

## Biophilia Internal Architecture for the Improvement of Human Health

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### Abstract:

Biophilic design positively affects the physical, psychological and spiritual health of a person. If the design does not care about all aspects of nature that affect human health and its ability to produce for survival, then it is not biophilic. Biophilic design has features and advantages, including its emphasis on the general environment and engagement with it rather than isolation from nature, where all living organisms exist in interconnected environments as units or complete ecosystems.

There are also many problems that the research is exposed to, including the lack of knowledge about the characteristics and design elements of the interior spaces that contribute to improving health, the lack of directing the design of the interior architecture to integrate the biophilic design within the architectural space, and this research also aims to adapt the biophilic design to improve human health and its integration With nature, the study aims to review the conditions of biophilic design and its applications in solving design problems in interior spaces. This research follows the descriptive analytical approach, where biophilic design, its importance and methods of application in interior spaces will be described and analyzed.

The research concludes by presenting applied models of biophilic design in many interior spaces, residential, commercial, administrative, and others, in order to extract and present the results that biophilic design improves human health and physiological comfort, so the interior design must be linked to the external environment and the surrounding nature. How biophilic design interacts with current sustainability standards and international classification systems remains an amorphous idea for many practitioners and researchers.

### Keywords:

Biophilic Design, Sustainability, Merging, Human Health, Principles of Green Architecture

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