An inclusive vision towards a sustainable interior design for human well-being and health

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Abstract:
The environment is the shelter and the main teacher for man, since his birth he lived in the natural environment, however, he began to search for shelter or housing. With the development and progress of the world, the increasing number of people, and the emergence of buildings, this led to a decrease in human contact with nature. And man began to suffer from physical and psychological illnesses. The environment began to suffer from pollution as a result of human misuse of the environment. Therefore, intellectual trends in design appeared aiming at preserving human health, reducing harmful effects on the environment, and increasing human interaction with nature, that is sustainable design. The application of sustainability in interiors was used in ancient times in the Pharaonic and Islamic civilization, such as the use of the inner courtyard, green spaces even before the concept of sustainability appeared. But recent trends in sustainability deepened beyond form. These studies deepened into the composition of natural systems to innovate sustainable solutions in design, that would preserve the environment, the human being, and strengthen the relationship between them. Rather, it went beyond that to make the design a renewable and restorative feature for the environment. There are many terms related to sustainability, such as biophilic, bio-design, biomimetic, green... etc., So a study that defines these multiple terms, differentiates between them, defines their strategies, and presents their interiors inside and outside Egypt is needed. Hence, the aim of the research is to differentiate between these multiple terms, define their strategies, and present their interiors to find out their advantages. The research should develop an inclusive vision towards sustainable interior designs in Egypt That are in line with Egypt Vision 2030 and provide human well-being and health.

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Ecological sustainability, Biophilia (Biophilic design), Biomimetic design, Restorative Environmental design, Regenerative design.