonly linked with Japan. There during the Han dynasty which ruled around 200 BC first landscape miniatures were created by the name of pun-ching by arranging few or several small trees embedded in a flat tray.



Fig. 1.0 Bonsai plant

Principles of Bonsai

1. Small leaves
2. Shorter internodes of leaves
3. Attractive barks
4. Attractive roots and
5. Branching characteristics etc.

Spiritual Value and Health Benefits of Human

A. Health benefits

1. **Purify air:** Plants are widely known to reduce indoor air pollutants and purify air indoors. Be aware: some species filters better than others.
2. **Lower stress:** Active interaction plants can lead to lower blood procedure and reduce feelings of psychological stress.
3. **Maintain humidity:** One study found that keeping plants indoor can reduce the occurrence of sore throats, coughs, and dry skin this can be linked to plants' ability to increase humidity in a space.

B. Spiritual value

1. **Cultivate patience:** Bonsai is a honouring long term – term goals. Bonsai grows much more slowly than traditional house plants- which means that you grow in patience. In bonsai, the caretaker looks to the future while tending to the now. In other words, you achieve your long-term goals for your tree through throughfall, daily maintenance.
2. **Spark your creativity:** One of the best bonsai trees spiritual benefits is connecting with your creative side. With the proper techniques, you can encourage your bonsai to grow almost any way you want.
3. **Greater self-awareness:** Bonsai is as much a practice as a hobby or an art form. Much like yoga or meditation, bonsai helps us cultivate an understanding of our internal reactions to the external world.

Table 1.0 Plants suitable for bonsai making

S. No.	Name of plants/trees
1.	<i>Ficus benjamina</i>
2.	<i>Ficus retusa</i>

3.	<i>Ficus virens</i>
4.	<i>Ficus elastica</i>
5.	<i>Ficus pelkan</i>
6.	<i>Ficus lipstick</i>
7.	<i>Ficus parasitica</i>
8.	<i>Hibiscus rosa sinensis</i>
9.	<i>Juniper sinensis</i>
10.	<i>Murraya exotica</i>
11.	<i>Murraya paniculate</i>
12.	<i>Wrightia religiosa</i>
13.	<i>Hemelia patens</i>

Conclusion

Bonsai can make the room very beautiful, attractive and furnished with plants and this character makes the room environment even more environmentally friendly by planting the plant, and gives the room dwellers a mysterious feeling of nature, which makes them lets remain blissful.

Reference

- Joshi, A. R. and Joshi, K. (2009). A technique for conservation of species. *Bonsai and conservation*, **1(1)**: 3-4.
- Pietraszko, K. and Sobota, J. (2008). Bonsai as a reflection of nature's beauty styles and aesthetic value. *WSWAS - Transaction on Environment and Development*, **4(7)**: 588-605
- Shukla, A., Sharma, G., Ramteke, V., Kashyap, S. and Kurrey, V. (2016). Bonsai plants bring the forest home. *Innovative farming*, **1(4)**: 155-158.