



Aeroallergens of India

A comprehensive guide to the different allergens and pollen found across India

Visit www.med-train.com for more information on the Allergy Asthma Certificate Course

Aeroallergens of India - Resource by MedTrain



Aeroallergens: A brief overview

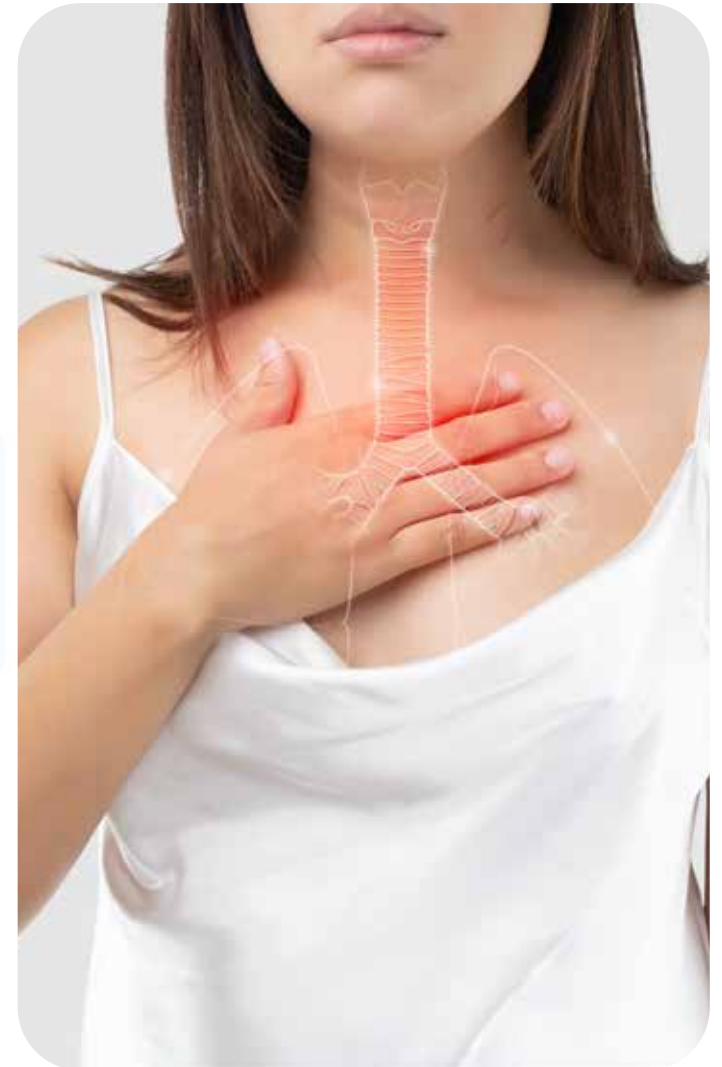
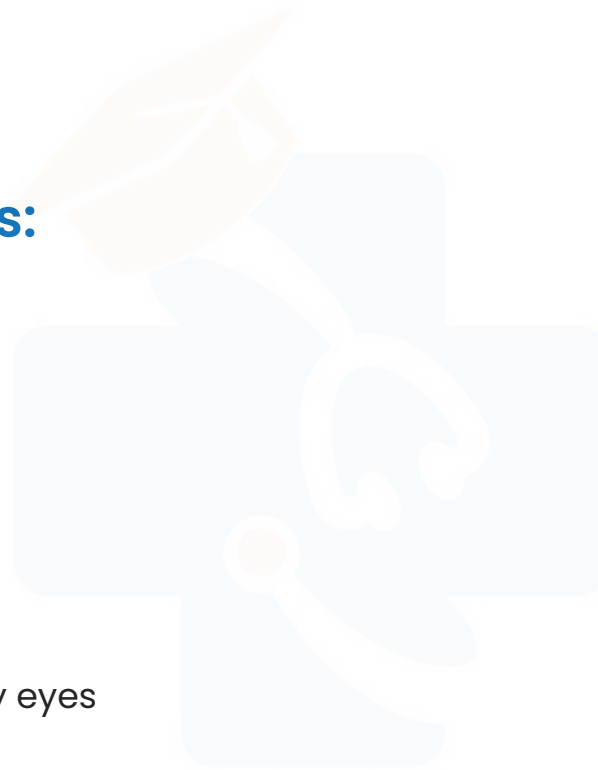
- House Dust Mite
- Pollen
- Mould
- Animal Dander
- Insects

Respiratory System Effects:

- Allergic Rhinitis
- Allergic Rhinoconjunctivitis
- Allergic Asthma

Signs & Symptoms

- Itchy, runny or congested nose
- Sneezing
- Inflammation/reddening, itchy, watery eyes
- Cough
- Wheeze, Chest tightness
- Dyspnea





House Dust Mite

Size: 1/4th to 1/3rd of a millimetre.

Common in warm, humid environments.

Feed on flakes of human skin shed every day.

Live in inner layers of furniture, carpets, bedding and stuffed toys.

Highest levels are typically found in bed mattresses.

Signs & Symptoms:

- Most commonly observed in the morning after waking up or at night (when near the bed).
- Sneezing
- Cough
- Runny, stuffy, itchy nose
- Red, itchy, watery eyes
- Shortness of breath
- Wheeze



Prevention:

- Using special allergen proof covers for mattresses with a pore size less than or equal to 6 micrometres.
- Washing bedding, pillows and duvets at 55-60 degrees Celsius every 1-2 weeks.
- Keeping indoor humidity below 50%.
- Good quality HEPA filtered vacuum cleaner.
- Replacing wall-to-wall carpets with wooden or linoleum floors that can be easily cleaned.
- Reducing curtains and soft furnishings.
- Removing soft toys from the bedroom; washing them at 55-60 degrees Celsius.



Insect

Insects such as cockroaches shed body parts and waste at home that can trigger allergic reactions.

Signs & Symptoms:

- Sneezing, runny nose
- Itchy, red, watery eyes
- Stuffy, itchy nose, throat, postnasal drip
- Cough
- Tightness of chest, wheeze
- Dyspnea

Prevention:

- Eradicating cockroaches with appropriate insecticides.
- Sealing cracks in floors and walls.
- Storing food in sealed containers.
- Cleaning up spills and crumbs immediately.
- Keeping the kitchen clean and washing dishes promptly.
- Scrubbing floors with water and detergent.



Animal Dander

Essentially, dead skin of cats, dogs and other animals.
Carried and transported through pet hair.
Spreads through grooming and petting animals.

Signs & Symptoms:

- Runny or stuffy nose
- Itchy eyes, nose, throat
- Sneezing
- Cough

Prevention:

- Do not get pets if you are allergic.
- Excluding pets from bedrooms.
- Vacuuming carpets, mattresses and upholstery regularly.
- Using HEPA filter air purifier to trap dander.
- Washing your hands after petting an animal.



Mould

A type of fungus that is found in the bathroom and kitchen and grows everywhere – indoors and outdoors.

Attacks when the weather is dry or windy or sometimes even when humid.

Releases airborne spores – inhalation of which may cause an allergic reaction.

Signs & Symptoms:

- Sneezing
- Running/Stuffy Nose
- Itchy eyes, nose and throat
- Watering of eyes
- Chest tightness, wheeze, dyspnea

Prevention:

- Using dehumidifiers at home if relative humidity is constantly high (>50%).
- Ensuring heating, ventilation and proper maintenance of air conditioners.
- Using 5% ammonia to remove mould from bathrooms and other contaminated surfaces.
- Replacing carpets with hard flooring & wallpapers with paint.
- Repairing indoor water leakage on priority.
- Keeping houseplants to a minimum and replacing the soil regularly.
- Removing old piles of paper.





Pollen

Released by plants to fertilize those of the same species.

Released in different seasons from trees, weed, grass.

Small, dry and light – travel with the wind.

Signs & Symptoms:

- Seasonal allergic symptoms – usually seen outdoors.
- Runny/stuffy nose
- Sneezing
- Red, itchy, watery eyes
- Wheeze
- Cough

Prevention:

- Limit time outdoors when pollen count is high.
- Keeping windows closed at peak pollen times.
- Glasses/sunglasses to prevent entry into the eyes.
- Wearing a mask over nose and mouth to prevent inhalation during peak pollen times.
- Cleaning and replacing air conditioner filter regularly.
- Using a clothes dryer rather than drying them outside where they can gather pollen.



Poa species (Poa pratensis & Poa annua)

Common name:

- **Poa pratensis:** Kentucky Bluegrass, Meadow Grass
- **Poa annua:** Annual Bluegrass, Annual Meadow Grass

Family – Poaceae | **Subfamily** – Pooideae

Distribution:

- **Poa annua:** Widespread distribution in Northern and Central India
- **Poa pratensis:** Jammu and Kashmir, Himachal Pradesh, Uttarakhand, North Eastern States, West Bengal, Karnataka

Allergenicity: Moderate allergen

Pollination/Flowering:

- **Poa annua:** March – November
- **Poa pratensis:** May – August

Grass Pollen



Cynodon dactylon

Common name:

Bermuda Grass

Family – Poaceae | **Subfamily** – Chloridoidea

Distribution: Across India

Allergenicity: Severe allergen

Pollination/Flowering: March – May, August – December

Hindi: **Doob ghaas, Dobri**

Assamese: **Dubari**

Bengali: **Dubra**

Kannada: **Garikehullu, Balli garike, Ambate hullu**

Marathi: **Haryali, Dhruva**

Manipuri: **Tingthou**

Mizo: **Phaitualhnim**

Oriya: **Dubbo ghas**

Telugu: **Ghericha, Gerichagaddi**

Tamil: **Arugampillu, Arukampillu, Moyalpul**

Grass Pollen





Lolium perenne

Common name:

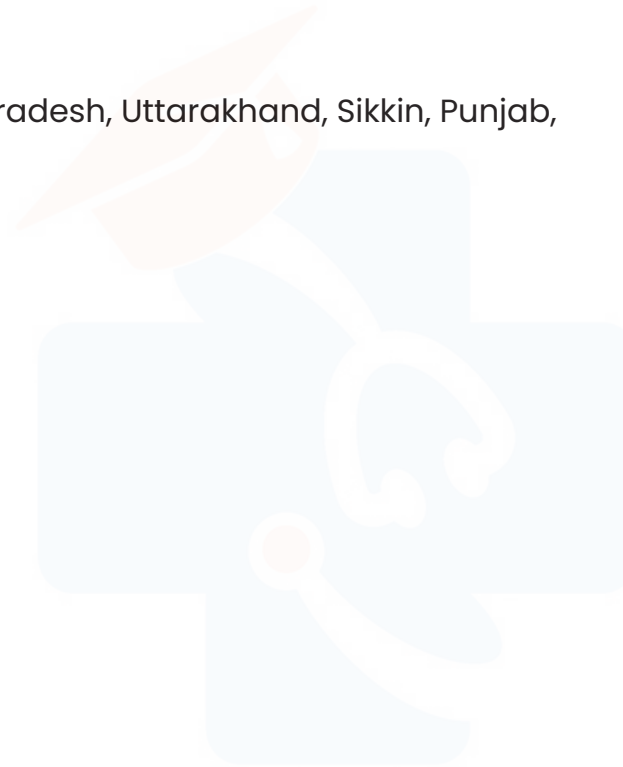
Perennial Ryegrass

Family – Poaceae | **Subfamily** –Pooideae

Distribution: Jammu Kashmir, Himachal Pradesh, Uttarakhand, Sikkin, Punjab, Uttar Pradesh, West Bengal, Tamil Nadu

Allergenicity: Severe allergen

Pollination: May – July



Grass Pollen



Hindi: Shimla ghaas, Makkhan ghaas

Phleum pratense

Grass Pollen

Common name:

Timothy Grass

Family – Poaceae | **Subfamily** –Pooideae

Distribution: : Jammu Kashnmir, Himachal Pradesh, Uttarakhand, North Eastern India, Uttar Pradesh, Kerala. Found in wet alpine meadows, damp soil around bushes, riversides in the Himalayas at altitudes of 2500-3900m. This grass is found worldwide.

Allergenicity: Severe allergen

Pollination/Flowering: June – September



Hindi: Ghaas

Dactylis glomerata

Common name:

Orchard grass, Turfgrass, Cock's foot

Family – Poaceae | **Subfamily** –Pooideae

Distribution: Jammu and Kashmir, Himachal Pradesh, Uttarakhand, North Eastern States, West Bengal, Uttar Pradesh, Tamil Nadu

Allergenicity: Severe allergen

Pollination/Flowering: March – June (early and high summer)

Grass Pollen



Hindi: Guchchi ghaas

Festuca pratensis

Grass Pollen

Common name:

Meadow Fescue

Family – Poaceae | **Subfamily** –Pooideae

Distribution: Nagaland, Manipur, Shillong, Jammu Kashmir, Himachal Pradesh, Uttarakhand, Sikkim, Punjab, Uttar Pradesh

Allergenicity: Severe allergen

Pollination/Flowering: February – April, August – November



Triticum sativum

Common name:

Common or Bread Wheat

Family – Poaceae | **Subfamily** –Pooideae

Distribution: Uttar Pradesh, Punjab, Haryana, Madhya Pradesh, Rajasthan, Bihar, Gujarat, Maharashtra, West Bengal, Himachal Pradesh, Karnataka, Jammu Kashmir

Grown in limited quantities: Andhra Pradesh, chhattisgarh, Jharkhand, assam, arunachal Pradesh, Nagaland, orissa, Sikkim, manipur, Meghalaya, Tripura, tamil nadu

Allergenicity: Mild allergen

Pollination/Flowering: March – April

Hindhi: **Gehun**

Bengali: **Gom**

Kannada: **Godhi**

Marathi: **Gehun**

Malayalam: **Oat**

Punjabi: **Javie**

Tamil: **Oatarisi**

Telugu: **Yavalu**

Grass Pollen



Hordeum vulgare

Common name:

Barley

Family – Poaceae | **Subfamily** –Pooideae

Distribution: Uttar Pradesh, Rajasthan, Punjab, Madhya Pradesh, Haryana, Bihar, Chattisgarh, Jharkhadnd, Maharashtra, Uttarakhand, Himachal Pradesh, Jammu Kashmir, West Bengal, Uttaranchal.

Allergenicity: Mild allergen

Pollination/Flowering: March – April

Hindi: **Jau, Jav**

Kannada: **Jave-Godhi**

Malayalam: **Barli, Yavam**

Marathi: **Satu, Jav**

Sanskrit: **Aksata**

Tamil: **Barliarisi**

Telugu: **Barlibiyam, Dhanuabhedam**

Urdu: **Jao, Jav**

Grass Pollen



Secale cereale

Common name:

Cultivated Rye

Family – Poaceae | **Subfamily** –Pooideae

Distribution: Ladakh, Lahual and other north western Himalayan regions

Allergenicity: Mild allergen

Pollination/Flowering: February – April, August – November

Grass Pollen



Hindi: Junglee gehun, Nivarika

Avena Sativa

Common name:

Oat

Family – Poaceae | **Subfamily** –Pooideae

Distribution: Throughout India

Allergenicity: Mild allergen

Pollination/Flowering: February – April



Hindi: **Jaee**

Bengali: **Joi**

Kannada: **Tooki goodhi**

Marathi: **saya**

Malayalam: **Oat**

Punjabi: **Javie or Jawie**

Tamil: **Oatarisi**

Telugu: **Yavalu**

Grass Pollen



Zea Mays

Common name:

Maize, Corn

Family – Poaceae | **Subfamily** –Pooideae

Distribution: Karnataka, Andhra Pradesh, Tamil Nadu, Rajasthan, Maharashtra, Bihar, Uttar Pradesh, Madhya Pradesh, Gujarat, Manipur, Punjab, Himachal Pradesh

Allergenicity: Severe allergen

Pollination/Flowering: September – October

Hindi: **Makka, Makai, Bhutta**

Kannada: **Makkejola**

Konkani: **Mako**

Malayalam: **Makka Cholam**

Manipuri: **Chujak**

Tamil: **Makka Cholam**

Telugu: **Mokka Javanalu**

Grass Pollen



Artemisia Vulgaris

Common name:

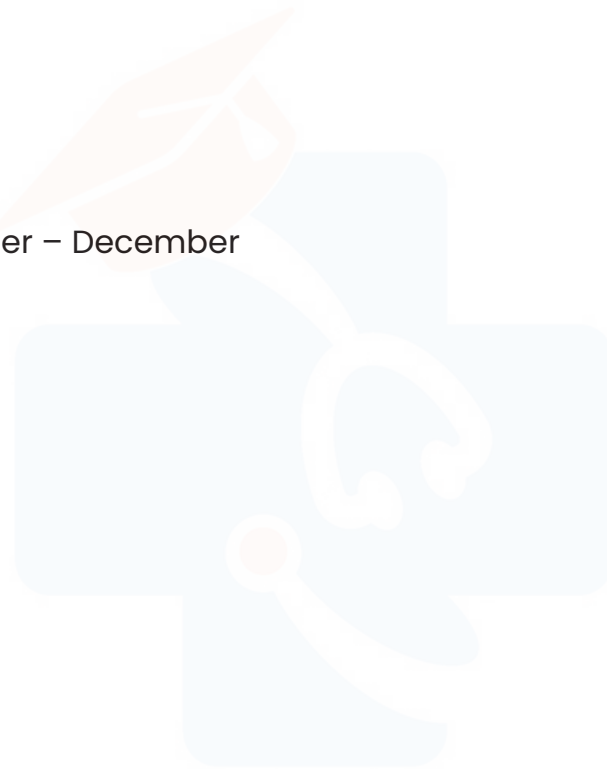
Mugwort; Indian Wormwood

Family – Asteraceae

Distribution: Across India

Allergenicity: Severe allergen

Pollination/Flowering: April – May, September – December



Hindi: Nagadona, Davana

Bengali: Nagadana

Kannada: Manjapatre, Urigattige

Marathi: Dhordavana, Gondhomaro

Malayalam: Makkippuvu, Masipatri

Tamil: Makkippu

Telugu: Masipatri

Weed Pollen



Parthenium Hysterophorus

Common name:

Santa Maria Feverfew, False Ragweed, Carrot Grass/ Weed, Congress Grass

Family – Asteraceae

Distribution: Across India

Allergenicity: Mild allergen

Pollination/Flowering: June – July



Hindi: **Gazar Ghaas, Chatak Chandani, Jhilmil**

Kannada: **Kaamgressu Gida, Congress Gida, Congress Hullu, Congress Kale**

Marathi: **Gajar Gavat**

Malayalam: **Congress Pacha, Congress Pull**

Telugu: **Congresspoolu, Pitchi Genjayi, Pitchi Maachi Pathre**

Weed Pollen



Amaranthus Spinusus

Common name:

Prickly Amaranth, Spiny Amaranth

Family – Amaranthaceae

Distribution: Widely distributed in india

Allergenicity: Severe allergen

Pollination/Flowering: July – October



Hindi: **Kanta Chaulai**

Bengali: **Kantanotya**

Kannada: **Mulluharive Soppu**

Manipuri: **Chengkruk**

Marathi: **Kante Bhaji, Kante Math**

Malayalam: **Kattumullenkeera**

Sanskrit: **Tanduliyah**

Tamil: **Mullukkeerai**

Tangkhul: **Somchan**

Telugu: **Mullatotakura**

Weed Pollen



Chenopodium Album

Weed Pollen

Common name:

Lamb's Quarter

Family – Chenopodiaceae

Distribution: Across India

Allergenicity: Moderate allergen

Pollination/Flowering: March to April

Hindi – **Bathua**

Assamese – **Bathwa Shaak**

Bengali – **Betho Shaak, Bethuya Shaak**

Gujarati – **Bathavo, Chilani Bhaji**

Kannada – **Chakravarti, Chakkavatta,**

Huchcha chakkota

Marathi – **Chakvat, Vasukem**

Malayalam – **Vastuchira, Parippuchira**

Manipuri – **Monshaobi**

Oriya – **Bathua Sag**

Tamil – **Paruppu K Kirai,**

Chakravarthi Kirai

Telugu – **Pappukura, Vastukamu**



Ricinus Communis

Common name:

Castor Bean, Castor Oil Plant, Wonder Tree

Family – Euphorbiaceae

Distribution: Across India

Allergenicity: Mild allergen

Pollination/Flowering: November – December



Hindi: **Andi, Arendi, Arendu, Eldi,**

Jaronda, Rehri

Assamese – **Eragach**

Bengali – **Bherenda, Redi, Rerri**

Gujarati – **Divelo, Erado**

Kannada – **Haralu**

Marathi – **Arand, Nironda**

Malayalam – **Amanakku, Avanakku, Chittavanakku**

Tamil – **Aimugi, Amanakku, Sittamanakku**

Telugu – **Amadum, Amudam, Amudapu,**

Amanamuchattu, Eramundapu

Weed Pollen



Plantago Lanceolata & Plantago Major

Weed Pollen

Common name:

English Plantain, Ribwort Plantain

Family – Plantaginaceae

Distribution: Delhi, Uttar Pradesh, Uttarakhand, Punjab, Sikkim, West Bengal, Jammu Kashmir, Himachal Pradesh, Kerala, Tamil Nadu, Maharashtra, Rajasthan, Arunachal Pradesh, Assam, Meghalaya, Manipur, Madhya Pradesh

Allergenicity: Moderate allergen

Pollination/Flowering: August – October

Hindi: **Isabgol, Baltanga, Lahuriya**

Assamese: **Singa Gach**

Mizoram: **Kelbean**

Punjabi: **Gajpibal**

Sanskrit: **Asvagola**

Tamil: **Ishappukol Vitai**

Urdu: **Bartang**



Urtica Dioica

Common name:

Stinging Nettle

Family – Urticaceae

Distribution: Jammu Kashmir, Himachal Pradesh, Uttar Pradesh, Uttarakhand, Sikkim, Arunachal Pradesh, Tamil Nadu

Allergenicity: Moderate allergen

Pollination/Flowering: August – September

Hindi: Bichchhu, Kali, Kandadli, Bichchhu Buti

Assamese: Chorot

Sanskrit: Vrscikali

Weed Pollen



Holoptelea Integrifolia

Common name:

Indian Elm, Entire Leaved Elm Tree, Jungle Cork Tree

Family – Ulmaceae

Distribution: Widespread in India. Found upto an altitude of 600 metres in the Himalayas.

Allergenicity: Moderate allergen

Pollination/Flowering: March – April

Hindi: **Chilbil, Kanju, Papri**

Bengali: **Nata Karanja**

Gujarati: **Charal, Charel, Kanjo**

Konkani: **Vamvlo**

Marathi: **Ainasadada, Vavala**

Malayalam: **Aaval**

Oriya: **Dhauranjan**

Tamil: **Aya**

Telugu: **Nali**

Tree Pollen



Prosopis Juliflora

Common name:

Mesquite, Algoroba

Family – Fabaceae

Distribution: Across India

Allergenicity: Moderate allergen

Pollination/Flowering: March – May, September – December

Hindi: **Ganda Babul, Vilayati Babul, Vilayati Khejra, Vilayati Kikar, Kabuli Kikar, Jungle Kikar**

Kannada: **Bellari Jail**

Marathi: **Vilayati Shami**

Telugu – **Mulla Thumma**

Tamil – **Vanni**

Tree Pollen



Robinia Pseudoacacia

Tree Pollen

Common name:

Black Locust

Family – Fabaceae

Distribution: Jammu Kashmir, Himachal Pradesh, Uttarakhand, Tamil Nadu, North East Indian States

Allergenicity: Mild allergen

Pollination/Flowering: March – May



Hindi: Pahar Kikar, Robinia, Rubinia

Cassia Siamea

Common name:

Siamese Cassia

Family: Cesalpiniaceae (Gulmohar Family)

Other Species: Cassia occidentalis, Cassia fistula

Distribution: Drier regions of India

Allergenicity: Mild allergen

Pollination/Flowering: March – April, August – October

Hindi: **Seemia, Kassod**

Kannada: **Sima Tangedu, Hiretangedi, Motovolanyaro**

Marathi: **Kassod**

Malayalam: **Manjakonna, Manjakonnei**

Tamil: **Manjal Konrai, Manje Konne, Chelumalarkkonrai**

Telugu: **Sima Tangedu, Kurumbi**

Tree Pollen



Acacia Arabica

Common name:

Gum Arabic

Family: Mimosaceae

Distribution: Drier regions of India

Pollination/Flowering: May – November

Hindi: **Babla, Babul, Babur, Kikar**

Kannada: **Babbuli, Bambolero, Barbura,**

Bauni, Gobbali, Gobolu, Jalee, Karibela,

Karigi, Karijali, Kariki, Karrijali, Ramakanti

Malayalam: **Babola, Karivelam, Karruvallam,**

Karuvelagum, Karuvelakkam, Karuvelam

Sanskrit: **Koudia Babul**

Telugu: **Barburamu, Nallatumma,**

Nellatuma, Tumma, Yugalakshamu

Tamil: **Iramangadam, Karoovelum**

Puttay, Karuvel, Karuvelampicin, Vel,

Velampisin

Urdu: **Gond Babul, Gond Kikar**

Tree Pollen



Betula Species

Tree Pollen

Common name:

Birch, Himalayan silver birch, Bhoj patra tree

Family: Betulaceae

Common Species: Betula Utilis, Betula Alba, Betula Alnoides

Distribution: : Jammu Kashmir, Himachal Pradesh, Uttarakhand, Arunachal Pradesh, Assam, West Bengal, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim, Tripura, Uttaranchal, Uttar Pradesh, Tamil Nadu

Allergenicity: Moderate allergen

Pollination/Flowering: March – May

Kannada: Bhoj patra, Bhiy, Kath bhuj sauri, Kathbhoj, Shagra, Shaur-Sharol, Sheori, Bhuyapathra

Malayalam: Bhujapatram, Bhurjiamaram

Sanskrit: Bahulavalkalah, Bahupata, Bhurjapatraka

Tamil: Bhurjiamaram, Purchcham
Telugu: Bhujapatri



Alder Species

Common name:

Alder, Indian Alder, Himalayan Alder

Family: Betulaceae

Common Species: *Alnus nitida*, *Alnus nepalensis*

Distribution: Jammu and Kashmir, Himachal Pradesh, Uttarakhand, Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim, Kerala.

Allergenicity: Moderate allergen

Pollination/Flowering:

- ***Alnus nitida*:** September – October
- ***Alnus nepalensis*:** October – December

Tree Pollen



Hindi: **Utis, Boshi swa**

Mizoram: **Alnas**

Corylus species

Common name:

Hazelnut Tree, English Walnut

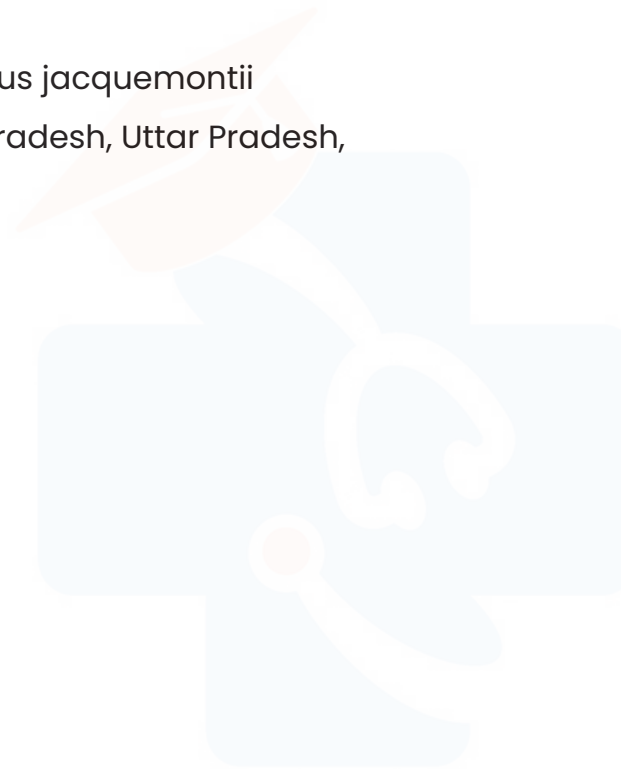
Family: Betulaceae

Common Species: *Corylus avellana*, *Corylus jacquemontii*

Distribution: Jammu Kashmir, Himachal Pradesh, Uttar Pradesh, Uttarakhand, North East India

Allergenicity: Moderate allergen

Pollination/Flowering: March – April



Tree Pollen



Hindi: **Bhotiya badam, Kabasi, Angli badam, Sharol, Sirola, Thangi**

Urdu: **Maghz finduq, Maghz funduq**

Punjabi: **Bhangi, Bhotia Badam, Urni**

Populus species

Common name:

Poplar

Family: Salicaceae

Common Species: Populus alba, Populus ciliate, Populus nigra

Distribution: Jammu and Kashmir, Himachal Pradesh, Uttarakhand, Haryana, Punjab, Uttar Pradesh, West Bengal, Sikkim, Arunachal Pradesh, Assam

Allergenicity: Moderate allergen

Pollination/Flowering: March – April

Hindi: **Mal, Pahari pipal, Safeda, Benu, Biaon, Chalauj, Chaloon, Gar Peepal, Karamal, Mangal, Phalsh, Phari peepal, Syan, Talunj, Paras Pipal, Parsipu, Porush**
Bengali: **Gajashundi, Palaspipal, Poresh**

Gujarati: **Paras Pipal**

Kannada: **Arasi**

Marathi: **Aastha, Paras-bhendi, Parosa pipal**

Malayalam: **Cilaanthi, Pravaras**

Tamil: **Poovarasam, Porting**

Telugu: **Ganga Ravi**

Tree Pollen



Quercus species

Common name:

Oak, Himalayan White Oak

Family: Fagaceae

Common Species: Quercus incana, Quercus leucotrichophora, Quercus robur, Quercus ilex

Distribution: Jammu Kashmir, Himachal Pradesh, Uttarakhand, Tamil Nadu, North Eastern India

Allergenicity: Severe allergen

Pollination/Flowering: March – May

Hindi: **Ban, Ban oak, Bani, Banj, Banjha**

Himachali: **Vari, Ring**

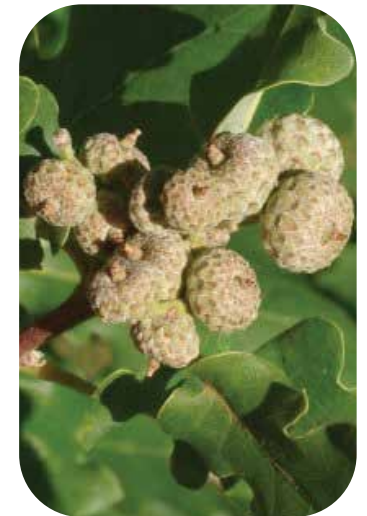
Kumaoni: **Phanal**

Sanskrit: **Mayaphala**

Tamil: **Mackakay, Mayakkay**

Urdu: **Baloot, Balooth**

Tree Pollen



Salix species

Common name:

Willow

Family: Salicaceae

Common Species: Salix alba, Salix caprea, Salix tetrasperma

Distribution: Widely distributed in India

Allergenicity: Moderate allergen

Pollination/Flowering:

- **Salix alba:** March – May
- **Salix seriocarpa & Salix tetrasperma:** September – October

Hindi: Badah, Bbadda,

Beuns bed-mushk, Bedmushk

Kannada: Baiche, Baigay, Baike,

Baise, Bayge, Bayike, Bayikex, Byise,

Bayise mara, bayithe, hole bosi

mara, Neeranji, Neerganji mara,

Neervanji, Niranji, Puruse

Marathi: Bach, Bhak, Bbithasa, Bitsa,

Boch, Bocha, Walunj, Wandra

Malayalam: Arali, Arrupala, Atrupala,

Attupala, Nirunchi, Nirunji

Sanskrit: Jalavetasa, Vajjula,

Vanjula, Varnara, Vetasa,

Vidula, Burum

Tamil: Arruppaai, Atrupalai,

Bayike, Cuvetam, Kantam, Nirnochi,

Tepavam, Vanci, Vanji

Telugu: Etipala, Etipisinika, Iroda,

Kondaganneru, Vodime

Tree Pollen



Visible Signs of Pollen Allergy:



Runny Nose/ Blocked Nose



Sneezing



Red, itchy, watery eyes



Cough



Wheeze



Seasonal allergic symptoms, most commonly seen outdoors



Prevention:



Limit time outdoors when pollen count is high.



Keeping windows closed at peak pollen times.



Glasses/sunglasses to prevent entry into the eyes.



Wearing a mask over nose and mouth to prevent inhalation during peak pollen times.



Cleaning and replacing air conditioner filter regularly.



Using a clothes dryer rather than drying them outside where they can gather pollen.



Rodent Allergens

- Mouse allergen is widespread in occupational and home settings, with higher levels occurring in urban areas and low income, multi-family dwellings.
- Exposure to high levels of mouse/rat allergen is associated with excess asthma morbidity in inner city children who are sensitive to mouse/rat allergen.
- Effective mouse allergen mitigation involves basic principles of integrated pest management.
- Reductions in mouse allergen in the environments of inner-city asthmatic children may improve asthma symptoms.

Phipatanakul W, Matsui E, Portnoy J, et al. Environmental assessment and exposure reduction of rodents: a practice parameter. Ann Allergy Asthma Immunol 109; 2012:375–387.





In Urban Homes and Offices:

Indoor Pollutants

- Fabrics
 - Draperies
 - Plywood
 - Ceiling tiles
 - Floor coverings
 - Paints
 - Varnishes
 - Wall coverings
 - Photocopiers
 - Room fresheners
 - Agarbattis
 - New Carpets
 - New Furniture
 - Polish
 - Frying (Fish, Other non-veg food, Vadas, Samosas)
 - Humans (CO, H₂, Methane, Alcohols, Phenols, Aldehydes, ammonia, hydrogen sulphide, volatile fatty acids, nitrogen oxides)
- 

Indoor Smoking

- 1.1 billion people smoke worldwide.
- Children vulnerable to indoor cigarette smoke have a 2-3 fold increased risk of developing asthma.



Useful Indoor Plants



- **Boston Fern**

Formaldehyde - regarded the best for it, Xylene

If you have bought new furniture or carpets - placing 1-2 ferns in the room could be useful.

- **English Ivy**

Benzene - regarded the best for it, Formaldehyde, Xylene

Useful in rooms that are freshly painted and rooms with computers, printers, fax machines.

Also useful at petrol bunks.



Useful Indoor Plants



- **Areca Palm**

Xylene, Formaldehyde

Can be placed in any room but especially useful in rooms with freshly varnished furniture.

- **Spider Plant**

Carbon monoxide - regarded the best for it, Xylene, Formaldehyde

Useful in kitchens with gas stoves, bathrooms with gas geysers



The Plants With The Best Chemical Removal Abilities



Bamboo Palm

Boston Fern



Rubber Plant

Kimberley Queen



English Ivy

**Chrysanthemum
Morifolium**



Dwarf Date Palm

Gerbera




Scan this QR code to learn more



THANK YOU



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