

Botanic name : *Cheilanthes farinosa* (Forssk.) Kaulf.

Common name : Silver fern, Chandi booti, Nanha

Family : Adiantaceae

Habitat : Terrestrial, epiphyte, lithophyte

Distribution : Native to Africa (Zimbabwe), Indian Himalayas, Central India, China, Central America

Description : Fern; stems rhizomatous; rhizome erect, short, scaly, dark brown scales, entire, margins pale; fronds tufted, erect, herbaceous or slightly coriaceous; stipe black, shiny, with brown scales scattered; lamina ovate-lanceolate, 2-3-pinnatifid; pinnae glabrous, dark matt green above, covered with whitish, yellow powder beneath (hence farinosa); upper pinnae oblong, decurrent; lower pinnae basiscopically developed; ultimate pinnae oblong, minutely toothed; rachis, costa, costules shiny, glabrous; sori small, marginal, in discrete or in clusters, indusiate; indusium small, semi-transparent, variously lacerate.

Phytochemicals: Steroids, alkaloids, phenolic compounds, flavonoids, Flavonols-kaempferol derivatives 7,4'-dimethoxy-3,5-dihydroxyflavone and 3,7,4'-trimethoxy-5-hydroxyflavone, saponins, tannins

Medicinal/Economic uses : Cytotoxic, antiproliferative (human liver cancer cell), anti-nociceptive, apoptotic, antioxidant. In MP, India, a decoction (10-15 ml) of fronds are taken orally for a week to cure irregular menstruation