

Botanic Name: *Adiantum caudatum* L.-- Mant. Pl. Altera 308. 1771 [Oct 1771] (IF)

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

Family: Adiantaceae

Habitat: Terrestrial

Distribution: Prefers mainly shaded and moist regions, with its distribution in South Asian countries mostly. E. Asia - China, India, Sri Lanka, Malaysia, Indonesia, Philippines, New Guinea. Tropical Africa to Polynesia

Description: An evergreen perennial fern with erect rhizome; rhizome covered with scale like structures. Scales linear, dark brown in the middle regions and paler along the margins. Fronds 30-45 x 2.5-3 cm, 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 1.5 x 0.5 cm, dimidiate, oblong in outline, lobed, brown hispid; veins distinct above and below. Sori dark brown, reniform beneath the pinnae; indusia dark brown, hispid. Sporangial capsule subglobose, dark brown, stalked. Spores dark brown, tetrahedral, 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-implanation, 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.