

Measurement of the influence of the interior of the room on the health and psyche of a person with using visual and graphic materials and devices of the Center

"IMEDIS"

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As practicing designers, we have been studying the influence of objects and the interior as a whole on human health and psyche for more than 10 years using the devices of the IMEDIS Center. Last year, we carried out new research, which formed the basis for the defended thesis of a sixth year student of the Moscow Institute of Art and Industry (Department of Environmental Design) Natalia Konstantinovna Efremova on the topic "Interior therapy as a tool for designing living space".

The object of research in this case was Natalia's apartment itself, where she lived since 2005 and all this time she felt very uncomfortable and was often ill. However, the intensive educational process did not allow to seriously engage in repair work. After graduating from the institute, Natalia was going to make a redevelopment - just such as to build a certain program for the future and at the same time not harm health, and it is desirable even to improve it through properly constructed logistics, carefully selected object forms, special texture-textured moments and a competent color scheme.

We decided to test the impact of both the existing premises on Natalia's health and the two most interesting redevelopment options developed together with her, taking into account her habits and wishes. And here we would like to separately thank the staff of the IMEDIS Center for their professional help and competently carried out diagnostics.

For testing, three separate projects were prepared, absolutely equivalent in their visual and graphic performance:

1. The project of the apartment today ("Basic").
2. A project designed for active pastime in the company, free lifestyle ("Active").
3. A project designed for further training and possible the creation of a family and the establishment of children in this particular apartment ("Classic").

Each project consisted of the number of drawings required according to the requirements of this specialty of the university (general plan of walls, electrician, hydraulics, floor and ceiling plan and furniture arrangement, as well as a number of illustrations in 3D).

Here are some brief features of the projects.

Basic project. This project has not satisfied the patient for many years. Herthe state of health over a long period was always relatively average, the mood during the stay at home did not improve and often led to short-term depression, there was a constant feeling of discomfort.

This project was completed by the previous tenants (a lonely lady-architect) more than 10 years ago, and Natalia, who moved to an already finished building, had to make sure that her physiological sensations and mental perception of the room where she lived were correct, which, in principle, was the reason her appeal to our technique "Interior Therapy®".

The concept of changes and improvements.

Initially, in the "Basic" project, we identified several serious problems, namely:

1. The layout did not correspond to optimal logistics, complicated and rather narrow corridor entrance to the kitchen located against the far wall, darkened bathroom, non-ergonomic bedroom.

2. Despite the alterations made by the previous tenants, partially in line with the fashion trends of the end of the last century (combining the kitchen and living room through a distributor window, arranging arches and wall niches), using the apartment was extremely inconvenient, even despite the fact that only one person lived in it.

In this regard, it was decided, firstly, in all new projects to introduce additional lighting into the bathroom through a false window or glass blocks to the skylight from the kitchen side (we wrote about the special significance of the design and lighting of this zone in our article "Monotony ":" A correct and competent interior may well neutralize a dangerous symptom of sensory deprivation, and in order to achieve this, special attention should be paid to bathrooms and toilets. you should especially carefully consider artificial lighting and decorative floristry. "[1] Secondly, avoid the corridor passage to the kitchen, thereby isolating the intimate entrance to the bathroom, which is used by the hostess as a place for applying makeup, requiring a certain atmosphere, and at the same time to ergonomize the logistics of communication between the kitchen and the living room.

Features for promising projects. Project "Active".

This project implied a certain additional redevelopment, namely, the transfer of the bedroom to the living room area and decorating it in such a way that, with the walls-panels apart, it would form a single ideological, stylistic and coloristic whole with the leisure area (living room). The wardrobe has traditionally remained where the previous tenants had equipped it, and this corresponds to the comfort level of the current owner of the apartment. At the same time, on the site of the existing bedroom, a small office was set up, with an exit to the balcony, where it was planned to place a folding chair for guests staying overnight.

Project "Classic".

This project involved minimal building changes, replacing outdated bedroom furniture and improving the kitchen-living room connection.

For the purpose of comparative comparison of the influence of all three projects on the graduate student, an electronic biofunctional organometry of her initial (neutral) state was initially carried out on the IMEDIS-EXPERT apparatus. The vegetative resonance test showed that, in general, vital indicators correspond to the norm for age, biological indices on a scale from 0 to 21, which at the age level of the patient should be between 8 and 15, are at the level of 9 and 14. A small mental load was also tested, which could also be caused by anxiety before the measurement procedure, tension of the endocrine system and weak endocrine disorders (2nd level), tension of the immune system, inadequate nutrition.

In terms of the importance of colors, unpolarized white was confidently tested as the main salubrogenic, as well as the positive influence of turquoise, green-turquoise and negative - crimson, as well as the importance of indigo color.

Pie charts for the chakras showed a slight decrease in energy exchange in the 6th chakra (Ajna, the "third eye", is located in the middle of the forehead and is responsible for awareness, intuition and improvement). The chakra corresponds to the indigo color, blue, which confirmed the role of the indigo color.

By the method of "double blind testing", as already mentioned, neither the staff of the IMEDIS Center S.I. Fedorenko and N.R. Shevchenko, who conducted the testing, nor the graduate student Natalia herself were not informed which projects and in what order they would be in direct contact with her during the diagnosis. Only the observers, the authors of "Interior Therapy®" A. and E. Shornikovs, knew about this, and one by one they passed projects in a specially "wrong" order.

The first was to measure the state of the patient in direct contact with the "Active" project.

The results showed the following.

Biological indices slightly deviated in the lower indicator towards a decrease in the age level (6-7), which means a possible potential increase in vigor, a fresh outlook on life and rejuvenation if the patient redevelops and arranges the apartment according to this project. The mental load has increased slightly. The tension of the endocrine system remained at the same level. The positive influence of the unpolarized white color has been confirmed, and the colors green-turquoise, yellow-green are recommended, and the significance of blue is visible. The energy in the chakras leveled off, the energy in the 7th chakra increased (Sahasrara, spirituality, enlightenment, colors purple, white, gold). In general, the project had a beneficial effect on the body, without deteriorating the original state, however, in such an interior,

Next, measurements were made of the interior in which the patient has been living for several years, the "Basic" project. The results surprised everyone present and indeed confirmed that the patient's complaints about

a constant feeling of discomfort at home, a feeling of unrest and a decrease in activity, close to depression, have a place to be and are absolutely real.

The upper limit of biological indices rose to 15. An increase in mental load was recorded. The tension of the endocrine system, which was not tested in the case of the "Active" project, was confirmed, as well as severe endocrine disorders. Disorders between the psyche and the outside world were diagnosed.

Testing has shown the increased importance of colors like red and orange, and these are not only anti-inflammatory colors, but also energetic ones. From this we can safely conclude that the circulation of energy in the existing room is insufficient, which contributes to depressions and decline, and requires a change in color with the introduction of those shades that are unfortunately unfavorable for Natalia personally when she is in a "neutral state" (see the first measurements). Chakral analysis showed a failure in all indicators and without a clear improvement in energy exchange.

The final result of measurements of the "Basic" project is the discrepancy between the interior and the state of health and psyche of its owner, therefore, such an interior can be considered pathogenic (harmful to health).

The last measurements were taken of the patient's condition in direct contact with the "Classic" project, and here it should be noted that logically, after the deterioration of the indicators in such experimental measurements, it is necessary to make a rather significant temporary break or a session of bioresonance therapy in order to return the measured one to the state as close as possible to the initial one. ... However, the scope of the working day did not allow this, so the measurements were made almost immediately, and when analyzing the results, it was planned to take into account the correction for the preliminary deterioration.

However, the "Classic" project showed itself from the best side as the optimal one for the patient, correcting the negative influence of the previous "Basic" project in terms of measurements.

Endocrine disorders decreased to level 1, which is one level lower than the initial measurements. The stress of the endocrine system corresponded to the diagnosis of the neutral (initial) state. The biological indices returned to their initial state corresponding to the norm - from 9 to 14. No critical deviations were found in other indicators. Depressive disorders and endogenous psychoses were no longer tested. The project encouraged free circulation of the entire color gamut, with the yellow being fixed as desired. The energy of the chakras returned to its original level. A violet color was fixed, corresponding to the possibilities of spiritual growth.

Thus, based on the results of biofunctional organometric measurements in direct contact with the architectural and design projects of the interior of the same room using the "interior therapy®" method, it was possible to conclude that the "Classic" project improved Natalia's condition towards more comfortable sensations in any case, and the project "Active" would change her life, but at the same time, he would also have a beneficial effect on her well-being, with a reasonable

a combination of vital activity and competent good rest.

At the same time, studies have confirmed that the interior that exists today is rather unfavorable for its mistress, and it must definitely be changed in order to preserve her health.

In conclusion, I would like to note that such measurements of the impact of the interior of a room on the health and psyche of its owner using the "interior therapy®" method, namely through tactile contact with visual-graphic materials and using the devices of the "IMEDIS" Center, were carried out for the first time. They, as expected, convincingly and clearly show the effectiveness of the method, therefore they can be applied not only for individuals, but also for offices, public institutions and land plots, and also concern not only the interior as a whole, but also its elements, and how and groups of residents or collectives, as well as individual employees or members of their families.

#### Literature

1. Shornikov A.V., Shornikova E.N. General guidelines for creating interior, contributing to the neutralization of the symptom of sensory deprivation // Abstracts and reports. XI International Conference "Theoretical and Clinical Aspects of the Application of Bioresonance and Multiresonance Therapy". Part II. - M.: IMEDIS, 2005. -- S. 391.

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