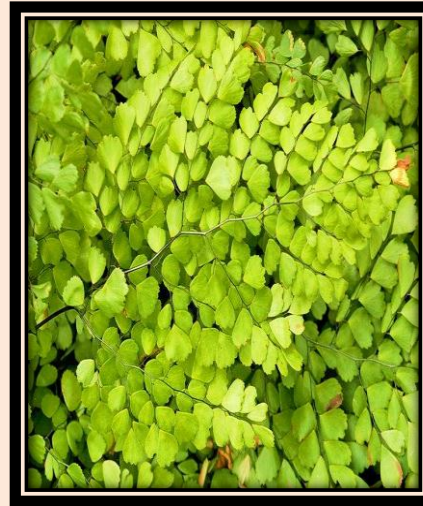


# FERN

Ferns are unique group forest plants and form an important component of floral vegetation of Uttarakhand. Majority of ferns thrive during rainy season and after onset of winter these plants undergo a state of dormancy. Majority of ferns are although mesophytic in nature yet diversity is seen due to various factors like rainfall, temperature, forest type, type of vegetation composition, humidity, soil, altitude, aspect. Slope, soil, amount of light, shade, biotic interface etc. Ferns have traditionally occupied an important position in the socio-cultural, spiritual and health arena of Uttarakhand. Some of the fern species are edible and used as vegetable supplement also. Ferns are the indicators of the moisture. Being a link between higher plant and lower plant, ferns play a very critical role in ecology.

## FERNS



**Adiantum venustum**

The evergreen maidenhair or Himalayan maidenhair is a species of fern in the genus Adiantum of the family Pteridaceae. It is also known as black Hansraj in India for its black stalks at the fronds. Most common lithophyte on exposed boulders, often terrestrial on mountain slopes.

### **Uses of Himalayan Maidenhair fern:**

The fern is used for the treatment of cold, headache, hydrophobia and inflammation of the chest. It is also used as an antiviral or antibacterial drug. The extract from the rhizome can be used to treat diabetes, liver problems and is a diuretic.

## OF

## UTTARAKHAND



**Diplazium esculentum**

The vegetable fern is an edible fern found throughout Asia. It is also known as Linguda in Northern India, referring to the curled fronds. The genus Diplazium is in the family Athyriaceae. Very common, dwells in low hills, terrestrial along water channels.

### **Uses of Diplazium esculentum :**

The young frond of Linguda are stir fried and used in salads. Sap of rhizome and stipe is applied for cuts and burns. Fronds are good for constipation. Young fronds and coiled crosiers are used to prepare vegetable and pickles. It is also used as fodder. The rhizomes are kept in the granaries to protect them from insect and pests.