



Snake plant



Synonym:

Gujarati: Sarpagandha / Snake Plant (commonly called “Hathivarna”)

Hindi: Saanp Paudha / Nagphani (colloquial)

English: Snake Plant / Mother-in-law's Tongue

Botanical name: *Sansevieria trifasciata*

Family: Asparagaceae

Chemical Constituent:

- Saponins
- Flavonoids
- Sterols
- Alkaloids
- Phenolic compounds

Therapeutic Effect:

- Air Purification: Removes toxins like formaldehyde, benzene, and xylene from indoor air
- Anti-inflammatory: Reduces swelling and irritation (traditional use)
- Antimicrobial: Effective against certain bacteria and fungi
- Wound Healing: Leaf extracts used in folk medicine for minor cuts and burns

- Respiratory Relief: Traditionally used for cough and cold in some cultures

Marketed preparation:

- Snake Plant Extracts: Available in herbal supplements (limited use)
- Ornamental Plant: Widely marketed as an indoor air-purifying plant
- Ayurvedic Preparations: Rare, but leaf juice sometimes used in local remedies

Key Constituents:

- Saponins – cleansing, antimicrobial
- Flavonoids – antioxidant, anti-inflammatory
- Sterols – metabolic support
- Phenolic compounds – protective, antimicrobial

Uses:

- **Medicinal:**
 - Folk medicine for cough, wounds, and inflammation
- **Environmental:**

- Air purification in homes and offices
- **Ornamental:**
 - Popular indoor decorative plant due to resilience and low maintenance
- **Traditional:**
- Leaf juice applied for minor skin ailments in rural practices