

Keep These 7 Indoor Plants Right Now To Purify The Air In The Increasing Pollution By Dr Partap Chauhan



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With the changing weather, smog is affecting the environment badly. Here are some plants to purify air and remove the pollutants by an Ayurveda expert

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Pollution is increasing day by day and the air quality keeps deteriorating. And, these air pollutants can be very harmful for your body. It invites many health diseases that can become a barrier in several bodily functions. Plants don't just release oxygen and aroma, but act as air purifiers too. The air pollution buildup in households also can cause health problems. Moreover, indoor plants absorb harmful toxins from the air making it breathable and safe for us. Onlymyhealth started a campaign Myrighttobreathe to spread awareness about air pollution. This initiative is to inform people about the diseases and other things associated with it. Air pollution has negative effects in the form of health diseases like respiratory allergies, asthma, cancer, etc. Onlymyhealth editorial team talked to Ayurvedacharya Dr. Partap Chauhan, Director of Jiva Ayurveda, Faridabad, about some indoor plants you should have right now to purify air in the increasing pollution.

Air-Purifying household plants

As per Dr. Partap Chauhan, there are many plants that are easily available in the market and can be induced in an indoor setting to deal with pollution. These plants comparatively produce more oxygen and help in reducing pollution. Some even think that plants are a mood booster and reduce stress. Here are some indoor plants that help in combating air pollution:

1. Money plant



Money plants also have the ability to clear air toxins like Benzene, formaldehyde, Carbon Monoxide, and xylene. It's a belief that having a money plant at home can surround us with positive vibes. You can even have it in your balcony as it is a pretty climbing plant. Money plant is also preferred by many people as a natural replacement of an indoor air purifier.

2. Areca Palms

Areca Palms is a small plant from Madagascar that is easier to grow outdoors, but can be planted at home too. For this, you need to have a bright light to keep good growth and nourishment. It looks great as a home decor plant and it needs plenty of water to survive. They are tall and help in eradicating air pollutants like benzene, carbon monoxide, formaldehyde, trichloroethylene and xylene.

3. Bamboo Palms

This type of plant requires extra care and attention. Bamboo palms are very beautiful and they grow and become very huge. These are beneficial in absorbing harmful air toxins like benzene, trichloroethylene and formaldehyde to make it clean and safe for your body. In addition, bamboo palms even pump moisture in the air.



4. Aloe Vera

Another indoor plant that plays the role of an air purifier is aloe Vera. Aloe Vera is also used for many other purposes like skin routine, hair care and can even be consumed for several other health benefits. They are easy to grow and are planted by most of the population. Aloe Vera has air cleaning properties present in it. It even looks attractive when planted in a room.

5. Snake plant

Dr. Partap also suggested to pot snake plants at home right away to purify the air from the increasing pollution. They are the most beneficial at night, as at that time, snake plants have the ability to convert carbon dioxide (CO₂) into oxygen (O₂). It does not expect proper gardening but it one of the best natural indoor air purifiers.

6. Spider plant

It is known to absorb and dissolve air pollutants in the air such as carbon dioxide and carbon monoxide. Spider plants are also called air plants. These plants grow quickly and look amazing on home decor like in hanging baskets and coloured pots. Sometimes, they even produce beautiful white flowers. Moreover, spider plants have more than 200 species and many of them don't even demand the same amount of care and attention.



7. Tulsi

Tulsi has an antibacterial aroma and therefore should be planted indoors. It is commonly known as a medicinal plant and is used in many medicines. Tulsi is also used as an ingredient in tea in various houses to add flavour and its health benefits. Basil is also used to treat respiratory infections as it has anti-asthmatic effects, proving it good for breathing in your own house.

These were some air purifying plants that you should keep at home right away in order to breathe clean non pollutant air. Use these tips and make the environment safe for yourself. Though these plants don't have the same protection power as air purifiers but are still effective, natural, inexpensive and fresh. There are many more western plants that one can look up for but are not very easily available in the Indian market.