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Greening the Indoors Nurturing Beauty and Health in your Space, The New Frontier of Indoor Beauty and Wellness

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Abstract: ***Extensively inhabited areas that extend for kilometers from the urban center have mostly supplanted the beautiful charm of nature. We are all impacted by this visual pollution, which makes us yearn for a closer relationship with nature. Indoor plants enhance air circulation and recycle the air within a building. Because of the higher oxygen levels, putting them in bedrooms will improve the quality of your sleep. Some plants even aid in removing airborne contaminants and harmful compounds from the air we breathe. Approximately 90% of our time is spent indoors. Interior plants are a great method to improve our sense of well-being while creating visually appealing and relaxing environments. Furthermore, indoor plants have the potential to improve the quality of the air in our homes. In alongside converting carbon dioxide into oxygen, indoor plants also collect and trap a variety of contaminants. Our homes and workplaces contain commonplace things that contribute to the release of many of these chemical compounds into the atmosphere through a process known as "off-gassing." Plants with indoor foliage are ones that have been cultivated and trained specifically to survive for extended periods of time indoors at low light levels and a comparatively regulated temperature. These are employed to accomplish practical, psychological, and aesthetic functions in interior spaces of businesses, homes, and public places. This article has examined the necessity of interior landscaping for both existing and future structures. The components, specifics, and plant species of indoor landscaping have also been examined in this work.***

Key words; Indoor landscaping, gaseous contaminants, Aesthetic appeal, Anthropogenic sources, biogenic sources

I. INTRODUCTION

Plants are essential for life as we know it. They provide food, fiber, building material, fuel, and pharmaceuticals. Plants also decorate our homes, both inside and out, and mark special occasions, such as weddings and funerals. For thousands of years, people around the world have grown plants in containers and brought them into their living spaces. According to change in our life style most of our time we are spending at indoor ,Studies on the benefits of plants are contributing to an increased use of plants to solve both environmental and health problems. The physical cause of the tangible effects, such as removing air pollutants, are relatively well understood. The basis for the intangible effects, such as increased happiness, is not well-understood. Insufficient knowledge of the theoretical underpinnings prevents plants from being used to address these problems in the most efficient manner. This essay looks at some of the research that has shown the health benefits of plants, with an emphasis on indoor plants, and then it looks at some of the hypothesized explanations for why people react favorably to plants. Plants indoors enhance the space's aesthetic appeal and, consequently, its quality. Indoor plants also serve as a transitional space between indoor and outdoor settings by screening and buffering the areas between them in a variety of ways. This essay looks at some of the research that has shown the health benefits of plants, with an emphasis on indoor plants, and then looks at some of the hypothesized explanations for why people react favorably to plants.

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2

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A. The Significance of Indoor Landscaping

Densely inhabited areas that stretch for miles from metropolitan centers have mostly supplanted the picturesque charm of nature. We are all impacted by this visual pollution, which makes us yearn for a stronger relationship with the natural world. Approximately 90% of our time is spent indoors. Interior plants are a great method to improve our sense of well-being and create visually appealing and relaxing environments.

Indoor plants are a part of the three-dimensional world and have various interactions with people. A plant uses a process called photosynthesis to turn carbon dioxide (CO_2), light, and water into energy while also releasing oxygen (O_2) as a byproduct. Indoor plants trap and absorb a lot of contaminants in addition to converting carbon dioxide to oxygen [farooq]. Numerous chemical compounds that are discharged into our air through a process known as "off-gassing" originate from commonplace items found in our homes and workplaces.

The most common types of indoor air pollutants such as particulate matter (dust, smoke, and biomass), bioaerosols (molds, spores), and gaseous contaminants (nitrogen dioxide, carbon monoxide, sulfur dioxide, ozone, formaldehyde, and volatile organic compounds) derived from building product emissions, human activity indoor, and infiltration of outdoor air are important contributors to poor indoor air quality (IAQ), Indoor foliage plants are those plants that have been grown and specially trained to live in indoors for a long periods at relatively constant temperature and under low light intensities.

Indoor foliage plants that have been cultivated and specifically adapted to survive for an extended amount of time indoors at generally consistent temperatures and low light levels are known as indoor foliage plants. These are utilized in commercial interior environments, both public and private, toaccomplish practical, psychological, and aesthetic goals. Indoor landscaping not only creates stunning sites but also has positive effects on mental and physical wellbeing. Because plants also absorb sound, background noise in a building can be decreased. [Farooq, S.,& Kamal Arif]

The energy and mass balance within a closed space is significantly impacted by transpiration. The primary exchange processes that directly affect plant output through transpiration and photosynthesis are radioactive and convective transfers(Roy et al. 2002)

A plain environment is given vitality by interior landscaping. With the use of light, colour, and foliage, these landscapes create organic, comfortable areas. A unique aesthetic charm is also added by water features. People adore the atmosphere that interior landscapes create and add personality to a space. The quality of the air is better outside than it is indoors. Numerous toxic substances found in paints, clothes, adhesives, and even tap water contaminate the air we breathe. The World Health Organization reports that illnesses linked to indoor air pollution had caused the early deaths of almost 4 million individuals (WHO, 2021). Lung cancer (17%), stroke (12%), ischemic heart disease (27%), and chronic obstructive pulmonary disease (25%), are all linked to exposure to carcinogens from household air pollution from cooking with solids. Since indoor air quality (IAQ) is two to five times worse than ambient air, it has become a serious concern. Particulate matter (PM), inorganic air pollutants (IAP), and volatile organic compounds (VOCs) are examples of indoor air pollutants. Any carbon compound that participates in atmospheric photochemical processes, with the exception of CO_2, CO, carbonic acid, metallic carbides, and carbonates, is considered a volatile organic compound. (US,EPA).

Anthropogenic and biogenic sources are both possible. Paint, coating, finishers, paint removers, and other anthropogenic (AVOC) substances are the sources of acetone. The sources of aliphatic hydrocarbons such as formaldehyde, octane, decane, and others are adhesive mosquito coils and solid fuel.

Through oxygen release and pollution removal, interior gardening enhances indoor air quality. Indoor air quality is declining relative to outdoor air quality. Mcpherson (2005) has referred to plants as the "Lungs of cities." Because they absorb sound, plants can also help to minimize background noise in buildings [Farooq, S., & Kamal Arif].

II. PLANT VARIETIES BASED ON SHAPES

A. Indoor Plant Types and Examples

Based on their physical attributes, certain kinds of plants could be more valuable as landscape visual elements. The plant's energy or influence in relation to its surroundings is described by its visual value. Some traits are dominant merely by size, some are more functionally dominant, and some are more visually dominant and have a higher visual value. Coarse textures, vivid colours, and upright shapes are striking and have a strong visual effect. Fine textures, subdued hues, and low or prostrate figures are serene and have little visual effect.A tight rosette can be formed by a plant, It can be upright, extending vertically instead of horizontally, glasslike, treelike, or have a weak stem that requires it to climb up an external support or trail. It can also spread like a bush.

1) Common and Tiny House plants

Spider Plant: The spider plant is a popular indoor plant because of its pointed leaves and striking green and yellow hues. They recycle air in areas and are excellent air cleaners. They need very little watering and cannot withstand direct sunshine; they also require little to no upkeep and are self-sufficient. They require very minimal watering and cannot survive under direct sunlight.

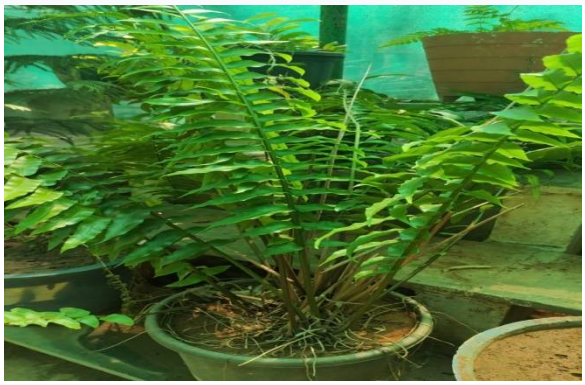

B. Blooming Plants

Peace Lily: Known for their distinctive blooms, peace lilies are prized for their reviving scent as well as its aesthetic and air-purifying properties. They need very little sunshine and infrequent watering. A natural purifier of air. There is more to the Peace Lily than just its aesthetic appeal. Its capacity to eliminate dangerous pollutants from the air, such as formaldehyde, benzene, and carbon monoxide, has been praised by NASA.Jan. 3, 2025

C. Foliage Plant

1) *Snake Plant:* This easy-to-maintain indoor plant is called Monstera because of its enormous leaves. They can only withstand morning or indirect sunlight and need a reasonable amount of water. Long-term sun exposure can scorch the leaves.

2) *Ferns:* Ferns are admired for their ability to effectively purify the air in a given space and for growing in bunches, which adds a good volume of green and enhances disused places. Ferns are a little more care-intensive; they need healthy, wet soil to grow and endure with very little sunlight.



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D. Cactus

Golden Barrel Cactus: This ribbed, sphere-shaped cactus is a desert-style plant that blooms annually. Because they are cacti, they need little to no water and plenty of sunlight, so it's best to put them next to windows or balconies

E. Indoor Palms

Indoor palm plants are best suited for living rooms, halls, verandahs and offer many benefits beyond beauty.

Parlor Palm

- Slow and steadily growing plants that are popular and easily available.
- They can reach a height of 3 feet and produce flowers when they are provided with the right amount of water and sunlight.
- They are easy to maintain and can adapt to various climates.

F. Climbers

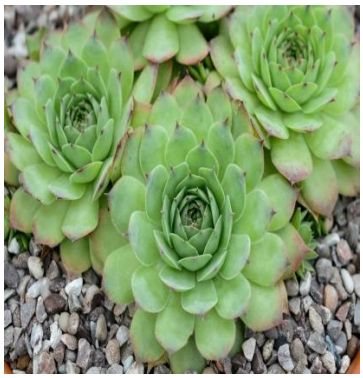
The most-viewed houseplant that grows in both soil and water is the climbers money plant. These plants grow over window grills and balcony railings to produce an attractive green wall; they require little care and sunshine and may adapt to a variety of weather and topographical conditions.

G. Succulents

The Jade plant, which gets its name from its tiny, glossy oval-shaped leaves, is a long-lived and easily propagable plant. They are quite easy to maintain because they need little water and a decent amount of sunlight.

H. Rossette

A nearly round bunch of leaves extending from a centrally grown plant is called a rossette. Saintpaulias ,Haworthia sps and other tiny plants, like certain sins, develop flat rosettes that emerge straight from the plant's crown. Such low rossettes are particularly well suited to plants with climbing foliage, grass-like, or bushy foliage. A dense, solid rosette is produced by the arrangement of leaves in symmetrical tiers, a pattern that is common in many succulents. Bromeliads are another type that is found among.


I. Grassy

In comparison to the drooping Achlorophytum, the grass-like Acorus provides an appealing feature to plant groupings by forming a clump of stiff, stemless leaves. Stenotaphrum seaundatum is a genuine grass that has gained popularity as a houseplant because its stems droop over the pot's edge.


J. Bushy

Small trailing plants look attractive against the backdrop of upright, bushy plants.Additionally, by routinely pinching out developing tips or undergoing harsh pruning, certain naturally climbing plants can be made bushy

K. Upright

These erect plants are frequently made up of non-woody stems that have been covered in leaves. Sansevieriatrifasciata has sharp, pointed leaves that rise straight up and no stem. Conversely, columnar cacti are stems without leaves that can appear especially bare unless they are paired with other plants. Despite slight variations, upright plants make excellent counterpoints for spreading, low-growing rosette and trailer plants.

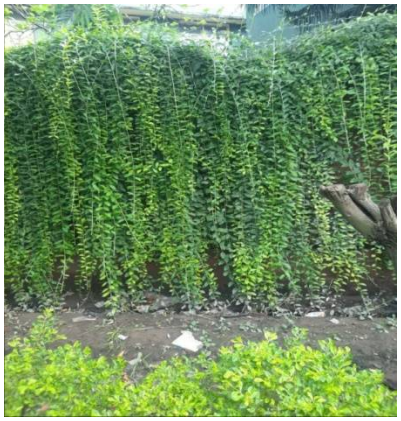
L. Like a Tree

A typical tree has a canopy of branches and foliage on top of a single upright trunk. If given free reign, many potted plants would grow into trees. In the wild, for instance,

Ficus benjamina can reach a height of 20 feet. Rarely does an indoor plant grow more than six feet.

M. Plant Climbing and Trailing

In general, a climbing plant will grow in any direction that offers support for it to cling to.True climbers require support in the form of stakes, moss poles, trellises, or even string, yet they grow quickly and are simple to grow inside. From a lofty vantage point, natural trailers like *Aasparagus* ferns and Zebrinas finest exhibit their hand-painted leaves and tumbling shapes. This is how succulents' heavy, hanging stalks look their finest. These kind of succulents are among the few that are impossible to teach to climb.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III. CATEGORIES OF INDOOR PLANTS BY THEIR FOLIAGE AND SHAPES

A. Different Shapes

The foliage of interior plants is their most appealing feature, however each leaf clearly exhibits a range of characteristics. The forms of leaves themselves are incredibly diverse. Some are lobed or finely toothed, while others are waved gently.The intriguing combinations of outlines that we refer to as foliage are produced by the vast array of leaf types and their arrangement.



B. Blending Form and Texture

Texture is one of a leaf's most distinguishing characteristics. There are as many subtle differences in leaf texture as there are in shape and size when it comes to houseplants. For instance, the *Philodendron scandens* and *Peperomia caperata* leaves have a similar appearance, but the Philodendron leaf is smooth and glossy.


C. The Leaves' Pattern

The innumerable pattern variations highlight the foliage's ornamental appeal. Every typical leaf has green, but occasionally there are spots where chlorophyll is absent, making those regions appear non-green. This is because chlorophyll is necessary for growth.The term "variegation" refers to the resulting colour pattern.

D. The Drama of Colour

The majority of variegated leaves contain white, gray, and yellow markings, but occasionally the hue is much more vivid. Leaf texture frequently adds to the richness of coloured patterns by either intensifying colour contrasts or softening them.

E. The Exotic World of Orchids

There is nothing like an orchid bloom for longevity and interesting colour combinations. Additionally, some orchids are less beautiful yet can be utilized indoors, even if many cannot be cultivated in regular rooms. These days, an orchid's hue has a significant impact on its meaning and symbolism. Pink: Joy, grace, and femininity Purple stands for respect and admiration. Red: Love, romance, passion, and desire Orange: Courage, zeal, fervor, and self-esteem Yellow: Fresh starts or friendships White: innocence, purity, dignity, and grace. From East Asia to South and Central America, the orchids have acquired a variety of culturally significant meanings in rituals.

F. The Peculiar Blooms

In specific plants, the bracts that surround the true blooms are more noticeable. The primary characteristic of these plants is their very flamboyant modified leaves, which draw pollination insects to flowers that they otherwise wouldn't. Although bracts and flowers can occasionally have comparable visual effects, bracts typically maintain their beauty long after the blooms have faded.

IV. BENEFITS OF INDOOR LANDSCAPING:

Plants have pertinent design elements like form, colour, and texture that may be utilized to give the room personality. They also enhance the physical and visual qualities of the space. Plants therefore possess both practical and aesthetic qualities. It appeared that the presence of living things increased people's feelings of security, relaxation, and positivity. [Evensen,]

Enhances the quality of the air;
Aids in space articulation
It serves as a screen.
Reduce the hardness of architectural surfaces.
The buffer zone is created.
Clear traffic flow

1) Aesthetical Values: Plants help to add colour, texture, form and character to the space. When plants combined with indoor environment it create a natural feeling to the space and helps to make it live. These are very important in multi-storeyed buildings where outdoor gardens are difficult to create (Krishna, S. S., Rajakumar, 2017)
2) Functional Values Plants improve the indoor environment and help to reduce the Sick Building Syndrome (SBS). Poor air quality, excessive background noise , inadequate amount of light and humidity are to be the important factors which leads to SBS. Since plants have large surface areas and it exchange gases and water with their surroundings, plants can help tackle some of these issues. Physically, they contribute to cleaner, healthier air for us to breathe, thus improving our well-being and comfort. It helps to keep the surroundings more pleasant.
3) Space Articulation: Any natural or artificial feature that may create a floor, wall, or ceiling can be used to express space. Because of its seasonal variations in size, shape, and properties, plant material can be a useful tool for accomplishing this goal. The spreading crown of a tree can create a ceiling.
4) Screening: Screening is used to define boundaries inside the room, improve isolation, and obscure any unsightly elements. Plant-based screening produces a visual barrier. It is better to have a mix of shrubs of varying sizes for a dense screen. Screening facilitates isolation and the division of big spaces into smaller, more personal regions.
5) Circulation: Plants can be arranged in a variety of ways indoors to assist direct foot circulation and discourage haphazard movement. Stiff-leafed, thick, bushy plants are the ideal for it. They facilitate traffic management by permitting circulation through openings when planted sparsely.

V. IMPACT OF INDOOR PLANTS

Plants offer the following advantages to consumers and their bottom lines in addition to their health benefits.

1) Influence Efficiency and Enhance Employee Contentment: A message of kindness is conveyed when a business gives its staff plants to care for. Because plants provide a tended space, employees feel that management cares about their well-being. Indeed, in one study, employees showed 12% higher productivity when there were plants present.
2) Lower frequency of absenteeism according to studies, workplaces with live plants had a 20% decrease in employee complaints of exhaustion, a 45% decrease in headaches, a 30% decrease in sore throats, and a 40% decrease in coughs. Furthermore, a few strategically planted plants can assist lower noise levels and, consequently, stress levels, making workers happier and healthier at work
3) Make Architecture seem more friendly: The harshness of the building environment is lessened by the subtle settings that plants produce. They establish a cozy and welcoming haven. Additionally, plants can conceal unsightly structural elements with tasteful, practical fixes for kitchen entrances, service spaces,

4) Increasing Tenant Retention and Occupancy: The character and look of the building are enhanced by keeping healthy plants in eye-catching pots and displays.
5) Create a Statement with Your Design Interior landscaping is becoming more and more of a "fashion-oriented" industry. As visually appealing focus points, it might be the last touch to the whole design. connecting walkways, etc.
6) Boost Tenant Retention and Occupancy The building's charm and look are enhanced by keeping healthy plants in eye-catching containers and displays.

VI. ADVANTAGES OF INDOOR PLANTS

A. *The Reasons for Our Reaction*

Humans have evolved with the natural world. Assuming that we would have also evolved cues to environmental elements connected to nature and our existence seems plausible. Getting a few green plants around makes most people feel better and more at ease. Green eyes are resting eyes that contribute to freshness. Many of us find that being surrounded by greenery effectively helps us get through difficult situations. Our enclosed houses' healthful climate is greatly influenced by plants. Recent research indicates that the green space significantly affects everyone in the area.

B. *Here Are A Few More Benefits Of Indoor Plants*

Improving focus and productivity, lowering stress levels and elevating mood ,enhancing the aesthetics and décor of spaces, promoting healing and lowering chronic health conditions like anxiety and depression; encouraging creativity and a connection to nature,improving indoor air quality by eliminating carbon dioxide and pollutants ,creating the place more aesthetically pleasing and decorated.

VII. BENEFITS OF INTERIOR PLANTION:

A. *Indoor Air Quality*

The physical alterations that plants make to their surroundings are one way that they have an impact on people. Plants, for instance, discharge moisture and oxygen into the atmosphere. Human comfort and health in enclosed spaces can be improved by some of these environmental modifications.

Early research on utilizing plants to purify the air aboard space stations was supported by the National Aeronautics and Space Administration of the United States. Potted plants can offer an effective, self-regulating, affordable, sustainable, bioremediation system for indoor air pollution, which can effectively supplement engineering measures to reduce indoor air pollution and thereby improve human wellbeing and productivity.

Studies have shown that many common foliage plants reduced levels of some interior pollutants. [Orwell, R. L., Wood] Volatile Organic Compounds can frequently reduced by 50% to 70% by indoor pot plants.Indoor air is purified by potted plants in both air-conditioned and non-air-conditioned spaces [Wood, R., Burchett]

B. *Stress Reduction*

Mminimizing stress: According to several early studies, watching slides or videos of nature helps people recuperate from stress faster than watching pictures of cities.

process via which natural features in the constructed healthcare setting reduce stress. According to our findings, patients' perceptions of stress are lessened when indoor plants are present in their hospital rooms. The overall idea that nature has stress-relieving qualities is supported by this finding.(Dijkstra et al., 2008)

People with a variety of medical conditions benefit from horticultural therapy. Indoor plants help people feel less anxious and apprehensive (Chang and Chen 2005).

It may help people feel less stressed (Evensen et al. 2015). According to Han (2009), indoor plants can also improve a person's attitude and performance temperature of the air Secondary environmental effects of urbanization include higher air temperatures that necessitate indoor cooling, which results in higher energy use (Wang et al., 2016).

VIII. INDOOR PLANT DRAWBACKS

Indoor plant drawbacks include some indoor plants are unhealthy. Herbs may lose their flavor due to lack of sunlight. Care and attention are necessary for indoor plants including regular upkeep like watering, wind, and sunlight.

IX. ENVIRONMENTALLY FRIENDLY INTERIORS

Sustainable interior design materials are becoming more and more popular. For planters, containers, and other inside landscaping components, designers are choosing recyclable and environmentally friendly materials. This trend is in line with the overarching objective of designing interior environments that are responsible and environmentally conscientious. According to Studyanto et al. (2021), using environmentally friendly materials in interior design can help save energy. Using eco-friendly interior design features, such vintage furniture and artwork, can also add to the space's uniqueness and personality.

A. Greenery meets innovation

Innovative possibilities have been made possible by the incorporation of smart technology into interior design. Intelligent lighting solutions, sensors that track ambient conditions and plant health, and automated irrigation systems have all become commonplace. These developments simplify plant maintenance, maximize resource use, and establish the perfect environment for development.

X. SOME INDOOR PLANTS AND THEIR USES

S.No.	Botanical Name	Common Name	Family	Purify
1.	*Aglaonema commutatum* f. *concolor* Jervis	Chinese Evergreen	*Araceae*	Air purifier
2.	*Aglaonema modestum* Schott ex Engl.	Chinese Evergreen	*Araceae*	Air purifier
3.	*Alocasia amazonica* Reark	Elephant's ear	Araceae	Air purifier
4.	*Aloe aristata* Haw.	lace aloe.	Asphodelaceae	formaldehyde and benzene
5.	*Aloe vera* (L.) Burm.f.	Aloe	Asphodelaceae	formaldehyde
6.	*Anthurium andraeanum* Linden ex André	flamingo flower	Araceae	Volatile organic compounds (VOCs)
7.	Aralia japonica Thunb.	Aralia	Araliaceae	Air purifier
8.	*Beaucarnea recurvata* Lem.	Ponytail Palm	Asparagaceae	Air purifier
9.	*Chlorophytum capense* (L.) Voss	Spider plant	Asparagaceae	Air purifier, formaldehyde
10.	*Chlorophytum comosum* (Thunb.) Jacques	Spider Plant	Asparagaceae	Formaldehyde, xylene,benzene,Nicotine and toluene.
11.	*Cissus rhombifolia* Vahl	grape leaf ivy	Vitaceae	Air purifier
12.	*Codiaeum variegatum* (L.) A.Juss.	Croton	Euphorbiaceae	Bioaerosols,Toluene
13.	*Crassula Ovata* (Miller) Druce	Jade Plant	Crassulaceae	Air purifier
14.	*Curio rowleyanus* (H.Jacobsen) P.V.Heath	String of Pearls	Asteraceae	Air purifier
15.	*Dieffenbachia picta* (Jacq.) Schott	Dumb Cane	Arecaceae	Air purifier
16.	*Dracaena angolensis*	African spear	Asparagaceae	Air purifier, Benzene, xylene, toluene
17.	*Dracaena fragrans* (L.) Ker Gawl.	Janet Craig	Asparagaceae	Air purifier, Benzene, xylene, toluene
18.	*Dracaena sanderiana* Mast	Lucky Bamboo	Asparagaceae	Benzene, xylene, toluene,
19.	*Dypsis lutescens* (H.Wendl.) Beentje & J.Dransf.	Areca palm	Arecaceae	*Humidifier* Xylene and toluene
20.	*Echeveria setosa* Rose & Purpus	Mexican fire cracker	Crassulaceae	Air purifier
21.	*Epipremnum aureum* (Linden & André) G.S.Bunting	Golden Pothos	Araceae	Formaldehyde, benzene, xylene, and toluene
22.	*Ficus benjamina* L.	Weeping Fig	Moraceae	Benzene, formaldehyde.
23.	***Ficus elastica*** Roxb. ex Hornem.	Rubber Plant	Moraceae	Formaldehyde
24.	*Haworthia bolusii* Baker	Baker haworthia	Asphodelaceae	Air purifier
25.	*Haworthia cymbiformis* (Haw.) Duval	Cathedral Window	Asphodelaceae	Air purifier, VOCs
26.	*Haworthiopsis fasciata* (Willd.) Haw.	Zebra Plant	Asphodelaceae	Air purifier, VOCs
27.	*Hedera helix* L.	English Ivy	Araliaceae	Air purifier
28.	*Kalanchoe blossfeldiana* Poelln.	flaming Katy	Crassulaceae	Air purifier
29.	*Monstera Deliciosa* Liebm.	Swiss Cheese Plant	Araceae	filter toxins from the air
30.	*Nephrolepis exaltata* (L.) Schott	Boston Fern	Nephrolepidaceae	*Humidifier* xylene, toluene and benzene pollutants
31.	*Peperomia obtusifolia* (L.) A.Dietr.	aby rubberplant	Piperaceae	Air purifier, VOCs
32.	*Philodendron burle-marxii* G.M.Barroso	*Burle marx*	Araceae	Air purifier
33.	*Rhapis excels* (Thunb.) A.Henry	lady palm	Araceae	formaldehyde, ammonia, and xylene
34.	*Sansevieria bacularis*	Mikado snake plant	Asparagaceae	formaldehyde, benzene, xylene, toluene, and nitrogen oxides

35.	*Sansevieria trifasciata* (Prain) Mabb.	Snake Plant	Asparagaceae	formaldehyde, benzene, xylene, toluene, and nitrogen oxides
36.	*Sansevieria zeylanica* (L.) Mabb.	bowstring hemp	Asparagaceae	formaldehyde, benzene, xylene, toluene, and nitrogen oxides
37.	*Spathiphyllum floribundum* (Linden & André) N.E.Br.	Peace Lily	Araceae	formaldehyde, benzene, trichloroethylene, xylene, and ammonia.
38.	*Syngonium podophyllum* Schott	Golden Allusion	Araceae	Air purifier, VOCs
39.	*Tradescantia spathacea* Sw.	Oyster Plant	Commelinaceae	Air purifier
40.	*Zamioculcas zamiifolia* (Lodd.) Engl.	ZZ Plant	Araceae	Air purifier, VOCs

XI. CONCLUSION

In societies with limited outdoor space, interior landscaping has become essential. For aesthetic reasons, as well as because of their capacity to reduce stress, improve indoor air quality and purify the air, improve focus, improve personal performances, aid in recovery, and elevate mood, people have begun to adorn their homes and workplaces with indoor plants. Additionally therapeutic, inside landscaping benefits those who are alone in homes and hospitals. Over 85% of the time spent by the average person is spent indoors. Adding indoor plants to your home or office is a simple way to bring the outdoors and greenery inside. Indoor plants have been associated to enhanced mental health, according to studies. Plants improve a design concept in many ways because of their ever-changing form. Plants have pertinent design elements like form, colour, and texture that may be utilized to give the room personality. They also enhance the physical and visual qualities of the space.

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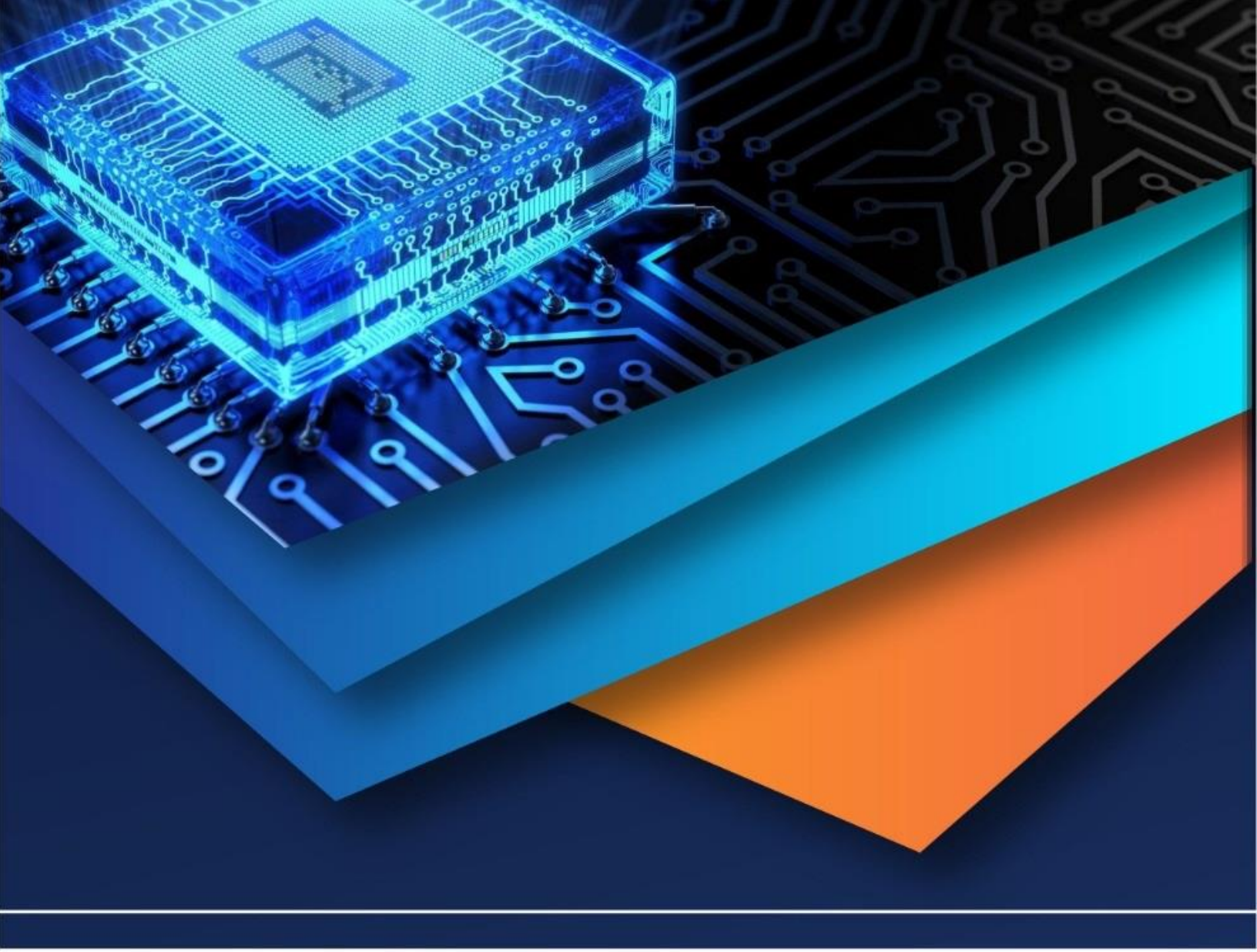

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