

As today's environment is getting more and more polluted, a healthy home environment is becoming more crucial as well as it effects our well-being directly. NASA just conducted a study on this topic and found out about a number of plants which can be used to help remove harmful chemicals in the air such as ammonia, xylene, benzene, formaldehyde and trichloroethylene. These chemicals are well known to cause headaches, eye irritation and other ill effects.

This study was actually led by DR. B. C. around 27 years ago and it's results concluded that The Florist's mum and Peace Lilly are the best choices for this purpose. NASA suggests to have at least one of the mentioned plants per 100 square feet.

## **What Our Air Contains and How It Effects Us**

Lets take a look at what particles are present in the air we breath and what harmful effect they can have on human bodies.

Keeping in mind how a smog has enveloped Lahore in recent days, and how mega projects from the government have resulted in a reduced forest cover in Punjab, these plants may help in keeping our environment breathable and clean.



**TRICHLOROETHYLENE**

Found in printing inks, paints, lacquers, varnishes, adhesives and paint remover/stripper.



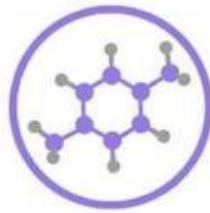
**FORMALDEHYDE**

Found in paper bags, waxed papers, facial tissues, paper towels, table napkins, particle board, plywood panelling, and synthetic fabrics.



**BENZENE**

Used to make plastics, resins, synthetic fibres, rubber lubricants, dyes, detergents, drugs and pesticides. Can also be found in tobacco smoke, vehicle exhausts, glue, paint and furniture wax.



**XYLENE**

Found in printing, rubber, leather and paint industries, tobacco smoke and vehicle exhausts.



**AMMONIA**

Found in window cleaners, floor waxes, smelling salts and fertilizers.

## WHAT ARE THE EFFECTS ON HUMANS?

Like most chemicals, the adverse health effects you may encounter depend on several factors, including the amount to which you are exposed, the way you are exposed, the duration of exposure and the form of the chemical. Below are common symptoms associated with each toxic agent.



**TRICHLOROETHYLENE**

Symptoms associated with short term exposure include excitement, dizziness, headache, nausea and vomiting followed by drowsiness and coma.



**XYLENE**

Symptoms associated with short term exposure include irritation to mouth and throat, dizziness, headache, confusion, heart problems, liver and kidney damage and coma.



**FORMALDEHYDE**

Symptoms associated with short term exposure include irritation to nose, mouth and throat, and in severe cases, swelling of the larynx and lungs.



**AMMONIA**

Symptoms associated with short term exposure include eye irritation, coughing and sore throat.



**BENZENE**

Symptoms associated with short term exposure include irritation to eyes, drowsiness, dizziness, increase in heart rate, headaches, confusion and in some cases can result in unconsciousness.

### PLEASE NOTE

Several of these plants are known to be toxic to cats, dogs and other pets. If you are a pet owner, please do check the toxicity of plants before introducing them to your home.

## List of Plants Which Help In Cleaning It

It is a good idea to have these plants in your surroundings in order to make the air breathable and the environment safer.



**DWARF DATE PALM**  
*Phoenix robelenii*



**BOSTON FERN**  
*Nephrolepis exaltata*



**KIMBERLEY  
QUEEN FERN**  
*Nephrolepis oblitterata*



**SPIDER PLANT**  
*Chlorophytum comosum*



**CHINESE  
EVERGREEN**  
*Aglonema modestum*



**BAMBOO PALM**  
*Chamaedorea seifrizii*



**WEeping FIG**  
*Ficus benjamina*



**DEVIL'S IVY**  
*Epipremnum aureum*



**FLAMINGO LILY**  
*Anthurium andraeanum*



**LILYTURF**  
*Liriope spicata*



**BROADLEAF  
LADY PALM**  
*Rhapis excelsa*



**BARBERTON  
DAISY**  
*Gerbera jamesonii*



**CORNSTALK  
DRACAENA**  
*Dracaena fragrans*  
*'Massangeana'*



**ENGLISH IVY**  
*Hedera helix*



**VARIGATED  
SNAKE PLANT**  
*Sansevieria trifasciata*  
*'Laurentii'*



**RED-EDGED  
DRACAENA**  
*Dracaena marginata*



**PEACE LILY**  
*Spathiphyllum*  
*'Mauna Loa'*



**FLORIST'S  
CHRYSANTHEMUM**  
*Chrysanthemum morifolium*