

Computing the Biophilic Healing Index Nikos A. Salingaros 2021

We can quantify Biophilia through the Biophilic Healing Index. This gives a percentage score evaluation of how biophilic a design actually is, which combines estimates for ten separate biophilic qualities. Here are the background references:

<https://www.terrabinbrightgreen.com/report/biophilia-healing-environments/>

<https://applied.math.utsa.edu/~yxk833/BiophilicIndex.pdf>

Estimate ten geometrical plus natural qualities listed below according to the scale: 0 = none, 1 = some, 2 = a lot:

- B1. Sunlight: preferably from several directions.
- B2. Color: variety and combinations of hues.
- B3. Gravity: balance and equilibrium about the vertical axis.
- B4. Fractals: things occurring on nested scales.
- B5. Curves: on small, medium, and large scales.
- B6. Detail: meant to attract the eye.
- B7. Water: to be both heard and seen.
- B8. Life: living plants, animals, and other people.
- B9. Representations-of-nature: naturalistic ornament, realistic paintings, reliefs, and figurative sculptures — including face-like structures.
- B10. Organized-complexity: intricate yet coherent designs — and extends to symmetries of abstract face-like structures.

Sum the values for the above biophilic components to define the index B as a number out of 20. For B as a percentage score, simply multiply this total by 5. A quantitative measure of the degree that a design is biophilic is more useful than the usual vague discussions based on images showing potted plants. The more biophilic it measures on this scale, the more a building will contribute positively to the users' health. This phenomenon has been established by medical measurements. And the whole point is to compare different buildings and competing designs *to check their biophilic qualities before they are funded.*