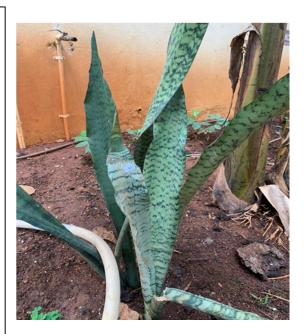
DRACAENA TRIFASCIATA

Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Monocots Order: Asparagales Family: Asparagaceae Subfamily: Nolinoideae Genus: Dracaena Species: D. trifasciata



It is an evergreen perennial plant forming dense strands, spreading by way of its creeping rhizome, which is sometimes above ground, sometimes underground. Its stiff leaves grow vertically from a basal rosette. Mature leaves are dark green with light gray-green cross-banding and usually range from 70–90 centimetres (2.3–3.0 ft) long and 5–6 centimetres (2.0–2.4 in) wide, though it can reach heights above 2 m (6 ft) in optimal conditions. Dracaena trifasciata is commonly called "mother-in-law's tongue", "Saint George's sword" or "snake plant", because of the shape and sharp margins of its leaves that resemble snakes. It is also known as the "viper's bowstring hemp", because it is one of the sources for plant fibers used to make bow-strings. Other members of its genus, D. trifasciata yields bowstring hemp, a strong plant fiber once used to make bow-string. It is now used predominantly as an ornamental plant, outdoors in warmer climates, and indoors as a houseplant in cooler climates. It is popular as a houseplant because it is tolerant of low light levels and irregular watering; during winter, it needs only one watering every couple of months. It will rot easily if overwatered. It is commonly recommended to beginners interested in cultivating houseplants for its easy care.

Dracaena trifasciata, commonly known as mother-in-law's tongue, snake plant, or viper's bowstring hemp, has traditional therapeutic uses12including:

Healing wounds and burns on the skin

Reducing inflammation Strengthening the immune system Flushing out parasites Supporting healthy blood pressure Relieving headaches Remedies for cough, flu, respiratory tract inflammation, diarrhoea, wound healing, and

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