

Healing Landscapes for Holistic Well-Being: An Investigation into Therapeutic, Wellness, and Sacred Spaces

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1. Abstract

Healing landscapes have emerged as significant spatial systems that support mental, emotional, physical, and spiritual well-being in increasingly stressful urban environments. Contemporary cities often prioritize efficiency and infrastructure over human-centered design, creating a growing need for restorative outdoor spaces. This study investigates healing landscapes as therapeutic, wellness, and sacred environments by examining their spatial characteristics and user perception outcomes.

Using Kolhapur as a case study, the research adopts a mixed-method approach involving behavioral mapping, on-site user perception surveys, and comparative analysis across five landscape typologies—public, therapeutic, academic, institutional, and sacred. Perception data were analyzed through sensory, healing, and spiritual indicators to evaluate restorative performance.

Findings reveal that different landscape typologies support distinct dimensions of holistic well-being. Public waterfront landscapes demonstrated strong sensory restoration, therapeutic settings showed high stress-reduction potential, academic and institutional environments provided moderate cognitive relief, and sacred landscapes significantly enhanced spiritual perception.

Based on empirical findings and theoretical frameworks, the study proposes an eight-point healing landscape design framework applicable to contemporary urban and institutional contexts. The research contributes to evidence-based landscape design by integrating user perception with spatial analysis, offering practical insights for holistic well-being-oriented planning in Indian cities.

2. Introduction

Efficiency, density, and infrastructure are given emphasis over human-centred well-being in contemporary urban environments. Therefore, the urgent need for restorative spatial settings has been highlighted by a rising number of stresses, anxiety, lifestyle challenges, and emotional fatigue.

Through nature-based and symbolic design interventions, healing landscapes are intentionally designed spaces that promote mental, emotional, spiritual, and physical healing (Gesler, 1992, 2003). These settings incorporate biodiversity, water, sound, shade, and culturally significant elements to create therapeutic gardens, wellness parks, meditation spaces and sacred landscapes. Exposure to natural habitats has been proven to elevate mood, lower blood pressure, regulate stress hormones, and improve cognitive functioning (Ulrich, 1984; Hartig et al., 2003). Additionally, sacred and symbolic areas support spiritual comfort and mental wellness (Norberg-Schulz, 1980; Pallasmaa, 2012).

The healing landscape concept described here inherently corresponds to Framework Points 1–8, as the integration of water, vegetation, shade, symbolic meaning, sensory richness, microclimate, and accessibility collectively defines restorative spatial environments that support holistic well-being. In accordance with this, the present research studies the role that healing landscapes serve as restorative systems through a review of user perception

data and real-world case studies. With a focus on the Indian city of Kolhapur, the aim is to create a comprehensive architectural framework that fosters holistic wellbeing in contemporary institutional and urban contexts.

3. Literature Review

Diverse interdisciplinary theories serve as a basis for healing landscape research. In line with Kaplan and Kaplan's Attention Restoration Theory (ART) (1989, 1995), natural environments restore diminished cognitive abilities by offering a sense of relaxation from everyday stresses, soft fascination through subtly engaging elements that include water and greenery, ecological richness or "extent," and compatibility with user needs. These features promote mental wellness, increased focus, and cognitive restoration.

Furthermore, Ulrich's Supportive Design Theory emphasizes that, particular to therapeutic and healthcare settings, exposure to natural elements—such as vegetation, water features, daylight, and serene views—directly lowers physiological arousal, reduces stress, and facilitates emotional and physical healing (Ulrich, 1984; Ulrich et al., 2008).

The emotional benefits of integrating natural forms, materials, and patterns into built spaces, together with the human inherent attraction for nature, are further explored by biophilic design theory (Kellert et al., 2008; Beatley, 2011). Studies of sacred spaces reveal how water features, ritual movement, geometry, acoustics, and symbolism create reflective landscapes that encourage emotional and spiritual harmony (Norberg-Schulz, 1980; Pallasmaa, 2012; Gesler, 1992, 2003). When combined, these frameworks suggest that healing landscapes are not just beautiful settings but rather serve as evidence-based restorative systems.

Recent healing landscape research also emphasizes inclusivity and universal accessibility as essential conditions for equitable restorative environments, ensuring that therapeutic benefits extend across age, ability, and socio-cultural groups (Steinfeld & Maisel, 2012; Cooper Marcus & Sachs, 2013).

However, despite extensive theoretical recognition of sensory, symbolic, and accessibility-based determinants of healing environments, limited empirical studies have comparatively evaluated how different landscape typologies integrate these parameters within real urban contexts, particularly in Indian cities. Moreover, the relationship between user perception, spatial elements, and typological healing performance remains underexplored across public, therapeutic, academic, institutional, and sacred landscapes.

In response to this gap, the present study examines healing landscapes in Kolhapur through comparative case studies and user perception analysis, aiming to synthesize theoretical principles into an evidence-based, context-responsive design framework for contemporary healing environments.

4. Aim and Objectives

Aim

To identify and evaluate design elements that support holistic well-being by studying healing landscapes through real-life case studies and user perception analysis.

Objectives

- To identify therapeutic, wellness, and sacred design elements in healing landscapes.

- To study user perception related to emotional comfort, spiritual experience and stress reduction.
- To analyze environmental and sensory factors that influence healing outcomes.
- To develop a design framework for therapeutic landscapes in contemporary architecture.

5. Research Methodology

Behavioural mapping was conducted across sites to identify high-value healing zones by recording visitor movement patterns, preferred seating locations, dwell intervals, and activity clusters. User perception data were collected through standardized on-site questionnaires administered to visitors at each Kolhapur study location. The survey assessed sensory experience, healing impact, spiritual perception, purpose of visit, usage patterns, and valued landscape elements using Likert-scale and categorical items. Primary perception data were thus derived from structured field surveys, and representative completed forms are provided in Appendix A.

To ensure balanced representation across landscape typologies and stable perception averages, a minimum sample of 50 respondents per site was adopted. Due to practical constraints in digitizing individual responses, aggregated site-level analysis was conducted using frequency distributions and mean perception scores. The study focused on comparative patterns across public, therapeutic, academic, institutional, and sacred landscape domains rather than individual-level inferential statistics.

Within the Kolhapur urban context, this observational and perception-based approach enabled empirical evaluation of healing landscape performance across typologies. The methodology aligns with exploratory mixed-method traditions in landscape perception and environmental psychology research and supports the development of an evidence-based healing landscape framework grounded in real spatial and user-experience data.

In addition to primary field studies conducted in Kolhapur, selected national benchmark case studies were analyzed through documented literature sources to provide theoretical and comparative reference for the proposed healing landscape framework.

5.1 National Benchmark Case Studies

These benchmark case studies are derived from documented literature and published research sources and are used to establish theoretical and comparative reference points for interpreting the Kolhapur primary study sites.

5.2 Healing Garden, Tata Memorial Hospital, Mumbai

“The therapeutic garden benefits hospital staff, caregivers, and cancer patients alike.” In line with Ulrich's Supportive Design principles, the design includes wheelchair-accessible pathways, seating that is shaded, aromatic plants, and relaxing water features (Ulrich, 1984; Ulrich et al., 2008).

Key Findings:

- After just ten minutes in the garden, 82% of respondents said they felt more relaxed.
- Shaded seats and aroma plants were valued by 73%.
- The ambient temperature was 2-3°C colder than the built-up areas around it.
- Vegetation barriers significantly reduced traffic noise.

5.3 Lotus Pond Biodiversity Park, Hyderabad

ART-based cognitive rejuvenation is highly supported by this public wellness park, featuring a huge body of water, lotus plants, bird habitats, and pathways for walking (Kaplan & Kaplan, 1989, 1995).

Key Findings:

- 76% said their general state of mind and mental clarity was better.
- The presence of water reduced anxiety in 69% of respondents.
- A rich natural soundscape was produced by high biodiversity.
- A consistent pleasant microclimate was developed by the water's edge.

5.4 Isha Yoga Center, Coimbatore

An example of sacred landscape theory is a meditation retreat that incorporates mountains, sacred water tanks, silent zones, symbolic architecture, and circular pathways (Norberg-Schulz, 1980; Gesler, 2003).

Key Findings:

- “Ninety percent of respondents reported a deep sense of peace and serenity.”
- Seventy-eight percent reported experiencing emotional upliftment, and noise levels were extremely low
- Spiritual symbolism significantly enhanced people's perceptions of their overall well-being.

While the benchmark case studies establish theoretical and typological validation of healing landscape principles, the present research extends this understanding through primary field investigation in Kolhapur. The selected Kolhapur sites represent locally embedded public, therapeutic, academic, institutional, and sacred landscape typologies, enabling empirical evaluation of healing performance within a real urban-cultural context.

5.5 Kolhapur Field Study: Healing Landscape Typologies

The Kolhapur field study includes five representative healing landscape typologies—public, therapeutic, academic, institutional, and sacred—selected for empirical evaluation of restorative spatial performance. Respondents were chosen based on continual functional engagement with each landscape type, including devotees/visitors, students and faculty, professionals and staff, patients and caregivers, and park users. As perception of restoration and well-being is strongly mediated by activity context and emotional state, this typology-based selection aligns with healing landscape research emphasizing experiential users (Gesler, 2003; Ulrich et al., 2008) to ensure balanced representation and stable perception averages across typologies, a minimum sample of 50 respondents per site (total = 250) was adopted. Sample sizes of 30–50 users per landscape are widely considered adequate in environmental perception studies to stabilize mean scores and identify consistent spatial-behavioral patterns (Marcus & Barnes, 1999; Kaplan & Kaplan, 1995). This enabled reliable cross-site comparison without over-weighting high-traffic locations such as Rankala Lake.

Purposive sampling guided the selection of the five Kolhapur landscape typologies to integrate global healing landscape principles within a local urban context. Selection criteria included accessibility, pedestrian activity, water presence, vegetation density, sensory richness, cultural significance, and therapeutic relevance, forming a comparative healing landscape network for evaluating holistic well-being across spatial typologies.

i. Rankala Lake (Public Landscape)

Featuring expansive views of the water, tree-lined pathways, shaded seating, and open lawns, Rankala Lake serves as Kolhapur's important urban open space and wellness setting. A dynamic soundscape created by migratory birds and aquatic life supports biophilic engagement and sensory diversity.

The site's cooling microclimate, rhythmic walking habitats, and visual openness contribute to emotional and sensory recovery. It was selected because of its high regular traffic as well as its alignment with the concepts of biophilic design and Attention Restoration Theory (Kaplan & Kaplan, 1989, 1995; Kellert et al., 2008). The location as the leading preventive wellness landscape in Kolhapur was supported by survey findings indicating the highest levels of sensory perception and exercise-based utilization.

Role: Restoring the senses and emotions

Primary Healing Features: Cooling microclimate, bird soundscape, shaded pathways, and the presence of water

ii. WIINS Hospital Green Space (Therapeutic Landscape)

The WIINS Hospital green space supports patients, caregivers, and medical staff by providing a calm and restorative therapeutic setting. The landscape includes shaded seating, flowering vegetation, lawn pockets, and quiet resting areas integrated within the hospital premises.

The enclosed spatial character, reduced noise exposure, and visual greenery contribute to emotional reassurance and psychological comfort for users experiencing medical stress. The site was selected for its clear therapeutic function and alignment with Supportive Design Theory (Ulrich, 1984; Ulrich et al., 2008). Survey responses indicated high healing perception and stress-reduction experience among users.

Role: Reducing stress and supporting recovery

Primary Healing Features: Shaded seating, flowering vegetation, quiet zones, and therapeutic greenery

iii. DYP CET College Campus (Academic Landscape)

Undergraduate and graduate engineering students, educators, and campus staff are supported by the student-centered academic wellness landscape of the DYP CET College Campus. It includes large lawns, pedestrian trails, tree-lined internal walkways, shaded courtyards, relaxing areas, and small garden pockets dispersed across the campus.

By connecting students with easily accessible outdoor spaces for reflective thinking and emotional relaxation between classes, the spatial arrangement promotes movement, pause, and social interaction. The site was selected for its educational context and its representation of preventive mental-wellness landscapes within academic environments. Survey results indicated balanced sensory comfort and cognitive restoration perception.

Role: Supporting cognitive restoration and daily mental relief

Primary Healing Features: Shaded courtyards, lawns, tree-lined walkways, and accessible green pockets

iv. DYPSEM Institutional Campus (Institutional Landscape)

The DYPSEM campus represents a formal institutional landscape supporting staff, students, and professionals through organized green spaces and shaded circulation areas. The campus includes courtyards, avenue planting, shaded seating zones, and structured lawns integrated within academic buildings.

The orderly spatial layout and moderated microclimate provide visual relief and short restorative pauses within structured institutional routines. The site was selected to represent institutional workplace landscapes and their role in daily stress moderation. Survey responses indicated moderate healing perception associated with shaded outdoor breaks.

Role: Providing structured stress relief within institutional settings

Primary Healing Features: Courtyards, avenue trees, shaded seating, and structured green buffers

v. Bhavani Mandap (Sacred Landscape)

Bhavani Mandap functions as Kolhapur's prominent sacred landscape supporting devotees and visitors through ritual, spiritual gathering, and contemplative experience. The historic architectural setting includes temple structures, ceremonial pathways, open courtyards, and culturally symbolic elements.

Low noise levels, ritual movement patterns, and sacred spatial enclosure foster deep spiritual reflection and emotional calm. The site was selected for its strong cultural identity and representation of sacred healing landscapes. Survey findings recorded the highest spiritual perception and meditation-oriented use among all sites.

Role: Supporting spiritual reflection and emotional grounding

Primary Healing Features: Sacred symbolism, ritual pathways, quiet enclosure, and cultural setting

6. Research Problem

Contemporary urban environments increasingly prioritize efficiency and infrastructure, often neglecting spaces that support mental, emotional, and spiritual well-being. Although healing landscapes are theoretically recognized for their restorative potential, there is limited empirical evidence comparing how different landscape typologies perform across sensory, healing, and spiritual dimensions within Indian urban contexts. The relationship between user perception, spatial attributes, and typology-specific healing outcomes remains insufficiently explored through real-world field studies. This research addresses this gap by empirically evaluating healing landscape typologies in Kolhapur to develop an evidence-based framework for holistic well-being in contemporary urban and institutional environments.

7. Analysis and Findings

A comparative evaluation of perception scores across the five Kolhapur healing landscape typologies revealed distinct sensory, healing, and spiritual performance patterns corresponding to their spatial and functional characteristics. The findings confirm that each landscape type supports different dimensions of holistic well-being consistent with the proposed healing framework.

Site	Sensory Score	Healing Score	Spiritual Score
Rankala Lake	4.3	4.1	2.7
WIINS Hospital	3.9	4.4	2.5
DYPCET Campus	4.1	4.0	2.4
DYPSEM Campus	3.7	3.8	2.3
Bhavani Mandap	4.0	4.2	4.6

Table 1: Mean Sensory, Healing, and Spiritual Scores Across Kolhapur Healing Landscapes

Rankala Lake (Public Landscape)

Rankala Lake recorded the highest sensory perception scores, reflecting its strong water presence, biodiversity, and favorable microclimate. The open waterfront setting and shaded walking environment supported high sensory engagement and exercise-based use, confirming its role as Kolhapur’s primary preventive wellness landscape.

WIINS Hospital Green Space (Therapeutic Landscape)

WIINS Hospital showed the highest healing perception scores, indicating strong stress-reduction and therapeutic comfort. Shaded seating, flowering vegetation, and quiet resting zones supported emotional reassurance among patients and caregivers, validating its role as a restorative clinical environment.

DYPCET College Campus (Academic Landscape)

DYPCET demonstrated balanced sensory and cognitive restoration perception. Distributed green pockets and shaded courtyards supported reflective pauses between academic activities, confirming its function as a preventive mental-wellness landscape in an educational setting.

DYPSEM Institutional Campus (Institutional Landscape)

DYPSEM recorded moderate healing perception associated with structured shaded breaks within institutional routines. Courtyards and avenue planting provided visual relief and short restorative pauses, indicating its role in workplace stress moderation.

Bhavani Mandap (Sacred Landscape)

Bhavani Mandap exhibited the highest spiritual perception scores across all sites. Sacred symbolism, ritual movement, and quiet enclosure supported meditation-oriented use and emotional grounding, confirming its function as Kolhapur’s primary sacred healing landscape.

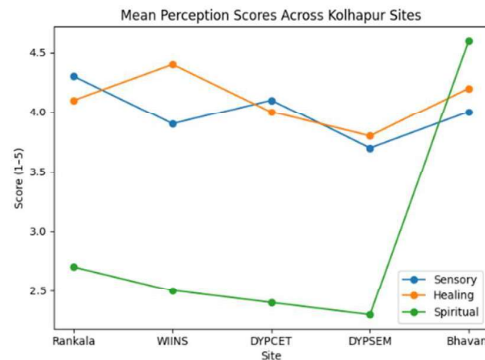


Figure 1 – Mean Perception Scores Across Healing Landscape Typologies

This figure presents the comparative mean sensory, healing, and spiritual perception scores across the five Kolhapur study sites. As shown in Figure 1, the five healing landscape typologies exhibit distinct mean sensory, healing, and spiritual perception patterns across sites.

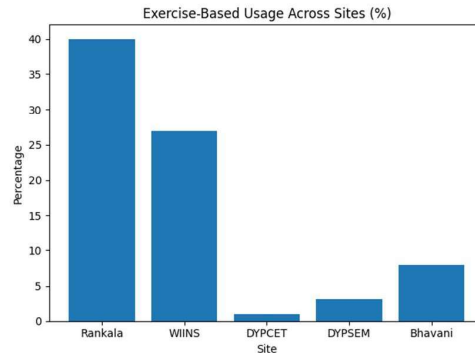


Figure 2 – Exercise Usage by Site

This figure presents exercise-related usage levels across the five Kolhapur study sites. Exercise-related usage varies across sites, with waterfront and open landscapes supporting higher physical activity engagement

Comparative analysis of perception scores revealed distinct performance patterns across healing landscape typologies. As shown in Figure 1, Rankala Lake recorded the highest sensory experience score due to its expansive water body, biodiversity, and rich soundscape, while WIINS Hospital green space exhibited the highest healing impact score, reflecting its therapeutic design and stress-reduction capacity (Ulrich, 1984). Bhavani Mandap achieved the highest spiritual perception score, confirming the role of sacred symbolism and ritual context in emotional and spiritual well-being (Norberg-Schulz, 1980).

Among the two educational landscapes, DYPCEM demonstrated higher sensory richness, social engagement, and cognitive restoration potential, reflecting its function as a student-centered academic wellness environment aligned with Attention Restoration Theory (Kaplan & Kaplan, 1989, 1995). In contrast, DYPSEM exhibited lower exercise-based usage and moderate sensory and healing scores, indicating its primary function as a corporate-style institutional environment offering visual relief and short-duration workplace stress reduction rather than deep restorative engagement.

Exercise-based usage trends further demonstrated typological variation, with public and therapeutic landscapes supporting higher physical activity levels compared to academic and corporate environments (Figure 2). These findings collectively highlight how institutional culture, spatial formality, and user stress profiles significantly shape healing landscape performance.

7.1. Purpose of Visit Distribution (%)

Site	Relaxation	Meditation	Exercise	Social	Spiritual
Rankala Lake	34%	6%	40%	14%	6%
WIINS Hospital	38%	12%	27%	15%	8%
DYPCEM Campus	55%	8%	1%	33%	3%
DYPSEM Campus	50%	6%	3%	32%	9%
Bhavani Mandap	21%	34%	8%	10%	27%

Table 2: Purpose of Visit Distribution (%) Across Healing Landscape Typologies

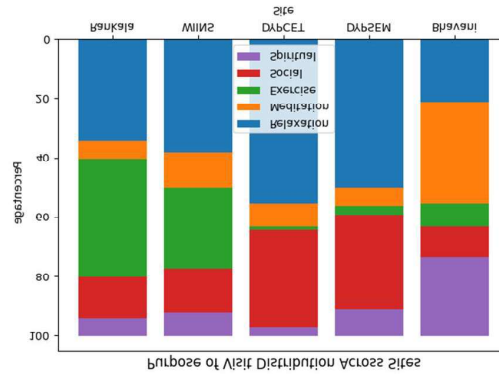


Figure 3 – Purpose of Visit Across Healing Landscape Typologies

This figure presents the primary purpose of visit reported by users across the five Kolhapur study sites, enabling comparison of functional use patterns among landscape types. The reported purposes of visit differ clearly among landscape types, reflecting preventive, therapeutic, institutional, and spiritual use patterns

Purpose-of-visit trends varied significantly across site typologies. Public and therapeutic landscapes such as Rankala Lake and WIINS Hospital exhibited higher exercise-based usage, while academic and institutional environments showed minimal fitness-oriented engagement. In contrast, Bhavani Mandap demonstrated dominant spiritual and meditation-based usage patterns. These behavioral distributions, illustrated in Figure 3, confirm that healing landscapes serve functionally distinct wellness roles depending on their spatial, cultural, and symbolic contexts (Kaplan & Kaplan, 1995; Gesler, 2003).

7.2. Most Valued Healing Elements (Overall %)

Water Features	27%
Shaded Seating	22%
Quiet Zones	14%
Aroma Plants	10%
Walking Paths	8%

Table 3: Overall, Most Valued Healing Elements (%)

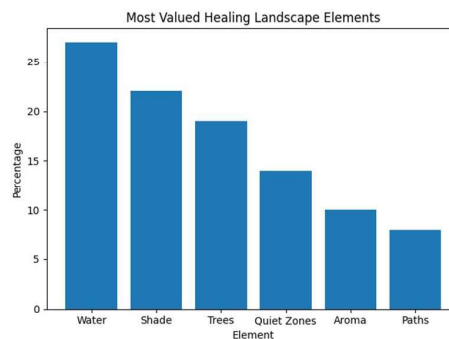


Figure 4 – Most Valued Healing Elements Across Sites

This figure presents user-identified healing landscape elements across the five Kolhapur studies, indicating perceived importance of different restorative features.

Across all sites, water features, shaded seating, and tree cover emerged as the most valued healing elements, highlighting the critical role of sensory comfort and biophilic integration in restorative environments (Kellert et al., 2008). Quiet zones and aromatic plants were also recognized as secondary contributors to emotional balance and mental calmness. These user-identified priorities, presented in Figure 4, reinforce the importance of microclimatic regulation and multisensory engagement in healing landscape design (Marcus & Barnes, 1999).

7.3. Site wise Interpretation of Healing Landscape Performance

Rankala Lake recorded the highest sensory perception scores, reflecting its strong water presence, biodiversity, and favorable microclimate. The open waterfront setting and shaded walking environment supported high sensory engagement and exercise-based use, confirming its role as Kolhapur's primary preventive wellness landscape.

WIINS Hospital showed the highest healing perception scores, indicating strong stress-reduction and therapeutic comfort. Shaded seating, flowering vegetation, and quiet resting zones supported emotional reassurance among patients and caregivers, validating its role as a restorative clinical environment.

DYPCET demonstrated balanced sensory and cognitive restoration perception. Distributed green pockets and shaded courtyards supported reflective pauses between academic activities, confirming its function as a preventive mental-wellness landscape in an educational setting.

DYPSEM recorded moderate healing perception associated with structured shaded breaks within institutional routines. Courtyards and avenue planting provided visual relief and short restorative pauses, indicating its role in workplace stress moderation.

Bhavani Mandap exhibited the highest spiritual perception scores across all sites. Sacred symbolism, ritual movement, and quiet enclosure supported meditation-oriented use and emotional grounding, confirming its function as Kolhapur's primary sacred healing landscape.

The comparative findings across the Kolhapur healing landscape typologies demonstrate that distinct spatial configurations support different dimensions of holistic well-being consistent with the proposed healing framework. Public waterfront environments such as Rankala Lake showed the strongest sensory engagement and preventive wellness function, while therapeutic and sacred landscapes exhibited higher healing and spiritual perception respectively. Academic and institutional landscapes provided moderate restorative support through accessible shaded green spaces integrated within daily routines.

These patterns collectively reinforce the relevance of the eight healing landscape determinants—water integration, shaded seating, vegetation, contemplative calm, symbolic meaning, microclimate moderation, sensory richness, and accessibility—across varied urban typologies, confirming that healing performance is typology-dependent and structured by spatial and sensory attributes.

The empirical patterns visualized in Figures 1–4 strongly support Attention Restoration Theory and Ulrich’s Supportive Design Theory. Sites with higher sensory richness and water presence demonstrated superior cognitive restoration, while therapeutic landscapes showed enhanced stress-reduction capacity. Sacred environments uniquely amplified spiritual perception, confirming that symbolic resonance intensifies emotional grounding beyond sensory and physical healing alone.

Collectively, the findings indicate that healing landscapes operate through an integrated triad of sensory comfort, emotional healing, and spiritual symbolism, establishing a transferable framework for urban wellness planning in the Indian context.

Limitations

- Seasonal variation was not captured.
- No individual-level statistical modeling was conducted
- Differing public landscapes needed varying levels of maintenance.

8. Conclusion

The study reveals that, in the urban environment of Kolhapur, healing landscapes spanning public, therapeutic, academic, institutional, and spiritual typologies encourage diverse but supportive elements of holistic well-being. These findings showed how restorative spatial performance is impacted by an array of landscape features, including sensory richness, vegetation, water presence, shaded comfort, symbolic meaning, environmental moderation, and accessibility.

The recommended eight-point healing landscape framework is validated by the comparative perception patterns that additionally reinforce popular theories like Supportive Design Theory and Attention Restoration Theory. Healing outcomes are typology-dependent, as proven by the observation that public and academic landscapes predominantly promoted sensory and cognitive recovery, therapeutic environments enhanced emotional healing, and sacred spaces intensified spiritual perception.

The study identifies healing landscapes as diverse restorative systems that are crucial for contemporary Indian cities by integrating empirical user perception with spatial analysis across multiple urban landscape types. The study influences sustainable health and well-being-oriented planning by providing an evidence-based framework for infusing therapeutic, wellness, and holy landscape elements into institutional and built environments.

9. Suggestions and recommendations

Further research could involve extended individual-level perception modeling, seasonal and longitudinal evaluation of healing landscape performance, and assessment of maintenance quality across public landscapes. The recommended healing landscape framework could be enhanced and evaluated for wider urban feasibility by expanded studies across other Indian cities and emerging landscape typologies. In an attempt to further reinforce equity in restorative design, future studies may also look at the inclusive and universal accessibility aspects of healing landscapes across an array of age groups, capacities, and sociocultural users.

Recommended Healing Landscape Design Framework

The following design framework summarizes key considerations for healing landscape design and is based on researched healing landscape concepts and comparative empirical research.

1. Incorporate water elements to facilitate in sensory restoration and emotional relaxation.
2. Provide spaces for seating that are adequately shaded for optimal comfort and extended outdoor engagement.
3. Incorporate medicinal and aromatic plants to enrich the therapeutic sensory experience.
4. Create serene spaces for meditation and contemplation that encourage mental harmony.
5. Integrate symbolic, cultural, or spiritual elements to enhance their emotional value.
6. Utilize airflow, shade, and vegetation to maximize microclimatic comfort.
7. Incorporate movement, sound, texture, and biodiversity to foster more multisensory diversity.
8. Ensure that the design remains inclusive and accessible to all types of users and ability levels.

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