

Botanic Name: *Adiantum indicum* J. Ghatak (Basionym)

[syn. *Adiantum incisum* subsp. *indicum* (Ghatak) Fraser-Jenkins]

Common Name: Maidenhair Fern, Tailed maidenhair, Myurshikha (Sanskrit)

Family: Adiantaceae

Habitat: Terrestrial

Distribution: Native to India. Also distributed in China, Sri Lanka, Malaysia, Indonesia, Philippines, New Guinea. Tropical rainforest of Africa

Description: An evergreen perennial fern with erect rhizome; covered with scale like structures; scales linear, dark brown in the middle regions and paler along the margins. Fronds simply pinnate with long cirrhose, bulbiferous apex; stipe 5-10 cm long, scaly at the base, densely puberulous above, tufted, erect or spreading, more or less covered with brown hairs; pinnae oblong, lobed, brown hispid; veins distinct above and below. Sori dark brown, reniform beneath the pinnae; indusia dark brown, hispid. Sporangial capsule sub-globose, dark brown, stalked. Spores dark brown, tuberculated.

Phytochemicals: Triterpenoids- hopane and migrated hopane or closely related groups such as isohopane, neohopene, fernane, isofernene, filicane, pteronane and adiane types; flavonoids- Quercetin, Isoquercetin keampferol and their glycosides, flavanone pruning, phenyl propanoids, β -Sitosterol, daucosterol, alicyclic acids, shikimic acid, quinic acid, 16-hentriacontanone and hentriacontane, essential oil, saponin glycosides

Medicinal/Economic uses: The fronds are said to be anti-asthmatic, analgesic, anti-inflammatory, antinociceptive, anti-implantation, antiviral, anti-spasmodic, antibiotic, anti-hyperglycemic (fronds), cytotoxic, antidiabetic, hypolipidemic, antimicrobial properties. Used in the treatment of diabetes, coughs, fevers and migraine, and skin diseases (fronds). Also grown as an ornamental in gardens.

Read: Cytogenetic investigations in *Adiantum caudatum* species complex "Studies in a population from Assam". Pp. 215–220 in S. C. Verma (editor), Contemporary Trends in Plant Sciences