

THERAPEUTIC WITH AQUASCAPE

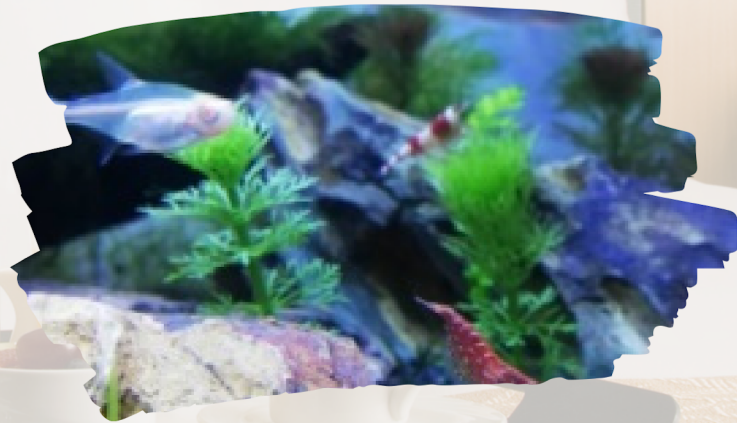
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Have you ever wonder why some clinics and hospital display fish tanks in surgeries and dental waiting rooms? Have you ever heard about aquascape? And do you know that this unique aquarium system could promote a good health. Well, in 2015 a study by Deborah Cracknell, Dr Sabine Pahl and Dr Matthew White from The National Marine Aquarium, University of Plymouth & University of Exeter found that people who spend time sitting and watching fish in an aquarium can improve their physical and mental well-being. The more fish they watched and the longer time spent viewing underwater nature eventually helps improves their mood. Dr Sabine Pahl also mentioned that "In times of higher work stress and crowded urban living, perhaps aquariums can step in and provide an oasis of calm and relaxation". This provides evident that doses of exposure to underwater settings could actually have a positive impact on people's wellbeing.

Specifically, it shows that spending time in a natural environment such as underwater has a therapeutic effect on human. It helps the blood pressure and heart rate lowered whilst viewing the aquarium.

For that reason, If we are able to identify any mechanisms that underpin the benefits what we are seeing, we can effectively bring some of the 'outside to inside', thus improve the wellbeing of people without ready access to nature. By doing this, provides an exciting for people who has limit to access to outdoor natural environments due to hectic lifestyle and work.

To be more effective and to ensure our little friend is happy, it is advisable to keep your fish or shrimp in real habitat by scaping the nature with real aquatic plants, substrate and bog woods. Let's take a look at the pictures; these plants are real and easy to grow to achieve such lush in colors and this new art is called aquascape.



When you are stressed, take a few moments off and observe your tiny aquatic friends and you will feel recharged. So the question is how to start. Well it is not difficult; firstly choose an aquarium that fits the space you can spend. Then you need to carefully select a fish. If you can afford a large tank you can go for variety of fishes and large monstrous ones. But if the space is limited you can get betta, shrimp, tetra, or some other small fishes.

To create an aquascape you will need aquatic plants and to grow plants you need special substrate called aquasoil. Meanwhile, to grow the plants you will need a good light. There are lots of cheap LED lights available in the market to help you out. If you do not go for the high demanding plants then you probably do not need a pressurized CO2 system. Before adding fish remember to cycle the tank and use a good filtration system for the health of your little friends.



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To conclude, we all work hard and tend to put so much pressure on our shoulders these days, so why not make aquascaping as your new hobby because having an aquarium with fish or shrimp and real aquatic plants is a good therapy and worth deal to brighten the day.

