



Benefits and Cultivation of Ornamental Plants

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ABOUT THE STUDY

The category of plants known as ornamental plants are those that are grown more for aesthetic value than for food or other useful uses. They can be found in gardens, parks, and homes all around the world. Ornamental plants come in a wide variety of shapes, sizes, and colours and they can be used to add beauty and interest to any landscape or indoor space.

There are many different types of ornamental plants, including flowers, shrubs, trees, vines, and even cacti and succulents. Some of the most popular ornamental plants include roses, daisies, tulips, hydrangeas, peonies, and orchids. Each type of ornamental plant has its own unique characteristics and requirements for growth and care.

One of the primary benefits of ornamental plants is that they add beauty and interest to any space. In gardens and parks, ornamental plants can be used to create colourful displays that attract visitors and provide a peaceful and relaxing atmosphere. In homes, ornamental plants can be used to add colour and texture to indoor spaces, and they can even help to purify the air and improve indoor air quality [1]. Another benefit of ornamental plants is that they can be used to create a habitat for wildlife. Many ornamental plants, such as flowering shrubs and trees, provide nectar and pollen for bees and other pollinators, which are essential for the health and survival of many plant species. Ornamental plants can also provide shelter and food for birds and other small animals, creating a more diverse and healthy ecosystem [2].

In addition to their aesthetic and environmental benefits, ornamental plants can also provide health benefits for humans. Studies have shown that exposure to plants can reduce stress and improve mood, and some plants have even been shown to have medicinal properties [3,4]. For example, lavender has been shown to reduce anxiety and promote relaxation, while peppermint can help to alleviate headaches and improve digestion [5,6]. When it comes to growing and caring for ornamental plants, there are several important factors to consider. The most important component is sunlight. Most ornamental plants require a certain amount of sunlight to grow and thrive, so it's important to choose plants that are well-suited to the amount of sunlight available

in your space. Some plants, such as ferns and begonias, can tolerate lower levels of sunlight, while others, such as roses and sunflowers, require full sun [7,8].

Another important factor to consider when growing ornamental plants is soil. Different plants require different types of soil, so it's important to choose plants that are well-suited to the soil conditions in your space [9]. Some plants, such as succulents and cacti, prefer well-draining soil, while others, such as hydrangeas and azaleas, prefer more acidic soil. Watering is another key factor to consider when growing ornamental plants [10]. Most plants require regular watering to stay healthy, but the frequency and amount of watering can vary depending on the type of plant and the climate. Some plants, such as cacti and succulents, require very little water, while others, such as ferns and hydrangeas, require more frequent watering [11,12].

In addition to sunlight, soil, and watering, fertilization is another important factor to consider when growing ornamental plants. Fertilizer provides plants with essential nutrients that they need to grow and thrive, but it's important to choose the right type of fertilizer for the type of plant you're growing. While some plants need extra nitrogen, others may need more phosphorus or potassium.

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