

Nephrolepis cordifolia

Scientific classification	
Kingdom : Plantae	
Clade : Angiosperms	
Order : Polypodiales	
Family : Nephrolepidaceae	
Genus : <i>Nephrolepis</i>	
Species : <i>N.cordifolia</i>	

Description

Nephrolepis cordifolia, (fishbone fern, tuberous sword fern). is a fern native to northern Australia and Asia. It is indigenous to the Hawaiian Islands. *Nephrolepis cordifolia* is a wood fern that typically grows in woodland areas. Both fertile and sterile fronds are pinnate, up to 3 feet in length and 3 inches wide. There are many leaflets, or pinnae, ranging from 40-100 mm (1.5 to 4 inches) on each side of the rachis. Each pinna is oblong to lanceolate with an auricle that overlaps rachis. Rhizomes are orange/brown to pale brown with linear scales having hair like tips. Stolons are straw colored and produce small underground tubers. Dispersal occurs via spores and through the movement of stolons, tubers, and rhizomes.

Uses

Rhizome used as antibacterial; for coughs, rheumatism, chest congestion, anorexia. Pinnae used for coughs, wounds and treatment of jaundice. In Nepal , juice of root tubers taken for fever, indigestion, headache, cough, cold and hematuria. Whole plant used for kidney, liver and skin disorders. Also used as Antioxidant, antibiotics, antifungal, detox, anti-inflammatory, antidiabetic, antimalarial etc.