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# SNACKPLANT



## Synonym

- Gujarati: સાસુની જીભ, સાપનો છોડ
- Hindi:
- English: Mother-in-law's tongue, Good luck plant

## Botanical name

- *Dracaena Trifasciata*

## Family

- Asparagaceae

## Chemical Constituents

- Various fatty acids (like palmitic, linoleic, and oleic acid), sterols (such as stigmasterol and  $\beta$ sitosterol), phytol, and methyl esters

## Therapeutic Uses

- Anti-cancer properties: Some studies suggest that proteins found in the snake plant may slow down the movement of cancer cells.

- Analgesic properties: Extracts from the snake plant have shown a moderate, dose-dependent pain-relieving effect in some studies.
- Anti-diarrheal properties: The plant exhibits activity that may help with diarrhea.
- Anti-diabetic properties: Research indicates the plant may possess anti-diabetic qualities.
- Antimicrobial properties: The snake plant has shown some effectiveness against microbes.

## **Marketed Preparations**

- The snake plant, or *Sansevieria trifasciata*, are generally not for medicinal or direct human consumption due to the plant's toxicity. The most common products are the live plants themselves, valued for their decorative and air-purifying properties. Other marketed preparations focus on the plant's fibrous material for textiles or are mistakenly associated with "anti-snake" products made from different plant species.