**Review Article**

Multifunctional Benefits of Snake Plant: Air Purification and Health Applications

Abstract

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| *Sansevieria* name is derived from that of Duke Raimondodi Sangrio, Prince of Sanseviero (Italy). It is also known as snake plant and mother in law’s tongue. There are more than 100 species in this genus native to Tropical and South Africa. According to Chinese people, the snake plant is one of the lucky plants that help to bring good fortune, were grown and cherished well before the Chinese Ti-plant (*Dracaena spp*.) also known as good luck bamboo. It is perennial herb with stiff, ornamental leaves. *Sansevieria* tops the list as being most tolerant of all decorative plants to survive the most unsuitable growing conditions. The durability of Sansevieria makes it an excellent choice for apartment dweller that often have limited success with house plant due to lighting issues. Snake plant is classic yet versatile house plant with sword like foliage design. It is excellent for forgetful gardener and it’s considered a top air purifier plant for indoor environment and also eliminates considerable amount of benzene, formaldehyde, trichloroethylene and toluene. Placing *Sansevieria trifasciata* in the office could reduce the CO2 concentration by 10.47% to 19.29%. It has shown many pharmacological activities such as analgesic, anti-diarrheal, antioxidant, anti-microbial, anti-diabetic, etc.The air purification by *Dracaena trifasciata*are taken in this review. |

Keywords: *Sansevieria trifasciata* Prain, Perennial Herb, Viper's bowstring hemp, Air Purification, Snake Plant, Indoor plant.

1. INTRODUCTION

Throughout history, several decorative plants have been used as a means of expressing well-being and the attractiveness of the natural environment (Lobo et al., 2025) Medicinal plants have been shown in various studies to be beneficial for a wide range of ailments. Approximately 25% of all prescription medications are derived from plants, and over three-quarters of the population relies on medicines that come from these medicinal plants (Hoareau et al., 1999). The *Dracaena trifasciata* Prain, characterized by its snake-like, sharp-edged leaves, is also referred to as "viper's bowstring hemp" because it serves as a source of plant fibers used in making bowstrings (Alam et al., 2016). Native to the tropical regions of West Africa, extending from Nigeria to the Congo, *Dracaena trifasciata* is a flowering plant belonging to the Asparagaceae family. Commonly known as the snake plant, Saint George's sword, mother-in-law's tongue, and viper's bowstring hemp, Corn plant, Dragon plant, Cornstalk plant, Fortune plant.(Hasson et al., 2010). This plant is highly adaptable and can withstand both arid conditions and low levels of light. In Africa, the latex from this plant can function as a repellent for insects and snakes (Dewatisari et al., 2022, Berame et al., 2017). Traditionally, among various plants like passiflora foetida and indian snake root, Snake plant is also used in treatment of snake bite (Shinde et al., 2025, Lobay et al., 2015, Ansari et al., 2023).According to a study by NASA, *Dracaena trifasciata* Prain ranks among the top plants for enhancing indoor air quality by effectively absorbing various airborne pollutants, making it an excellent choice for purifying the air (Csurhes et al., 2006, Julie et al., 2017).

2. Plant Description

The *Dracaena trifasciata* Prain has two to six elongated, oblong leaves that emerge from fleshy underground rhizomes, each ending in a pointed tip. These leaves are typically grouped in visually appealing clusters due to their upright, rigid, and striped appearance. The leaves, measuring between 40-90 cm in length and 5-7 cm in width, are sword-shaped and mimic the pattern of a zebra’s skin, displaying a range of dark to light green shades with yellow borders. Additionally, they produce ribbon-like structures that can span from 0.3 to 1 m long, featuring flowers that are whitish-green or grayish-white and grow on upright stems, which are shorter than the leaves, generally about 30-75 cm high. The plant flowers in the spring and summer months, specifically from September to February. Its rhizomatous or creeping stem, which is relatively thick, typically develops beneath the soil. The rhizomes are characterized by a vibrant orange exterior and a pale inner section, often extending horizontally either on the surface or underground. The wild roots are fibrous and emerge from the base of the stem, while the typical roots exhibit a white pattern and appear robust. The small, round fruits, measuring 7-9 mm in diameter and containing two seeds, usually ripen to a bright orange color. The seeds themselves are elongated, pale brown, and measure approximately 6-7 mm in length and about 5 mm in width (Dewatisari W et al., 2024).

**Table 1. Taxonomy (**Mabberlyet al., 2017)

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| **Item** | **Name** |
| **Taxonomic classification** |  |
| Kingdom | Plantae |
| Phylum | Tracheophyta |
| Division | Angiosperms |
| Class | Monocots |
| Order | Asparagales |
| Family | Asparagaceae |
| Subfamily | Nolinoideae |
| Genus | Dracaena |
| Species | Trifasciata |

**FIG 1: Pictures of Snake plant**

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**Table 2. Characteristics of the plants included in the survey.** (Jenny Berger et al., 2022)

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| **Plant** | **Shape** | **Leaf and canopy properties** |
| *Sansevieria trifasciata* | Column sharp | Long, upright, thick, broad sword shaped leaves. Crassulacean Acid metabolism (CAM) |

**3. Air Purification Capabilities**

Numerous studies have explored the air-purifying capabilities of *Dracaena trifasciata* Prain. A notable investigation conducted by Wolverton, B. C., and Johnson as part of a NASA study revealed the plant's effectiveness in eliminating toxins such as formaldehyde, xylene, and toluene from the atmosphere. Further research by Orwell corroborated these results, indicating that Snake Plants can significantly diminish the levels of volatile organic compounds (VOCs) in indoor settings (Wolverton et al., 1989, Orwell et al., 2004). Additionally, research has shown that extracts from *D. trifasciata* Prainleaves can lower carbon monoxide levels in cigarette smoke (Gendis et al., 2019).

**4. Mechanisms of Air Purification**

The process of air purification entails the uptake of contaminants via the leaves and roots, where they are subsequently metabolized by soil microorganisms. This mutually beneficial interaction makes the plant a good choice for enhancing indoor air quality because it increases its capacity to purify the air (Sagaya et al., 2024, Sriprapat et al., 2013).

Plants possess the capability to take in and break down numerous harmful substances found in the environment; a process known as phytoremediation. However, this capability is not yet fully leveraged as a means of purifying indoor air (Susanto et al., 2021). Indoor plants and natural landscapes are visually appealing, fostering feelings of tranquility and positivity that create opportunities for reflection and contemplation. They evoke a sense of connection to nature, instilling feelings of completeness and spirituality brought about by nature's elements. Additionally, the presence of these natural components conveys a sense of being nurtured. Certain indoor plants, such as the snake plant, absorb carbon dioxide and release oxygen even at night, making them perfect for placement in bedrooms and other areas of the home. Furthermore, snake plants, with their distinctive appeal, enhance any environment with lush elegance, purify the air, and provide a calming effect (Raturi V. et al., 2024).

**5. Experimental Analysis:**

The Air Pollution Tolerance Index (APTI), which provides a numerical value for assessing how tolerant plants are to air pollution, was calculated using the formula:

APTI= (A(T+P)+R)/10

Where:

A = Ascorbic acid content (mg/g)

T = Total chlorophyll content (mg/g)

P = pH of leaf extract

R = Relative water content of leaf extract (%)

Result: Plants that are constantly exposed to their surroundings tend to absorb, accumulate, and integrate pollutants that settle on their leaf surfaces. As a result, they exhibit visible or measurable changes based on their level of sensitivity. In this study, biochemical indicators such as ascorbic acid, relative water content, total chlorophyll content, and the pH of leaf extracts were utilized to assess their tolerance to air pollution. The highest concentration of ascorbic acid was observed in *Sansevieria trifasciata*, measuring 0.86 µg/g fw (Agarwal A, 2017).

**6. SIGNIFICANCE**

**6.1.Indoor Air Pollutant Ozone Reduction**

The impact of lowering ozone concentrations in a simulated interior environment was assessed for common indoor houseplant: *D. trifasciata* Prain. The ozone depletion rates were higher in plant-filled rooms than in plant-free control chambers (Heather et al., 2009).

**6.2. Health Benefits**

The decrease in indoor air contaminants yields significant health advantages, including a reduction in respiratory problems and an enhancement of general well-being. Additionally, the incorporation of indoor plants has been linked to psychological benefits, including lower stress levels and heightened productivity (Fjeld et al., 2000).

**6.3. Low Maintenance**

*D. trifasciata* Prain is recognized for its durability and minimal care needs. It flourishes in low-light settings and does not necessitate regular watering, rendering it an excellent option for indoor spaces (Chen et al., 2002).

**6.4. Aesthetic Appeal**

*Dracaena trifasciata* Prain not only offers practical advantages but also serves as an attractive addition to indoor settings, infusing a sense of greenery. This enhancement can elevate the visual charm of both residential and commercial spaces, fostering a more enjoyable atmosphere for living and working (Lohr et al., 2000).

**6.5. Insecticide**

An investigation examined the impact of insecticides on the development of string beans. According to a study (Solita et al. 2012), *D. trifasciata* Praininsecticides are just as effective as commercial ones (Fitria et al., 2022).

**6.6. Potential to Inhibit Algae Bloom**

Malaysia is one of the countries affected by harmful algal blooms that lead to health problems like food poisoning and adversely impact the aquaculture sector. The research investigated how well crude extracts from both fresh and dried materials could inhibit the growth of the HAB species A. tamiyavanichi and A. tamarense. The findings showed effectiveness in elimination, indicating that *D. trifasciata* may have the potential to mitigate it (Mohd et al., 2014).

**6.7. Natural Fibres**

Snake plant fibres are strong and have good tensile properties, making them suitable for beneficial textile and composite material production(Rwawiire S et al., 2015).

**7.PHYTOCHEMICAL CONSTITUENTS**

*Dracaena trifasciata* Prain is reported to be rich in phytochemicals like phenolic compounds, amino acids, alkaloids, cyanogenic glycosides and organic acids. These bioactive compounds are found in leaves, stems, flowers, fruits and roots of the plants (Yumna et al. 2018; Nur et al., 2022). The leaves of *Dracaena trifasciata* Prain have shown following chemical constituents Methyl-14- methyl pentadecanoate, Palmitic Acid, Methyl Linolenate, Phytol, Linoleic Acid, Oleic Acid, Stearic Acid and Stigmasterol (Ansari et al., 2023).

**8. PHARMACOLOGICAL ACTIVITY**

**8.1. Anticancer activity:**

The cytotoxic and anticancer properties of *Dracaena trifasciata* Prain are linked to its phytochemical constituents. The leaves of *Dracaena trifasciata* Prain have been used in anticancer studies. One of the compounds found in *Dracaena trifasciata* Prain is a derivative of 5,7-Dimethoxyflavone. Studies indicate that this compound can suppress the growth of liver cancer cells by causing cell cycle arrest through the generation of reactive oxygen species (ROS), impacting the Sub-G1 phase of the cell cycle (Dewatisari et al., 2024).

**8.2. Anti-Diabetic**

In a research investigation, the influence of *Dracaena trifasciata* Prain leaf infusion on pancreatic ß-cells and blood sugar levels in hyperglycemic rats induced by alloxan was assessed. The study's results indicated that all administered doses of the leaf infusion lowered blood glucose levels and increased granule density in the ß-cells of the islets of Langerhans in rats with alloxan-induced diabetes (Nur et al. 2012).

**8.3. Antibacterial activity:**

The antibacterial properties of *Dracaena trifasciata* Prain are attributed to various bioactive compounds, such as alkaloids, tannins, anthraquinones, terpenoids, saponins, flavonoids, steroids, polyphenols, and phenols. These compounds, present in the roots and leaves of the plant, demonstrate antiseptic and antibacterial effects by inhibiting the growth of S. aureus, E. coli, and P. aeruginosa (Ahamad et al., 2017).

**8.4. Antioxidant activity:**

*Dracaena trifasciata* Prain extracts have demonstrated notable antioxidant properties, which can be attributed to the presence of polyphenols, flavonoids, and various other bioactive compounds. The antioxidant activity of *Dracaena trifasciata* Prain is frequently evaluated using the 2,2-diphenyl-1-picrylhydrazylmethod, a widely accepted technique in scientific research. This method entails measuring the capacity of a sample to neutralize or diminish the 2,2-diphenyl-1-picrylhydrazyl radical, a stable free radical. It is likely that these compounds play a significant role in scavenging free radicals and providing protection against oxidative stress (Huang et al., 2024).

**8.5. Antifungal activity:**

There are currently very few studies documenting *Dracaena trifasciata* Prain's antifungal activity. Research suggests that *Dracaena trifasciata* Prain. may be able to stop Candida albicans from growing. Fungal growth can be inhibited with an inhibition zone of around 21 mm when 90% of the ethanol extract of S. trifasciata Prain is administered; this is nearly as effective as the positive control (Komala et al., 2012).

**8.6. Antiulcer**

We looked on the leaf extract from *Dracaena trifasciata* Prainhas anti ulcerative properties. In an indomethacin-induced ulcer model, the anti-ulcerative effect was compared to that of the reference medication, cimetidine, using a single dose were evaluated (Osasenaga et al. 2017).

**8.7. Antimalarial**

*Dracaena trifasciata*Prain has antimalarial activity. A study conducting antiplasmodial assay of the extracts revealed that the ethyl acetate extract exhibited stronger suppression against Plasmodium falciparum. It is suspected that the compound phytol plays a role in this antimalarial activity (Lestari E et al. 2023).

**8.8. Treatment of Callosities of Fingers and Toes**

The study evaluated how well *Dracaena trifasciata* Prain ointment works for treating corns. Findings suggest that the use of *Dracaena trifasciata* Prain extract can enhance the treatment of calluses on fingers and toes.Increased attention sped up recovery time without causing irritation (Hamidollah et al. 2017).

**8.9. Treatment on cardiovascular disease**

Dragon’s blood is a valuable source of bioactive compounds, mainly

flavonoids and their oligomers. Its potential therapeutic effects on different diseases are attractive, such as the notable effect on cardiovascular diseases(Sun et al., 2019).

**9. CONCLUSION**

*Dracaena trifasciata* Prain offers a range of benefits as an indoor plant, particularly in its role as a natural air purifier. While it may not be a comprehensive solution for indoor air pollution, it contributes to healthier and more aesthetically pleasing indoor spaces. Future research should focus on optimizing the air-purifying capabilities of indoor plants and addressing the drawbacks associated with their use. Use in interior of house, at present days some individuals and offices use this plant in the interior of the places for purifying the air. Where, some of the present generation people give importance for oxygen concept. The awareness of the plant by the people are making them to adopt the requirements appropriately.

**DISCLAIMER (ARTIFICIAL INTELLIGENCE)**

Author(s) hereby declare that NO generative AI technologies such as Large Language Models (ChatGPT, COPILOT, Gemini, etc) and text-to image generators have been used during writing or editing of this manuscript.

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