

***Aglaonema commutatum* Schott**

Family: Araceae

Bengali/tribal name: Not available

English name: Chinese evergreen

Aglaonema commutatum, commonly known as Chinese evergreen, is primarily known as an ornamental plant, but it also has some reported medicinal uses in traditional medicine systems.

Here are some of its potential medicinal uses:



1. **Air Purification:** While not a direct medicinal use, Chinese evergreen is known for its ability to purify indoor air by removing toxins such as formaldehyde, benzene, and other harmful chemicals. Clean air contributes to overall health and well-being, reducing the risk of respiratory issues and other health problems.
2. **Anti-inflammatory Properties:** Some traditional medicine practitioners use extracts from *Aglaonema commutatum* for their anti-inflammatory properties. It may help reduce inflammation associated with conditions like arthritis, rheumatism, and skin irritations when applied topically.
3. **Antioxidant Effects:** Chinese evergreen contains antioxidants, which can help neutralize free radicals in the body. These antioxidants may contribute to overall health and protect against oxidative stress, which is associated with various chronic diseases.
4. **Respiratory Support:** In traditional medicine, *Aglaonema commutatum* has been used to alleviate respiratory symptoms such as coughs and congestion. It is believed to have expectorant properties that help loosen mucus and facilitate its expulsion from the respiratory tract.
5. **Wound Healing:** While not as commonly reported, some traditional healing systems may use *Aglaonema commutatum* extracts topically to

promote wound healing. Its potential antimicrobial and anti-inflammatory properties may help prevent infection and reduce inflammation at the site of injury.

6. ***Stress Reduction:*** *Chinese evergreen is known for its ability to create a calming and soothing atmosphere. Some people believe that being around plants like *Aglaonema commutatum* can help reduce stress, anxiety, and promote relaxation, which can indirectly benefit overall health.*
7. ***Improving Indoor Environment:*** *Beyond its potential medicinal properties, having *Aglaonema commutatum* indoors can contribute to a healthier indoor environment. Studies suggest that being in the presence of indoor plants can improve mood, reduce stress, and enhance overall well-being.*

*While *Aglaonema commutatum* may offer some medicinal benefits, it's essential to note that scientific research on its medicinal uses is limited compared to its ornamental value. As such, it's important to consult with a healthcare professional before using *Aglaonema commutatum* for medicinal purposes, especially if you have any underlying health conditions or are taking medications.*