

Areca Palm



Areca is a genus of 51 species of palms in the family Arecaceae, found in humid tropical forests from the islands of the Philippines, Malaysia, and India, across Southeast Asia to Melanesia. The generic name Areca is derived from a name used locally on the Malabar Coast of India.

Dypsis lutescens, also known as golden cane palm, areca palm, yellow palm, butterfly palm, or bamboo palm, is a species of flowering plant in the family Arecaceae, native to Madagascar and naturalized in the Andaman Islands, Réunion, El Salvador, Cuba, Puerto Rico, the Canary Islands, southern Florida, Haiti, the Dominican Republic, Jamaica, the Leeward Islands, and the Leeward Antilles.

Description

Dypsis lutescens grows 6–12 m (20–39 ft) in height. Multiple stems emerge from the base. The fronds are arched, 2–3 m (6 ft 7 in – 9 ft 10 in) long, and pinnate, with 40-60 pairs of leaflets. It bears panicles of yellow flowers in summer. Offsets can be cut off when mature enough, as a propagation method.

It is grown as an ornamental plant in gardens in tropical and subtropical regions, and elsewhere indoors as a houseplant. It has gained the Royal Horticultural Society's Award of Garden Merit.

One of several common names, "butterfly palm", refers to the leaves which curve upwards in multiple stems to create a butterfly look.

In its introduced range, this plant acts as a supplier of fruit to some bird species which feed on it opportunistically, such as *Pitangus sulphuratus*, *Coereba flaveola* and *Thraupis sayaca* species in Bra

Uses-

The best-known member of the genus is *A. catechu*, the areca nut palm. Several species of areca nuts, known for their bitter and tangy taste, raw or dried, are routinely used for chewing, especially in combination with the leaves of betel and dried leaves of tobacco. Areca nut is also popularly referred to as betel nut because of its usage for chewing with betel leaves. In Assam, areca nut is also known as tamul in the local dialect.

Health Benefits of Areca Palm/Eliminates-

Areca Palm plants helps in absorbing indoor air pollutants like Acetone, Xylene, Toluene and Formaldehyde which emits from petroleum products, paints, and wooden furniture's. A major source of Acetone indoor in from petroleum products, nail polish, paints, detergents, adhesives, and cleanser etc.

Xylene is also one of the major indoor air pollutants mainly accumulates because of poor ventilations, paints, and wooden furniture.

Toluene causes central nervous system disorders and necrosis mainly in children. Toluene also affects the pregnant woman and thus causes development disorders in newborns and fetus. Other common symptoms of Toluene in the body are irritation of upper respiratory tract and eyes. Again, major source of indoor air pollution are the paints, cosmetics, and gasoline etc.

Formaldehyde is one of the many indoor air pollutants which emits mainly from cooking, smoking, cosmetics, paints etc. As per WHO studies indoor wooden furniture with Formaldehyde resin paint are the main source of Formaldehyde pollution.

Areca Palm plants absorb above mentioned harmful pollutant from the indoor air and provide fresh air. Thus, helps in minimizing upper respiratory tract diseases cause mainly because of Toluene. It helps in proper development of children and fetus in pregnant women by minimizing the concentration of gas like Toluene, Xylene etc. It also helps strengthen central nervous system in children

The advantage these plants have is that they are adapted to tropical areas where they grow beneath dense tropical canopies and must survive in areas of low light. These plants are thus ultra-efficient at capturing light. Which also means they must be very efficient in processing the gasses necessary for photosynthesis. Because of this fact, they have greater potential to absorb other gases, including potentially harmful ones.

References-

- <https://en.wikipedia.org/wiki/Areca>
- <http://mygardenforest.com>