

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 snakebites.

REPORTED BY MANI TEJA

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