

***Chamaedorea metallica* O.F.Cook ex H.E.Moore**

Family: Areceae

Bengali/tribal name: Not available

English name: Metallic palm

Chamaedorea metallica, commonly known as metallic palm or mini metallic palm, is a plant species valued for its ornamental beauty. While it is primarily grown as a decorative houseplant, it also possesses some potential medicinal uses in traditional medicine systems.

Here are some reported medicinal uses:



1. **Air Purification:** *Chamaedorea metallica*, like many other houseplants, is known for its ability to purify indoor air by absorbing harmful toxins and pollutants such as formaldehyde, benzene, and xylene. Improved air quality may contribute to better respiratory health and overall well-being.
2. **Stress Reduction:** Indoor plants, including *Chamaedorea metallica*, have been associated with stress reduction and improved mental health. The presence of greenery indoors can create a calming and relaxing environment, helping to reduce stress, anxiety, and depressive symptoms.
3. **Humidity Regulation:** *Chamaedorea metallica* can help regulate indoor humidity levels by releasing moisture into the air through transpiration. Maintaining optimal humidity levels can be beneficial for respiratory health, skin hydration, and overall comfort, especially in dry indoor environments.
4. **Aromatherapy:** The presence of *Chamaedorea metallica* indoors may contribute to aromatherapy benefits due to its natural fragrance. Some people find the scent of the plant soothing and uplifting, which can help promote relaxation, improve mood, and alleviate stress.

5. **Biophilic Benefits:** *Biophilia* is the innate human tendency to seek connection with nature. Having plants such as *Chamaedorea metallica* indoors can satisfy this biophilic need and create a sense of well-being, productivity, and connection to the natural world.

While *Chamaedorea metallica* may offer some potential health and well-being benefits, it's essential to note that its medicinal uses are primarily indirect and related to its role as an indoor plant. As with any houseplant, proper care, maintenance, and placement are essential to maximize its benefits. Additionally, individuals with allergies or sensitivities to plants should exercise caution when introducing *Chamaedorea metallica* into their indoor environment.