

## *Dracaena reflexa* var. *angustifolia* Baker

Syn.- *Dracaena marginata* Lam.

Family: Asparagaceae

Bengali/tribal name: Dracena

English name: Dragon tree

*Dracaena marginata*, commonly known as the dragon tree or Madagascar dragon tree, is primarily cultivated as an ornamental houseplant rather than for its medicinal properties. While it is not traditionally known for medicinal uses in the same way as some other plants, there are a few potential health-related benefits associated with it:



1. **Air Purification:** *Dracaena marginata* is known for its ability to improve indoor air quality. It can remove toxins such as formaldehyde, benzene, trichloroethylene, and xylene from the air. By purifying the air, it can contribute to overall health and well-being, reducing symptoms related to poor indoor air quality, such as headaches, respiratory issues, and eye irritation.
2. **Stress Reduction:** Having plants like *Dracaena marginata* indoors can help reduce stress and improve mood. The presence of green plants has been shown to have a calming effect and can enhance mental health by creating a more relaxing and aesthetically pleasing environment.
3. **Humidification:** *Dracaena marginata*, like many houseplants, can help increase humidity levels in indoor spaces. This can be beneficial, particularly in dry climates or during winter months when indoor air tends to be dry. Improved humidity levels can help prevent dry skin, reduce respiratory problems, and enhance overall comfort.
4. **Aesthetic and Psychological Benefits:** While not directly medicinal, the aesthetic appeal of *Dracaena marginata* can contribute to a sense of well-being. Plants in living and working spaces have been associated with increased productivity, creativity, and overall satisfaction.

*It is important to note that while *Dracaena marginata* offers these benefits, it should not be relied upon for medical treatment or as a substitute for professional medical advice. Additionally, the plant is known to be toxic to pets if ingested, so it should be kept out of reach of cats and dogs.*