

# Importance of flowers

[Science](#), [Biology](#)



Flowers play an important role in making the life of a human being more cheerful and happy. People use flowers in several forms and on several occasions. Flowers are used as beautiful flower arrangements for decorating homes. They also help people in proposing their partner for life, as well as flowers are used as a symbol of mourn and tribute on loved ones funeral. Apart from above said uses, there are several other uses of flowers in various activities of our daily life. Flower Arrangements in Decoration People love to decorate their houses with several attractive flowers arrangements.

A flowerpot with fresh flowers on dining table increases the taste of breakfast and the impact of food being served. A beautiful flower setting on centre table of your drawing room can create a soothing atmosphere for you and your family members. Even guests visiting your house will not only adore your home arrangement skills, but they will also spread this word in front of others. A terrace garden full of several smelling as well as non-smelling beautiful flowers is the best place to spend your evening. Flowers and Love Flowers play an important role in the love life of every human being.

A red rose is the most helping and popular element for first expression of your love in front of him or her. The beauty and tenderness of a fresh red rose is capable of conveying all your heartiest feelings without even uttering a single word from your mouth. This rose bud will become a most treasured gift for both of you in future that will help you both in recalling those days of hesitation and excitement. A candle light dinner with girlfriend or spouse is either incomplete or less romantic without a tulip or fresh rose bud arrangements on dinner table.

Flowers and Women Flowers are symbol of beauty and happiness and women are a cause behind all happiness in people's life. Most importantly, the love for flowers in women's heart is well known. Flowers help women in making them more beautiful, they love putting a matching flower in hairs to complete their makeup. Flowers are an integrated part of different homemade cosmetics and most of pentagonal impact. According to an April 2005 Rutgers university study, flowers bring about positive, beyond what most people normally deem as an acceptable reaction to the presence of flowers.

Study participants reported feeling "excited" upon receiving a delivery of fresh flowers, and had displays of immense satisfaction. The study also reported that among study participants, flower recipients had an increased number of intimate connections with family members and friends. It concluded that flowers enhance an individual's emotional well-being and spurs an increase in happiness. Medicinal Benefits Flowers have healing properties. For example, roses are used extensively in the alternative medicine area for their ability to ease digestive issues and promote leaning in the liver.

Infusions made using the dandelion flower can help to treat anemia and jaundice. It also has blood-purifying properties. The marigold flower has antiseptic properties, making it good for helping cuts to heal. It also contains initiating components. The valerian flower provides migraine and tension headache relief and helps to cure insomnia. It also calms anxiety sufferers. Sunflowers are used to treat ulcers, and infusions may also help to ease the

pain of menstrual cramping. Sunflower infusions are also used in alternative medicine to provide sore throat relief ND treat canker sores.

**Mental Health Benefits** Fresh flowers also have an impact on your mental health. According to the Harvard University Home Ecology of Flowers Study, individuals have lower levels of anxiety and depression upon viewing fresh flowers, particularly in the morning. The study further shows that those women who keep fresh flowers in their homes regularly feel happier and much less anxious. Even if they women just viewed a bouquet of fresh flowers in the morning, the study reports, they had an increased level of energy throughout the day.