



Wellness Centre/ Hub

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Abstract: The word "wellness" refers to a state of total health and wellbeing that affects all facets of a person's life. In order to achieve wellbeing, one must have a holistic perspective on life and integrate one's physical, mental, emotional, and spiritual health. The primary goal of this study is to establish a healing atmosphere in healthcare facilities that will lessen stress on patients, their loved ones, and staff, improve coping skills, and maximize the impact of medical care on the patient's body.

Wellness is critical to preventative care and benefits people of all ages and vocations—from grade-school children to working professionals, stay-at-home parents, and retirees. A balance of mind, body, and spirit is necessary for individuals to lead a healthy life. The goal of health promotion is to alter their lifestyles in order to lower their chance of contracting chronic illnesses and morbidities.

This Wellness Centre is for people facing health issues such as Liver Diseases, Obesity, Rheumatoid arthritis, Stress etc. Hospital is where the public seek treatment through internal medicines and surgeries, whereas treatment in Wellness Centre is through natural therapies while having pleasant and peaceful environments that guarantee a comfortable experience.

Key words: wellness, mind, lifestyles, spiritual health.

INTRODUCTION

A wellness Centre is a building or establishment that promotes holistic well-being and health, usually through a variety of programming, services, and activities. Giving people the tools and resources they need to improve their physical, mental, emotional, and spiritual well-being is the goal of a wellness facility.

Wellness centres can vary in size, scope, and focus, but they often provide a variety of services and activities that may include:

1. **Exercise and Fitness:** To encourage physical health and fitness, many wellness centres provide personal training services, gym access, and exercise courses.
2. **Mind-Body Techniques:** yoga, meditation, and tai chi helps people unwind, decrease stress, and enhance their mental and emotional well-being.
3. **Nutrition and Healthy Eating:** Healthy meal planning, culinary lessons, and nutrition counselling to assist people in choosing nutritious foods and enhancing their general health.
4. **Alternative Therapies:** Acupuncture, massage therapy, and chiropractic services.
5. **Wellness Education:** Workshops, seminars, and lessons conducted on a variety of wellness issues, such as stress management, healthy sleeping habits, and disease prevention.
6. **Spa Services:** Body treatments, facials, and massages. These services can help people unwind and enhance their physical and mental wellbeing.

Wellness centres created to offer people the resources, instruments, and assistance they need to enhance their health and well-being in a comprehensive and integrated way. Fitness instructors, dietitians, counsellors, and therapists are among the skilled specialists who frequently work in these facilities and can provide clients with specialized advice and support to help them reach their wellness objectives.

Areas of emphasis for wellness centres

Services including exercise, wellness centres typically provide dietary counselling, and personal training. Certain wellness facilities provide therapies that are more complementary such holistic medicine, acupuncture, and chiropractic adjustments.

The objective is to consider the physical, emotional, and psychological needs of patients in connection to the planning and design of the healthcare facility. In this dissertation, the connection between surroundings and the bodily chemical processes that promote healing examined. The interventions for the study centered on how architecture and planning might benefit patients.

OBJECTIVES.

The idea is to create a health centre that instils a sense of wellness rather than disease by fusing cultural values with a healing setting. The acceptance of the ayurveda, improvement in health quality, and increased participation in preventive care are all advantages of constructing a wellness centre to represent age-old traditions and beliefs. There are no symptoms of illness, and this is not a medical facility. This should be a retreat from the hectic medical environment, a place of quiet thought to reclaim a sense of tranquilly. This is not a medical facility; there are no signs of illness.

This ought to be a sanctuary apart from the hectic hospital environment, a place for introspective silence to help one find some calm.

NEED FOR A WELLNESS CENTRE

Today's world is quite active. Exercise, relaxation, and mental clarity are not possible at this moment. Life in the modern day is mechanistic. Today's population has disconnected from nature. Nearly everyone in the present era of science and technology has geared up for a fast-paced, stressful life. People realize they need to turn to health resorts to relieve this strain and stress. Consequently, it is now necessary to return to nature and seek a natural solution. The current mantra is "return to the roots." The overuse of chemicals, medications, and relying only on one's own body for healing has become tiresome for people. They must therefore seek out natural treatments like ayurveda and natural therapy, among others.

1. ORIGIN OF WELLNESS CENTRE

Traditional societies had highly developed health care systems that valued and sought to balance the body, mind, and spirit of people and viewed human health holistically.

Traditional systems such as Indian Ayurveda, traditional Chinese medicine, and ancient Rome and Greece, which laid the groundwork for modern medicine.

1.1. In ancient practice

Every religion that emphasizes the harmony of the soul and the body has a tradition of wellbeing. It was originally an oral practice in Ayurveda that dates back to 3000 BCE and later written down in the four ancient Hindu texts known as the Vedas. The ancient Chinese, who also practiced wellness, created the world's earliest medical system, based on Buddhist and Taoist principles. These wellness techniques include herbal remedies and acupuncture, for instance.

Ancient Greek and Roman society are two examples of well-being in the west. The Romans accepted the Greek ideas and created a public health system, including one of the earliest examples of aqueducts and sewers, to help prevent the spread of disease. Hippocrates maintained that illness caused by poor lifestyle choices.

1.2 Indian Ayurveda

The origin of Ayurveda found in the Vedas, Hinduism's sacred scriptures. The Rigveda, which is been estimated to be over 5,000 years old, contains allusions to the medicinal benefits of many plants and herbs. Ayurveda grew and developed through centuries because of the contributions of sages, scholars, and physicians.

Ayurveda advanced significantly about the sixth century BCE with the compilation of its basic texts, the Charaka Samhita and the Sushruta Samhita. The sage Charaka wrote the Charaka Samhita, which concentrates on general medicine and internal medicine, whereas the sage Sushruta wrote the Sushruta Samhita, which focuses on surgery and associated issues. These manuscripts became the foundation for Ayurvedic practice and study.

Ayurveda was originally an oral tradition that eventually written down in the four ancient Hindu texts known as the Vedas. Ayurvedic regimens individualized to each person's unique constitution (their nutritional, exercise, social contact, and hygiene needs) with the aim of maintaining a balance that avoids illness. Ayurveda is a comprehensive philosophy that seeks to promote harmony between body, mind, and spirit.

1.3 Traditional Chinese Medicine

TCM is a 23-century-old medical approach that tries to prevent or heal disease by preserving or restoring yinyang equilibrium. China has one of the world's oldest medical systems. Acupuncture and Chinese herbal medicines practiced for at least 2,200 years, while the first known written record of Chinese medicine is the Huangdi neijing (The Yellow Emperor's Inner Classic) from the third century BCE.

Traditional Chinese healers, in essence, aim to restore a dynamic balance between two complementary forces, yin (passive) and yang (active), which pervade both the human body and the cosmos as a whole. Chinese medical philosophers emphasize a five-element theory; the elements are wood, fire, earth, metal, and water.

1.4 Hydrotherapy

According to research, hydrotherapy has been utilised for ages. The Asklepieion hospitals of ancient Greece were the first to adopt hydrotherapy. The sacred spring water are utilised in the hospitals. Because it was a gift from the gods, the sacred water was supposed to have healing properties. Water therapies were utilised in ancient medicine at Aslepieion hospitals for a range of ailments and disorders, including skin problems, arthritis, and psychiatric disorders. Water, revered as a holy instrument in medicine. It has cleaning and purifying properties that may heal a variety of physical and mental diseases.

2. DIFFERENCE BETWEEN WELLNESS CENTRE AND A HOSPITAL

Promoting general health and preventive care are the main goals of wellness centres. Maintaining excellent health, leading healthy lives, and offering services and programs to improve physical, mental, and emotional wellness focused. On the other hand, hospitals are healthcare facilities that concentrate on identifying and treating particular diseases, wounds, and medical problems. The provision of medical assistance, emergency services, and cutting-edge therapies is their main goal.

People looking for proactive methods to health and well-being are often the target audience for wellness centres. Individuals to maintain or enhance their general wellness visit wellness centres voluntarily. On the other hand, hospitals take care of those who need medical attention ailments or situations. Acute diseases, chronic disorders, and injuries are only some of the conditions that hospitals treat.

3. SERVICES OFFERED IN WELLNESS CENTER

3.1. Ayurveda

Over 5,000 years ago in ancient India, ayurveda emerged as a comprehensive medical system. The Sanskrit words "ayus," which means life, and "Veda," which means knowledge or science. Frequently, it is referred to as the "science of life" or the "science of longevity."

The balance of the mind, body, and spirit emphasized in Ayurveda, which embraces a comprehensive approach to wellbeing. In order to promote optimal health, it emphasizes individualized treatments and lifestyle suggestions that take into account each person's unique characteristics.

Ayurveda treats every human body as a fragment of the larger cosmic system. The practice based on the five elements of life: Earth, Fire, Air, Water, and Ether. The beauty of it is that it considers not only the problem, but it also delves into the emotional, psychological, physical, and spiritual traits of the patient as well, and brings them in harmony for holistic healing at a deeper level.

3.2. Acupuncture

Distinctive channels known as meridians connect acupuncture points and meridians, According to TCM, the body's various organs and systems. There are specific acupuncture spots along these meridians where the Qi can be tapped and affected. On the body, these spots are often situated along predetermined lines.

Acupuncture consists of the insertion of one or several small metal needles into the skin and underlying tissues at precise points on the body.

In moxibustion, also known as moxa treatment, tiny cones of a plant are frequently burned on top of needles inserted into specific body sites, which are typically the same places utilized in acupuncture.

During an acupuncture treatment, thin, sterile needles are inserted into the acupuncture points. The needles used in acupuncture are much finer than hypodermic needles and are generally not painful. The depth and angle of needle insertion vary depending on the location and purpose of treatment.

Acupuncture used to address a wide range of health conditions and symptoms. It often sought for pain management, such as back pain, migraines, arthritis, and menstrual cramps. Additionally, acupuncture may also use to support emotional well-being, digestive disorders, respiratory conditions, and various other health concerns. Research suggests that acupuncture may have therapeutic effects on the nervous system, immune system, and hormonal balance.

3.3. Reflexology

Reflexology is a kind of massage that involves using various levels of pressure on the hands, feet, and ears. It is predicated on the idea that specific organs and bodily systems are linked to these body parts. Reflexologists are individuals who use this approach. Reflexologists contend that applying pressure to these areas has a number of positive health effects.

Reflexology rests on the ancient Chinese belief in qi (pronounced "Chee"), or "vital energy." According to this belief, qi flows through each person. When a person feels stressed, their body blocks qi. This can cause an imbalance in the body that leads to illness. Reflexology aims to keep qi flowing through the body, keeping it balanced and disease free.

In Chinese medicine, different body parts correspond with different pressure points on the body. Reflexologists use maps of these points in the feet, hands, and ears to determine where they should apply pressure. They believe their touch sends energy flowing through a person's body until it reaches the area in need of healing.

3.4. Yoga

Yoga is a holistic discipline that has its roots in ancient India. It includes physical postures (asana), breath control (pranayama), meditation, and ethical concepts. It attempts to advance one's physical, mental, and spiritual wellbeing. Yoga's significance in wellness facilities stems from its many advantages for general health and wellness.

Flexibility, strength, and balance can all be enhanced through yoga poses and movements. Regular practice can boost physical fitness overall, increase endurance, and improve muscle tone. Yoga asana also encourage better alignment and posture, which can reduce musculoskeletal problems.

Breath awareness and relaxation techniques are incorporated into yoga, which dramatically reduces stress and encourages relaxation. During yoga sessions, focusing on the present and practicing mindfulness can help to quiet the mind, lessen anxiety, and improve general mental health.

Yoga has been a practice for countless years, although there is no solid proof of its exact start date. A growingly well-liked type of exercise that unites the mind, body, and spirit and aims to strike a balance between the active body and the active mind. Breathing exercises, physical postures, and meditations, which are mostly inspired by ancient Indian philosophy, are three essential elements of yoga that make the practice entire. Aiming to accommodate participants differing levels of physical ability, many yoga styles also include the elements in different ways.

3.5. Ayurvedic spa

Spa services refer to a range of treatments and services provided in a spa or wellness center with the aim of promoting relaxation, rejuvenation, and overall well-being.

According to historians, Greeks used a range of communal bathing practices in 500 BC, including curative hot air baths termed laconica. Rome's emperors planned and built a number of massive spas so that common people may benefit from hot water's healing properties. They were built all around the Roman Empire, from Africa to England, as this gained popularity over time. It became a medical profession since patients from all over the world travel to these locations for treatment.

The rise in tourist demand contributed to the development of several well-equipped complexes that provided lodging, entertainment options, and different kinds of baths. The majority of Ayurvedic spa services include some form of massage using therapeutic essential oils that are tailored to your dosha. Along with the more common massage strokes, tapping, kneading, and squeezing are also utilized as massage techniques. Your personality and the current needs your body has for balance and wellbeing influence the style and flow of the massage. The "marma points," which are comparable to the pressure points used in reflexology, acupuncture, and acupressure, are the primary focus of an Ayurvedic therapist's treatment.

3.6. Stress / mental health management

Mental health services are a large part of wellness centres. They can provide life coaches, psychologists, counselling, and wellness coaches. Many times these services are the largest part of a centre and what they provide to their clients. A life coach for example is someone who will work with an individual and help them bring their goals into focus. They will work closely with a person to

understand their desires, their skills, and their weakness in order to make a plan to achieve their dreams. This strategy is helpful to regain focus and make reasonable plans for the future. A wellness coach is similar except they provide more of awareness towards physiological health. They assist clients in altering their dietary routines, exercise routines, and juggling all of life's stresses. The most typical form of psychologist one could run into at a wellness centre is a clinical psychologist. Psychologists conduct mental exams on each person before diagnosing and treating various mental diseases. They can assist patients set objectives and manage their problems, as well as conduct screenings for mental illnesses like depression, schizophrenia, and ADD/ADHD. They don't administer drugs because they aren't psychiatrists, but rather they employ alternative types of therapy like psychotherapy, which might include things like group therapy, cognitive behavioral therapy, art therapy, etc.

3.7. Naturopathy

The Greek physician Hippocrates wrote about naturopathy in the fifth century B.C. and later discovered in the nineteenth century A.D. referred to as herbal medication or a natural remedy. Naturopathy is a drug-free method of treatment that combines art and science to promote healthy living. It has its own understanding of wellness, illness, and therapeutic principles. The science of naturopathy is quite old. A multidisciplinary approach called naturopathy encourages the body to cure itself by utilizing the healing potential of natural resources such healthy foods, medicinal plants, fresh air, and water. Treatment in naturopathy offered to support the body's musculoskeletal system, internal biochemistry, and emotional wellness, which make up the triangle of health.

The principles of Panchmahabhutas and Swasthapurusha are the foundation of naturopathy. Naturopathy emphasizes helping the body eliminate toxins, which are the root of disease, by eliminating waste products from the body to treat illnesses. The most effective healer is nature. The capacity of the human body to heal itself allows it to fend against illness and recover from an unhealthy state. In comparison to other forms of medicine, naturopathy heals individuals with chronic illnesses more quickly. Physical, mental, social, and spiritual components addressed by naturopathy. The entire body cared by naturopathy. No external pharmaceuticals are utilised in naturopathy since Food is Only the Medicine.

3.8. Mud therapy

Mud has a great ability to absorb and neutralize harmful substances in the body that may be causing you to get ill. Applying a coating of mud around the stomach improves digestion, detoxifies you naturally, and speeds up the body's metabolism. Mud treatment is very popular for several reasons; including detoxifying the skin, blood circulation, purifying the skin, and anti-aging treatment.

4. AYUSHMAN BHARAT – HEALTH AND WELLNESS CENTRES

As the foundation of Ayushman Bharat, the Government of India announced in February 2018 the establishment of 1, 50,000 Health and Wellness Centres (HWCs) by transforming existing Sub Centres and Primary Health Centres. These facilities will provide Comprehensive Primary Health Care (CPHC), bringing healthcare closer to people's homes by covering mother and child health services as well as non-communicable diseases, as well as providing free essential medications and diagnostic services. Health and Wellness Centres intended to provide a broader range of services to meet the primary health care needs of the entire population in their area, hence increasing access, universality, and equity close to their home. The objective of health promotion and prevention is to keep people healthy by engaging and enabling individuals and communities to select healthy behaviors and make changes that lower the likelihood of developing chronic diseases and morbidities.

To assure the delivery of Comprehensive Primary Health Care (CPHC) services, current Sub Centres serving a population of 3000-5000 people will be converted to Health and Wellness Centres, with the "time to care" limit set at 30 minutes. Primary health care facilities in both rural and urban locations would be converted into HWCs. Such care could also be provided/supplemented by outreach services, Mobile Medical Units, camps, home and community-based care, but the principle should be a continuous continuum of care that ensures equity, universality, and no financial hardship.

5. WHO NEEDS A WELLNESS CENTER/ USER GROUP

The purpose of many Wellness Centres is to guide people into a better lifestyle. The target market for wellness centres is frequently those who are searching for proactive ways to improve their health and well-being. Depression and anxiety are mental disorders that need specialist treatment; a depressed person has no interest in taking care of himself.

Attending a wellness centre will allow you to feel loved, attended, depending on your needs, from specialized medical care to IV therapy that facilitates rest and relaxation, as well as massages and special areas for rest. Most wellness centres are much more relaxed than traditional medical facilities. Holistic medicine focuses on healing both the body and mind, which usually results in a wellness centre that induces feelings of bliss, relaxation and calmness. This helps patients to feel less anxious about their healthcare, while also providing a comfortable environment for appointments.

By investigating the patient's physical and mental health, health care experts hope to pinpoint the source of the issue. For instance, people with severe headaches would typically be prescribed medicine to treat them. However, in a wellness centre, patients may anticipate a thorough examination that takes into account the mental causes of the headaches.

6. WELLNESS CENTRE IS BUILT FOR SUSTAINABILITY, COMFORT, AND APPEAL

One of the most crucial aspects of effective architecture is creating an environment that gives the individuals who utilize it emotions of calm and delight.

Facilities for yoga, meditation, and relaxation function well because of the sphere's propensity for energy progression. In a dome, the expanse and high ceiling give us a sense of infinity and allow us to glimpse the sky above us. In such a place, a person feels small yet also integrates into a bigger whole. We have a sense of being a part of nature rather than detached from it.

To just a few important design aspects, wellness-focused design incorporates lighting, materials, air and sound quality, neutral color palettes, biophilic design (which links architecture with nature), vegetation, and the integration of outdoor and indoor spaces.

In particular, cool, muted shades of blue, green, and purple can be extremely relaxing. They work effectively in waiting rooms, spas, and wellness facilities. However, using various hues and saturations to achieve balance and contrast may be more significant. As an illustration, a space that leans heavily towards the "cool" style needs to balance with "warm" yet neutral items like wood. Although abundance of warm, intensely saturated hues on dark and/or neutral backgrounds can provide retirement communities a bright, homely ambiance, they cannot be primarily bright red.

6.1. Color

To live in a space, color is essential, colors given symbolic and emotional. In addition to affecting feelings, they have an impact on moods and trigger neurological reactions all across the body. People react to colors in a variety of ways, and these emotions can be therapeutic. The best possible user response should result from the color choice made in the architectural environment. The mood of a space instantly altered by color. They improve and alter the environment's visual quality. Since the dawn of time, colors employed to represent language, symbolism, tradition, and superstition.

6.2. Nature

The Centre's success will depend on how well it integrates nature into the urban environment. The issue is not to exclude the city from the centre, but to combine it with the natural setting. One of the most effective strategies to encourage healing in people is to include nature in the context. Usually, urban lifestyles discourage spending time in nature. Nature can soothe the body and mind through visual stimulus.

7. WELLBEING ARCHITECTURE

Design for wellbeing in architecture refers to design in support of healthy lifestyles and the physical, mental and emotional effects that buildings have on their occupants. Health and wellbeing have always been central to sustainable design.

The need for healthy buildings and sustainable design has increased because of COVID-19. Additionally, it has brought about new technical difficulties, societal norms, and perspectives on work-life balance, all of which have an impact on how we comprehend and construct structures. While the implementation of additional COVID-related and well-being criteria is beneficial for health, there are times when they can have a negative impact on energy efficiency, sustainability, and the drive for Net Zero Carbon buildings. The idea behind wellness architecture is to create places that make people feel better while they are in them.

A holistic approach to healthy buildings and wellbeing in architecture, offering: the best air quality, thermal, visual and acoustic comfort hygiene standards biophilia and access to nature a good work-life balance, and amenities and outdoor space for an active lifestyle.

7.1. Healing architecture /healing environments

A healing environment for a healthcare facility is a physical setting that helps patients and their families cope with the stress brought on by disease. Recovery for patients can vary depending on the physical and psychological conditions of the healthcare facility. The physical characteristics, such as day lighting, window design, and temperature conditions, planned without sacrificing the hospital building's usefulness.

7.2. The goal of healing architecture

The goals of healing through architecture are to Relieve patients of environmental stresses like noise, lack of privacy, poor air quality, and other environmental stresses; and link patients to nature. Encourage the availability of social support systems. Encourage sentiments of tranquilly, hope, reflection, and spirituality. The patient experience and results are a significant focus of healing architecture. Adopting a holistic planning approach that incorporates input and feedback from the end users in addition to the design, construction, and operations teams is crucial for bringing healing architecture to healthcare facilities. Key factors consider for designing a wellness space.

8. THE INTERPLAY OF HEALTH AND THE BUILT ENVIRONMENT

The physical areas we occupy, including our homes, workplaces, and communities, collectively known as the built environment, have a significant impact on our overall health and well-being. The goal is to thoroughly examine the several ways in which the built environment and health are related is to research indicates that the layout, materials, and features of our environment can positively or negatively impact our physical, emotional, and social well-being.

8.1 Biophilic Design and Psychological Well-being

Bringing natural components and surroundings into constructed areas is the goal of the cutting-edge field of biophilic design, which includes interior and architectural design. The premise behind the notion is that because of our inherent connection to the natural world, we may enhance our psychological health and general quality of life by incorporating aspects of the natural world into our living and working spaces. Demonstrated that being around natural components, such as plants, water features, and natural materials, reduces tension and encourages relaxation. Environments with a biophilic design can make individuals feel less nervous and more at peace. Healthcare environments have employed biophilic design to help patients and their family feel less stressed and anxious. Natural artwork, hospital gardens, and vistas of surrounding greenery may all promote recovery.

8.2 Social Cohesion and Community Design

The link between a neighborhood's physical structure, amenities, and planning and the social ties, interactions, and general well-being of its inhabitants examined on social cohesion and community design.

Walkable Neighborhoods, Communities with sidewalks, roadways that are conducive to pedestrian traffic and easy access to facilities can promote social interaction. Plazas, parks, and community centres are examples of well-designed public areas that may serve as hubs for social interaction. Health and Well-Being showed that inhabitants generally improved in communities with high levels of social cohesiveness. Individuals live in harmonious societies typically report better general quality of life and reduced stress levels.

CONCLUSION

The research goal is to establish a health facility that, by combining therapeutic environments with cultural values, promotes wellness rather than illness. The benefits of building a wellness facility to honour long-standing customs and beliefs include greater engagement in preventative care, acceptance of ayurveda, and improvements in health quality. This influences corporate wellness programmes, community well-being efforts, and healthcare legislation. Wellness centres are essential for fostering mental, emotional, and physical well-being. Studies carried out within and around wellness centres frequently show how beneficial they are for improving general wellbeing. Participants' increased levels of fitness, less stress, enhanced mental health, and improved lifestyle choices are the evidence. The benefits and new perspectives that wellness centre research has brought to light is the importance of holistic well-being and preventative health measures in today's world.

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