

ประโยชน์ของปลูกต้นไม้: ลดความเครียดช่วงโควิด-19

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ภาควิชาสรีรวิทยา คณะเภสัชศาสตร์ มหาวิทยาลัยมหิดล

ในช่วงที่สถานการณ์ของโควิด-19 ที่กลับมาแพร่ระบาดอีกครั้ง **ลรอก** และยังไม่เห็นทีว่าจะจบลงเร็ววันนี้ได้ส่งผลกระทบต่ออารมณ์และสุขภาพจิตของเรา ทำให้รู้สึกไม่สดชื่น ไม่อยากทำอะไร **ไม่มี**สมาธิจดจ่อ **ขณะเวลาทำงานไม่ดี** และบางครั้ง**ที่อาจมีอาการ**เบื่ออาหาร ความรู้สึกเหล่านี้เกิดจากความเครียดและความวิตกกังวลเกี่ยวกับความเสี่ยงที่จะติดเชื้อจากคนใกล้ชิด และกลัวการติดเชื้อเวลาที่ต้องออกจากบ้าน รวมถึงหากติดเชื้อแล้วจะได้รับการรักษาทันที่หรือไม่ หลายคนจึงใช้เวลาอยู่ที่บ้านมากขึ้น โดยกรมสุขภาพจิตได้ให้คำแนะนำเพื่อรับมือกับความเครียดและวิตกกังวลหลายวิธี ได้แก่ ยอมรับสิ่งที่เกิดขึ้นโดยไม่ตระหนก ทำทุกอย่างตามปกติแม้จะเป็นช่วง work from home และหากิจกรรมทำอย่าปล่อยให้ว่าง¹ โดยหนึ่งในกิจกรรมที่หลายคนชอบทำเวลาอยู่บ้านคือการปลูกและดูแลต้นไม้ ซึ่งบางคนอาจเคยสังเกตว่าคนที่ชอบต้นไม้ส่วนใหญ่ นั้นมักเป็นคนอารมณ์ดี แต่อาจยังไม่ทราบเหตุผล บทความนี้จึงมีวัตถุประสงค์ในการให้ความรู้เกี่ยวกับประโยชน์ของการปลูกต้นไม้ต่ออารมณ์และสุขภาพจิต ร่วมกับนำเสนอทางเลือกสำหรับกิจกรรมให้กับผู้ที่ต้องการความผ่อนคลายและยังไม่เคยลองปลูกต้นไม้หรือจัดสวนที่บ้านค่ะ

ทำไมคนที่ชอบต้นไม้จึงมีอารมณ์และสุขภาพจิตที่ดี

การทำสวน และกิจกรรมอื่นๆ ที่เกี่ยวข้องกับธรรมชาติหรือที่รู้จักในชื่อ การทำสวนบำบัด (gardening therapy) หรือพืชสวนบำบัด (horticultural therapy) ได้นำมาใช้เพื่อบำบัดทางสุขภาพ และจิตใจมาตั้งแต่ปี ค.ศ. 1970² เนื่องจากมีงานวิจัยที่พบว่า การอยู่ในสภาพแวดล้อมที่เป็นธรรมชาติทำให้การรับรู้ผ่านประสาทสัมผัสทั้งห้าของคนเราชัดเจนขึ้น รู้สึกกลมกลืนกับธรรมชาติ ทำให้เราตื่นตัว สร้างความสดชื่น ผ่อนคลาย รวมถึงมีพลังงานด้านบวกมากขึ้น มีความเครียดลดลง มีความสงบในจิตใจ และมีความสุขมากขึ้น³ ปัจจุบันการทำสวนบำบัดไม่เพียงนำมาใช้เพื่อสร้างความสดชื่นแก่คนทั่วไปเท่านั้น แต่ยังนำมาใช้บำบัดผู้ที่มีความต้องการพิเศษ อาทิ ผู้อยู่ในภาวะเครียด ซึมเศร้า เนื่องมาจากการทำงาน ผู้สูงอายุ เด็กสมาธิสั้นและออทิสติก⁴



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A

B

รูปที่ 1 กิจกรรมการทำสวนบำบัดของบุคคลทั่วไปที่ต้องการความผ่อนคลาย (A)⁵ และเด็กที่มีความต้องการรูป
ที่ 1 กิจกรรมการทำสวนบำบัดของบุคคลทั่วไปที่ต้องการความผ่อนคลาย (A)⁵ และเด็กที่มีความต้องการพิเศษ
(B)⁶ พิเศษ (B)⁶ _____

การปลูกต้นไม้ทำให้เราผ่อนคลายได้อย่างไร

Professor Lightman จาก University of Bristol ประเทศอังกฤษ ได้ค้นพบแบคทีเรียที่อาศัยอยู่ในดิน
ชื่อ *Mycobacterium vaccae* แบคทีเรียชนิดนี้เข้าสู่ร่างกายมนุษย์โดยผ่านทางเยื่อส่วนต่าง ๆ เช่น เยื่อปอด
ช่องจมูกและปาก เมื่อแบคทีเรียนี้เข้าสู่ร่างกายจะทำให้เพิ่มการสร้างสารสื่อประสาทชื่อ serotonin ที่บริเวณ
สมอง และทางเดินอาหาร รวมถึงลดกระบวนการอักเสบภายในร่างกาย⁷ Serotonin เป็นสารสื่อประสาทแห่ง
ความสุข มีฤทธิ์คล้ายกับยาต้านอาการซึมเศร้า ทำให้เราอารมณ์ดี ดังนั้นหากสมองขาด serotonin จะนำไปสู่
การเกิดโรคซึมเศร้าได้ ส่วน serotonin ในทางเดินอาหารทำหน้าที่ควบคุมการทำงานของระบบทางเดินอาหาร
ได้แก่ การสร้างเมือกและกรด ร่วมกับควบคุมการทำงานของกล้ามเนื้อเรียบที่ทางเดินอาหาร^{7,8} นอกจาก *M.*
vaccae ที่เพิ่มการสร้าง serotonin แล้ว ความสงบในจิตใจ และความพึงพอใจที่เกิดขึ้นขณะที่ปลูกต้นไม้ หรือ
การเห็นต้นไม้ที่เราปลูกเจริญเติบโต จะทำให้สมองหลั่ง serotonin ได้เช่นกัน^{7,8} ซึ่งสอดคล้องกับผลการวิจัย
จากหลายสถาบันที่สรุปว่า กิจกรรมที่ทำให้เราสัมผัสกับดิน ได้แก่ การจัดสวน การดูแลและตกแต่งสวน หรือ
การปลูกต้นไม้ สามารถทำให้เกิดความรู้สึกผ่อนคลาย ลดความวิตกกังวล และลดอาการซึมเศร้าลงได้⁹
หลังจากนั้นการที่ต้นไม้ค่อย ๆ เจริญเติบโต ออกดอกสีสดใสสวยงาม หรือออกผลผลิตที่กำลังจะเก็บได้ไม่ช้า
ย่อมทำให้เรารู้สึกภาคภูมิใจ ชื่นใจ และมีความสุข ซึ่งในขณะที่เรามีความรู้สึกพึงพอใจจะทำให้สมองหลั่งสาร
สื่อประสาทแห่งความสุขอีกชนิดหนึ่งชื่อว่า dopamine การที่สมองหลั่ง dopamine จะทำให้เรารู้สึกตื่นตัว
กระฉับกระเฉง มีสมาธิมากขึ้น และลดความวิตกกังวล^{8,10} ดังนั้นจึงไม่น่าแปลกใจว่าเหตุใดคนที่ชอบปลูกต้นไม้
ส่วนมากจะมีอารมณ์ดีนะ

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รูปที่ 2 การปลูกผักเป็นชั้นเพื่อประหยัดเนื้อที่¹⁰

เมื่อทราบประโยชน์ที่ได้รับจากการปลูกต้นไม้แล้วอาจทำให้หลายท่านอยากเริ่มปลูกต้นไม้ที่บ้าน แต่อาจคิดว่าบ้านของเราไม่มีพื้นที่กว้างพอ อันที่จริงแล้วกิจกรรมนี้ไม่จำเป็นต้องใช้พื้นที่มากนักคะ (รูปที่ 2) เนื่องจากมีงานวิจัยที่แสดงให้เห็นว่าการปลูกต้นไม้แคในกระถางก็สามารถทำให้เรามีอารมณ์และสุขภาพจิตที่ดีขึ้นได้เช่นกัน¹¹ สุดท้ายนี้ขอให้ทุกท่านมีความสุขและผ่อนคลายกับการปลูกต้นไม้ที่บ้านคะ

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