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Indoor Plants for Oxygen That Boost Your Health

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Indoor Plants for Oxygen- Let's look at some indoor plants for oxygen and their amazing capacity to raise the levels of oxygen in your living areas. Find the eco-friendly companions that not only make your house more beautiful but also help to create a cleaner, healthier environment.

The air quality is getting worse every day as a result of growing pollution levels. This increases the likelihood of infections including bronchitis, sinus infections, asthma, and many other breathing issues. The only area that can shield us from all dangerous elements, such as the sun, infectious illnesses, strong winds, pollution, etc. is our houses. We value our home since we consider it to be the safest location to reside.

However, the reality is that, on certain occasions, indoor air can have harmful amounts that are far higher than those in outdoor air due to insufficient ventilation. As one of the primary providers of oxygen, plants are known to be crucial to human life on earth. Indoor plants can help maintain a sufficient quantity of clean air and oxygen even if pollution and breathing hazardous substances cannot be prevented. Being surrounded by greenery has an unfathomably calming or delightful effect, but some [plants](#) can really improve your breathing by producing more oxygen. Having plants indoors can enhance the quality of the air as well as your mental well-being and sense of tranquility.

NASA Clean Air Study

To examine methods for purifying the air in enclosed places like space stations, the National Aeronautics and Space Administration (NASA) and the Associated Landscape



Contractors of America (ALCA) partnered on the NASA Clean Air Study in 1989. Its results showed that, in addition to absorbing carbon dioxide and producing oxygen through photosynthesis, a number of common indoor plants may also provide a natural method of removing volatile organic contaminants (benzene, formaldehyde, and trichloroethylene were investigated).

Sources of indoor pollution

Several of the causes of indoor air pollution are listed below. We must safeguard ourselves from these dangerous toxins within our homes. Because chemically produced sprays and solutions cannot be used regularly and risk causing new problems, they are not a long-term solution.

The World Health Organization estimates that household air pollution kills over 4.3 million people annually. Are you for real? The primary source of this pollution is the burning of conventional cooking fuels including firewood, charcoal, and cow dung (which release dioxins). They produce polycyclic aromatic hydrocarbons, particulate matter, CO, NO₂, and SO₂, among other chemicals and pollutants.

In addition, using tobacco, dry cleaning clothing, and using some household products like dishwashing liquid, detergents, pesticides, carpets, insect repellents, air fresheners, deodorants, electric appliances, and wooden furniture are just a few examples of activities that release chemicals into the environment. They emit chemicals known as volatile organic compounds (VOCs). Paper bags, waxed papers, tissues, paper towels, plywood paneling, and synthetic materials all contain formaldehyde, which is another pollutant.

Indoor Plants for Oxygen

1. Aglaonema

Green and red are only a couple of the many colours that aglaonema may be. They are wonderful, versatile indoor plants that have long been recommended as "preferred" indoor plants by professionals. It is a hardy plant that does well almost everywhere and in any indoor illumination.



Low lighting at home or at work is not an issue because of its attractiveness. A plant with a lengthy history of dependable growth and little care requirements. In Asia, aglaonema, often called Chinese evergreen, has long been grown as a lucky charm. The finest air purifier for removing formaldehyde, benzene, and other pollutants from indoor air is the aglaonema plant. When a gorgeous green display is needed in shaded places, aglaonemas are the ideal plant.

2. Aloe Vera

You are probably aware of the popularity of aloe vera as a houseplant due to its therapeutic benefits, which make it advantageous for both health and appearance. By purifying the air, it may also assist numerous typical contaminants included in your household cleaners, paint, and glue. Since aloe vera produces oxygen at night and absorbs carbon dioxide during the day, it purifies the air while you sleep. Aloe Vera has been praised as a superior indoor air purification plant in a NASA study report.

**Aloe Vera**

3. Areca palm

The areca palm is a naturally occurring cooler that may purge the air of xylene and toluene. Additionally, it can provide moisture, which will help the region absorb all of the pollutants and leave the air clean and fresh. Be careful not to expose the plant to direct sunlight as this might turn the leaves yellow. In the wild, it can grow to a height of 100 feet, but indoors, it can only grow to 6-7 feet.

**Areca palm**

4. Dracaena

The blossoming dracaena plant is a popular choice for indoor plants. The dracaena is one indoor plant that aids in reducing indoor pollution levels. Water vapour from the plant increases air moisture levels and reduces dry air conditions. This indoor plant adds elegance to the room. They are suitable for keeping inside, outside, or in a garden. The several dracaena plant varieties are easy to cultivate and have low light and watering requirements.



5. English Ivy

English ivy has a special allure with its twisting, trailing growth form and easily recognizable leaves. The house's inside is just as beautiful as its façade. English ivy helps to purge the house of various allergens such indoor air pollution, mould, and other fungal development. Due to its dual significance of boosting the atmosphere and its gorgeous attractive look, this plant is one of the most sought-after interior air purification plants.



6. Gerbera Daisy

The gerbera daisy is one of the greatest indoor plants for purifying the air. Why? In just 24 hours, it can remove 35% of trichloroethylene, 50% of airborne formaldehyde, and 67% of benzene, according to NASA testing! In addition to being an excellent filter, gerbera daisies are non-toxic to animals.



7. Holy Basil

Tulsi, also known as Holy Basil, is a popular indoor plant noted for its constant generation of oxygen. It has a long, illustrious history in Ayurvedic medicine, having its roots in India. This evergreen shrub has delicate purple blooms and fragrant foliage; it thrives best in warm climates with lots of sunshine.



Conclusion

As we continue to navigate the strains of modern life, let's not undervalue nature's subtle but potent gift of cleaner, more energizing indoor air offered by the presence of these magnificent oxygen-producing plants.