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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 β 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.