

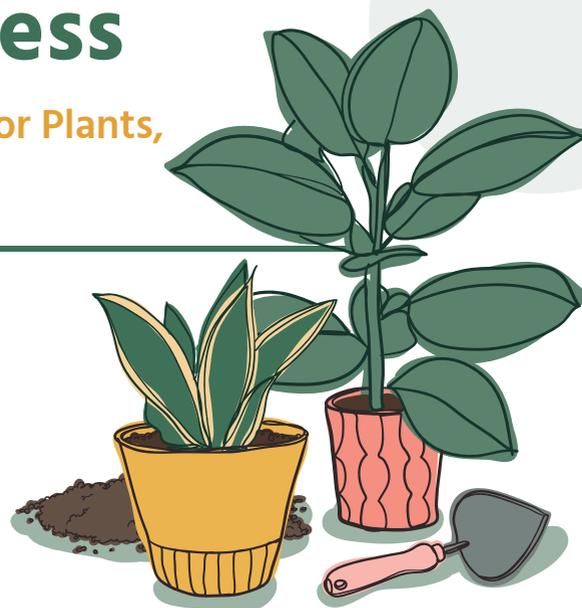


# Seeds Of Happiness

(To the point information about Indoor Plants,  
Medicinal Plants and Outdoor Plants)

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**Viral Desai**



## Why this book?

My journey of tree plantation will complete ten years in 2026. In the last seven years, I have done several tree plantation drives, during which I have planted around 3,50,000 trees. Through many awareness drives and campaigns like 'Clean India Green India', 'Tree Ganesha' or 'Satyagraha Against Pollution and Climate Change', I have interacted with more than two lakh people. During my Tree Plantation Drives or Awareness Drives, I have seen that many people love trees or plantation. But the irony is that either people do not have the right knowledge or they are misguided. Some people even believe that having trees or plants in or around the house will result in breeding of mosquitoes and insects!

However, the reality is different. Mosquitoes usually come from the carelessness of people. Trees or plants are not responsible for it! Some people fear that plants in the home or office are extremely troublesome to maintain! So, they avoid plantations in their houses





and localities. On the other hand, due to the lack of plants or greenery around them, they become victims of mental stress, anxiety and depression! In all my awareness drives after my speech I have always seen that children get very excited to do plantation and they will surround me and ask me so many questions of which species of plants will be compatible for their homes and surrounding, how to take care of the plants...

It is because of some of these regular questions and clearing the wrong myths of plantation that I have been thinking for the past few years to prepare a Basic Guide or a Ready Recokner that includes basic information of plantations and care. Those people who are experts in tree plantation or those who are fond of gardening will obviously have the latest knowledge and collection of plants. Such people spend four-five hours a week behind their plants.





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But for those who do not have such time and don't have basic knowledge about plants or those who don't have a passion for gardening, they also need plants around them! I have prepared this content for those people they can use the knowledge for their home or office plants. They can create a bond and best friendship with their plants. By that they can take advantage of their freshness, pure air, and positive mental effects.

The list given here is not exhaustive. Apart from this, there are hundreds of plants that can be kept at home or office. Apart from this, flowering plants like rose, galgoda, lily or mogra can also be grown in the balcony or window of the house. But the plants listed here can be grown especially in indoor areas. Also, these plants can be grown with little care! These plants are extremely useful in terms of health.

Hope readers will like this compilation of mine. I want to convey my best wishes and I believe that through this book, happiness will come in your life, your peace and mental health will improve and you will live in a pollution free environment.

**- Viral Desai**

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# Indoor plants

## Areca palm

- Extremely easy to maintain
- Two glasses of water can be given once in two days
- Keeps the indoor air clean by absorbing the toxic substances coming inside the house.
- It specifically absorbs carcinogenic formaldehyde.
- Provides extremely high levels of oxygen.
- Can be kept in a place with mild sunlight in the house. Or indoor areca plants can be exposed to sunlight for a few minutes once a month.
- Architecturally this plant is also excellent for home.
- The energy of this plant creates positive energy in the house.



## Money plant

- Beautiful vines that can be kept in water or pots.
- Scientists also call the money plant as a natural purifier.
- Absorbs carbon monoxide, xylene, benzene and toluene from indoor air.
- According to Vastu Shastra, this plant creates peace in the house.
- The humidity level in the air in the house is correct, due to which the house stays cool.
- Due to its green color, it has a positive effect on mental health and keeps away anxiety or depression.
- Gives a unique beauty to the house.
- Change the water regularly every week if this plant is in water. And if in a pot, pour a glass of water once a day.





## Snake plant

- Its leaves protrude like a snake, so it is called snake plant.
- This plant is very low maintenance and very easy to care for.
- This plant is also known as a natural purifier.
- Purifies the air by absorbing the toxic substances in the air.
- Can absorb up to 87% of toxic substances from the air even at night.
- According to feng shui this plant creates positive energy in the house.
- Having this plant around in the home or office also has positive effects on mental health.
- Once a month it can be taken out and exposed to the sun.

## Spider plant



- NASA's Clean Air Study proved that spider plants absorb up to 95% of airborne toxins in a home or office within 24 hours.
- Increases the humidity inside the home and office, so that it feels fresh inside the home and office.
- This plant requires minimal care once installed in the home or office.
- Increases the beauty of the home.
- According to Vastushastra, having this plant in the house also brings happiness and prosperity in the house.
- This plant can be given one big glass of water every two days. This plant does not need over watering.

## Peace Lily

- Plants fall under the category of natural air purifiers.
- Increases oxygen content in the air by absorbing toxic substances from the air.
- The white leaves of pislili also maintain a beautiful fragrance in the house.
- Besides being a decorative plant, Pislili keeps the atmosphere of the house very positive.
- Being around this plant reduces anxiety and keeps the mind happy.
- Experts also recommend keeping peppermint in the bedroom, the scent of which induces a good night's sleep.
- This plant can grow easily in low sunlight, although it should be given a regular glass of water a day.



## Aloe Vera

- According to Ayurveda this plant is excellent.
- It requires less water and can grow easily in low sunlight.
- It also adds to the aesthetics of the home or office if it is properly trimmed while maintaining its regular appearance.
- Its gel is consumed in many ways. Aloe vera gel is excellent in skincare or hair care.
- Its juice is also a great immune booster.





## Philodendron

- Many species of these plants are found.
- With its large and spreading leaves, this plant adds beauty to the home or office.
- This plant also removes formaldehyde from the air.
- Being around this plant relieves stress and keeps the mind happy.
- With its presence in the bedroom, sleep is also very good.
- Due to its greenness it also maintains positive energy in the house.
- This plant requires little care. Its leaves have to be cut regularly. Also it has to be regularly sprayed with water.

## Rubber plant



- This plant does not require much care. It is easily done at home.
- It absorbs carbon from the air and releases more oxygen.
- According to Fengsui this plant keeps positive energy and prosperity in the house.
- This plant can easily stand up even in low light areas.
- This plant releases a lot of oxygen even at night, so it is advisable to keep this plant in the bedroom for sound sleep.

## Bamboo

- There are many species of bamboo, some of which can be used as indoor plants.
- According to both Vastu and Feng Shui, bamboo brings positive energy to the home.
- Bamboo can be maintained with one glass of water daily.
- Bamboo absorbs benzene and carbon dioxide from the air and releases oxygen.
- Bamboo is also considered as good luck. So people give bamboo gifts to each other on auspicious occasions.



# Medicinal plants

## Basil/Tulsi

- Tulsi has a prominent importance and is revered in Indian tradition.
- Its leaves are highly consumed in cold and cough.
- Consuming its leaves is extremely beneficial for bone strength and constipation.
- It needs sunlight, so it is not advisable to keep it in a place without sunlight.
- Tulsi is also very useful in removing bad breath.
- There are many types of Tulsi, Ram and Shyam Tulsi are very popular among Hindus.





## Pudina

- Mint sprouts sprout in twenty to twenty-five days after planting the mint sprigs for home use in a pot.
- It needs light so it cannot be kept in bedroom or living room.
- It doesn't need much sun though. Also, it does not require much water.
- Mint is useful in everything from tea to chutney or lemon sherbet.
- It is beneficial for the body in many ways. Its leaf juice is very beneficial especially in vomiting, belching or stomach ache.
- Mint leaves are also useful in removing bad breath.



## Curry Neem

- Curry neem can be grown easily in large pots.
- It needs normal light, so keep it in a place where it gets sunlight once a day.
- Curry Neem is used in almost all home cooking.
- It improves digestion and keeps blood sugar under control.
- Its juice is also beneficial as it contains iron and folic acid.
- Its juice detoxifies the body very effectively.



## Green Tea

- Green tea can be grown in a large pot.
- Green tea can be transplanted in pots from its cuttings from the nursery or for home use.
- It needs sunlight, so grow green tea in a place that gets more light.
- It also requires regular watering. Hence it has to be watered regularly.
- Green tea is famous for its freshness, which is why it is consumed in tea.

## Coriander

- Indian cooking is incomplete without coriander.
- It can be easily grown in pots.
- If you crush a few coriander seeds in your hand and divide them into two parts, plant them in a pot and give a little water every day, then the coriander will grow in ten days.
- If you keep the size of the pot a little bigger, coriander will grow more and will be useful for home consumption.
- Coriander is rich in vitamin A, potassium, calcium, vitamin C and magnesium.
- Consuming coriander is very beneficial even in diabetes.
- Coriander is considered very good for cholesterol as well as eyes.



## What are native species?

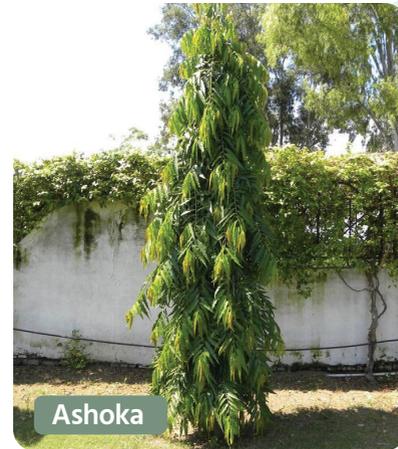
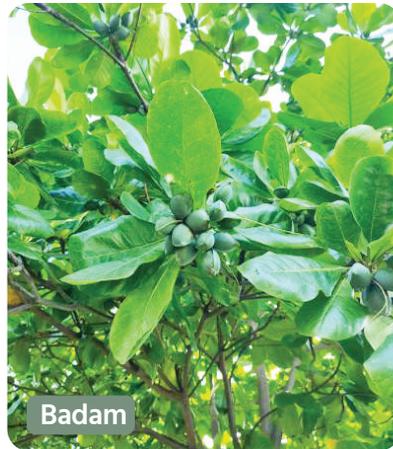
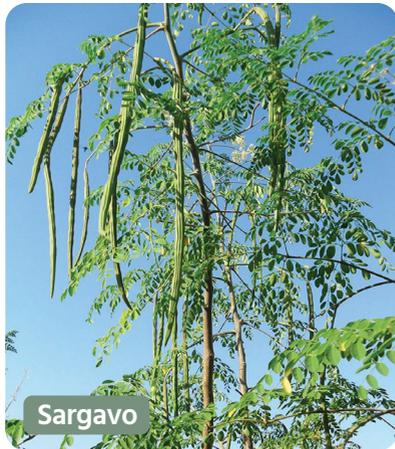
We have very little understanding of how to plant outdoor trees there. This is why we plant anything without a second thought. Even in cities, the authorities often fail to pay attention to this matter. But if the biodiversity, air and temperature of any area is to be balanced, it is very important to have more trees of native species in each area. Native species trees are trees that have grown naturally in the soil of a particular area for centuries. If we talk about Gujarat, we have trees like neem, pipado, banyan, ambali, sargavo, karen, badam, asopalav, borsali, setur or jambu are native species trees.

If such trees are planted around us, in public spaces or societies or along roadsides, they greatly benefit biodiversity. Due to these trees, the movement of squirrels, parrots, crickets or other birds easily



increases even in the cities. Also, such trees play a very important role in keeping the air of the city clean. Experts also say that the temperature in areas where such trees are abundant is lower than other places.

Now the choice is ours whether we plant native species trees around us, in the field or farm house to get fresh air or keep our health and mind away from good health by planting only ornamental or non-native plants.



## What are the needs of non-native species?

Apart from non-native species, ornamental trees have an almost negligible contribution to our biodiversity. Also, some of these trees or plants grow very aggressively, due to which they also affect native species of trees or plants. Conocarpus is all the rage in cities are in trend and have been planted in huge number. Many reports have said that conocarpus



is unhealthy for human being and biodiversity. The plant, Lantanas that questioned the existence of tigers in Jim Corbett's jungles is also being sold for thousands of rupees in fancy pots in city nurseries. But if we keep even a little vigilance, we and we can save our area or city from nonnative or ornamental species. Due to which our ground water will not be in danger and the biodiversity of our cities will also be preserved.

## Maximum native trees must be around us

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In the previous point I have shared the list of native species of trees. But I cannot resist the temptation to expand on that point. Hence here I am sharing the same topic again in a different way. Neem as well as sweet neem must be around our house, which also keeps the temperature around us significantly lower, as well as increasing the movement of birds like native sparrow, kabar or bulbul. Drum stick tree or Saragwa must also be around us. Due to Sargwa, birds like sweet-eaters or Devchakali keep coming and the leaves of Sargwa known as Morninga and drumsticks are a superfood and very healthy for human consumption ..Also, bees and bumblebees are attracted to the sorghum flower, due to which the process of pollination is very effectively affected. Jambu is also one such fruit bearing tree that brings cuckoo calls to your yard or area. Borsali trees bring with them the chirping of parrots, cuckoos, and crows.

As said earlier, Biodiversity is very important for us and these native species will not only attract the best of biodiversity around us, but due to the chirping of birds coming due to these trees, our house will also get super positive vibes.



# Do we have the right to pluck flowers from public places?

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I often see that early in the morning we have many people go out there with sticks and they take home the flowers grown on the roads or in circles or gardens with the sticks. I don't know how God would be pleased to offer flowers plucked from trees someone has planted or someone else is tending! But one thing is certain that when such people beat trees or plants with sticks for their petty selfishness, they cause a lot of damage to trees and nature.

I have noticed in foreign countries, especially in Japan, that people have a self-discipline that



they never even touch flowers in public places. By doing this, those people are doing a big favor to the tree and to the biodiversity. At such a time, while learning everything else from abroad, can't we all learn this attitude from abroad? So that our God is also pleased and our biodiversity is also pleased!

# General tips for preserving indoor plants

- To protect our plants from over watering. Water should be given to the plants as much as the soil is moist. Overwatering causes root rot, which slowly rots the plant.
- Just like we need sunlight, even though plants are indoor, they also need sunlight. So giving your plants some sunlight in the balcony or window once a month will be very beneficial.
- Change the water of plants that are kept in water every week or ten days. And if there is a tray under the pot, wash and clean the tray every three days.
- Keep cutting the plants if they start turning yellow leaves and keep trimming the plants which start getting bigger than required.



- Along with watering the roots, plants also need spraying, so spray water on the leaves and branches of the plants every two or three days.
- Plants can also have iron deficiency, oxygen deficiency or potassium deficiency, due to which the plants start to dry up or become limp. You can prepare a solution at home and spray the plants to protect them from such deficiency.
- For this you should soak onion and few soybeans in a flask of water for some time. Then add some white vinegar to it, fill the solution in a spray bottle and then spray it on the roots and leaves of the plant once in ten days, so that the plants will always stay fresh and green.



# About the Satyagraha Against Pollution and Climate Change Movement

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The 'Satyagraha Against Pollution and Climate Change' movement started by Viral Desai in the year 2021 became very popular on national and international platforms. Just as Mahatma Gandhi and Sardar Vallabhbhai Patel took the task of preparing freedom fighters from house to house during the freedom struggle, Greenman Viral Desai resolved to prepare 'environmental soldiers' from house to house. Also, he has based his entire movement on the values of Gandhiji and Sardar Patel, where instead of complaining about what others should do about environmental protection, he has created an awareness campaign for the citizen of the country to develop a sense of attitude and understanding of what to do.

More than one lakh people have joined their awareness campaign so far. Where the youth have vowed to make their lifestyle environment friendly by becoming 'Paryavaran Senani'. The Gujarat Pollution Control Board has also officially joined their campaign.





## About the Author



Viral Desai popularly known as the Greenman is a highly recognized and respected name in the field of environment. He has been honored five times with national honors for environmental protection and energy conservation. Where three times he has been honored by three different Presidents of India. So he has been honored several times by the state government and international forums as well. So far he has planted about 3,50,000 trees. So campaigns like 'Clean India Green India', 'Tree Ganesha' and 'Satyagraha Against Pollution and Climate Change' have engaged thousands of youth and citizens through awareness campaigns. His recently published book 'Architect of Amritpath' was simultaneously published in two languages. Due to the unprecedented response from the readers, the first edition of both these books was completed within a span of just one and a half months.

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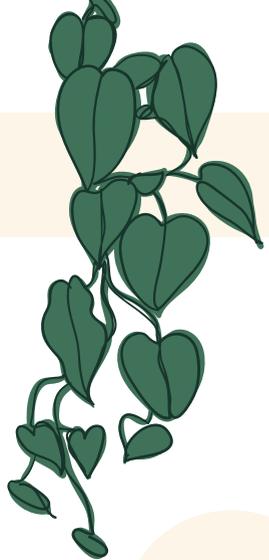
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► On the occasion of the release of the author's book 'Architect of Amritpath

## Author Viral Desai receiving various honors for environment and energy conservation





# To join Satyagraha Against Pollution Movement



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