



***Pteridium aquilinum* (L.) Kuhn**

Family: Dennstaedtiaceae (Fern family)

Common names: Ligad, Lungar. Bracken, Western brackenfern, Decomposition brackenfern, Hairy brackenfern



Description:

Pteridium aquilinum is tufted, fast growing fern, with a stout, creeping, rhizomes, producing numerous fronds. It is found growing on exposed grassy land in the hills throughout India at altitudes of 600- 3,600 m. Fronds are mostly tripinnate, the upper most pinnae are simple, and usually 0.6- 1.8 m long.

Utilization:

It is an ornamental fern, grows for borders and rockeries and also planted in pots for indoor decoration. In times of scarcity the rhizomes are boiled or roasted and eaten or are ground in to powder used for making bread. The tender fronds are used as vegetable, and also employed in soups. The green fronds are used as fodder. Rhizomes are astringent and are used in diarrhoea. Stuff pillows and mattresses made with this fern protect against all kinds of unwelcome insects, even bed bugs. Rubbing fern on an insect bite helps to avoid any unpleasant consequences (Hutchen,1973).

Part used	Disease
spores	stomach cancers
leaves	carcinogenic
Rhizome	Diarrhoea

References:

Hutchens A.R; (1973) Indian Herbarology of North America, Shambala Publications,Inc., Horticultural Hall, 300 Massachusetts Avenue, Boston, Massachusetts 02115.