

Interesting facts (About the snake plant).

1. What are the benefits of snake plants?

The snake plant acts as an air purifier. They extract toxins like formaldehyde, benzene, and xylene. They exhale oxygen into the atmosphere in the day as well as at night and hence boost sleep quality. They work as natural humidifiers as they increase the moisture level in the surrounding areas, which helps to prevent respiratory problems and dry skin issues. They promote the health of a person by reducing stress and anxiety. They can survive in low sunlight conditions and also need very little water to grow. Research studies have shown that its extract has analgesic, antidiarrheal, antioxidant, and antidiabetic effects.

2. What is the lifespan of the snake plant?

There are different varieties of snake plant, which show variation in life span. Many species can live 5 to 10 years, while few species can live up to 50 years when kept in proper care. Excessive watering is harmful to snake plants.

3. What is the native place for snake plants?

They are native to West Africa and parts of Asia, where they are found in dry, rocky lands, grasslands, and woodlands.

4. Which are the medicinal-value chemicals that are present in snake plants?

They have saponins, flavonoids, alkaloids, and [steroids](#). These chemical constituents are all therapeutically important. [Saponins](#) have antimicrobial and anti-inflammatory effects. [Flavonoids](#) present in its leaves also have antimicrobial and anti-inflammatory effects. [Alkaloid](#) has antimicrobial, anti-inflammatory, and analgesic effects. Steroids, phenolic acid, and triterpenoids have anti-inflammatory and anticancer effects. Because of all these substances, its extract is utilized in pharmaceutical preparations to treat acne and other fungal infections, as an antipyretic, as an analgesic, and in the treatment of respiratory diseases such as asthma and bronchitis

References

- https://en.wikipedia.org/wiki/Dracaena_trifasciata
- <https://www.healthline.com/health/benefits-of-snake-plant>