

## Grow Your Own Fresh Air with this 3 Plants solution

A study made by Paharpur Business Centre and Software Technology Incubator Park (PBC™ – STIP) in New Delhi, India, on plants that can improve air quality indoors has concluded that only 3 plants are enough to induce a healthy change.

In 15 years of trials, Areca Palm (*Chrysalidocarpus lutescens*), Mother-in-law's Tongue (*Sansevieria trifasciata*) and Money Plant (*Epipremnum aureum*) proved a 42% probability of increasing blood oxygen by 1% if one is inside the building for 10 hours, the incidence of eye irritation reduced by 52%, lower respiratory symptoms by 34%, headaches by 24%, upper respiratory symptoms by 20%, lung impairment by 10-12% and Asthma by 9%.

Deserving mentioning is that Mother-in-law's Tongue Converts CO<sub>2</sub> into O<sub>2</sub> at night, making it a best fit for bedrooms, where we've been told that no plants should be kept there, and that Money Plant is excellent for removing Formaldehyde and other VOC's.

Another experiment was sealing all fresh air and exhaust from the building for 6 weeks and the results were a higher indoors air quality than the outdoors one. Energy costs were down 15% as air less venting was needed to compensate the energy loss in the exchanged air.

Anyways most of us have plants inside our apartments, so there won't be any problem getting these plants, and it'll complement (if at all necessary) installing an air to [air heat exchanger](#) I covered earlier in my blog. Also consider having a look on [this post](#) that presented another option that would be a complementary addition to this one. As quantity, four shoulder high Areca Palms per person will be needed and six to eight Mother-in-Law's Tongues that are waist high per person. So, you're creating you air purifying forest...

In a separate study, NASA have concluded that plants can improve the quality of the air on the space station, removing common pollutants. NASA's research focused on benzene, formaldehyde and trichloroethylene. Although the plants were the main subjects of the study, the potting soil, and microorganisms in the potting soil, also play a role in removing pollutants from the air.

Resource:<http://perfectcube.wordpress.com/2009/02/06/grow-your-own-fresh-air-with-this-3-plants-solution/>

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| "The Living Room Plant"  | "The Bedroom Plant"   | "The Specialist Plant"  |
|--|---|---|
| <b>Areca Palm</b><br>( <i>Chrysalidocarpus lutescens</i> )                           | <b>Mother-in-law's Tongue</b><br>( <i>Sansevieria trifasciata</i> )                   | <b>Money Plant</b><br>( <i>Epipremnum aureum</i> )                                    |
|  |  |  |

Use these plants to clean interior air of VOCs, Ozone, etc