

Botanic name : *Nephrodium adontoram* ?

Nephrodium filix-mas (L.) Rich. ex Desv. -- Mém. Soc. Linn. Paris 6: 60. 1827 (GCI)

Common name : The male fern

Family : Dryopteridaceae

Habitat : Terrestrial

Distribution : UK, Indian Himalayas

Description : An evergreen Fern up to 1.20 m tall; rhizomatous; The rhizome occurs in pieces from 7.5 to 15 cm in length, and from 2 to 2.5 cm in diameter. It is covered with the hard, persistent, curved, angular, dark brown bases of the petioles, which bear numerous brownish membranous hairs. Externally, the rhizome is brown; internally, green, becoming brown on long keeping.

Phytochemicals: Oleoresin filicin (roots), tannin, an essential oil with small amounts of free fatty acids, filmarone- decomposes into filicic acid and aspidinol, flavaspidic acid, albaspidin (melting-point, 148°); filicitannic acid

Medicinal/Economic uses : The male fern is one of the most popular and effective treatments for tape worms and also an astringent, antioxidant, cytotoxic. The root stalks are anodyne, antibacterial, anti-inflammatory, antiviral, astringent, febrifuge, vermifuge and vulnerary. The oleoresin is used as worm expellant. The floroglúcidos have the property that has to paralyze the muscles of various intestinal worms, which, once immobilized, is easily released from the walls of the entire intestinal tract, being eliminated along with feces. Root is also used internally in treating internal hemorrhage, uterine bleeding, mumps and feverish illness. Externally, roots in different preparations are used to treat abscesses, boils, sores and carbuncles. Young fronds can be cooked-raw as vegetables. Rhizomes are eaten raw as part of a regime for losing weight. Used as green-compost. However, root toxicity must be keep in mind during its use