

Lygodium flexuosum (Sw.)

Family : Schizaeaceae

Parts Used : Root , Rhizome

Vernacular Names

English : Lygodium

Malayalam : Theeppanna, Vallipanna

Bengali : Bhuturaaj



Distribution and Habitat: Many parts of India, Srilanka, China etc

Botany: A climbing herbaceous pteridophyte. Fronds glabrous or slightly hairy, pairs of fronds stipitate-pinnate with the pinnules again pinnate or variously lobed, or sub palmate, all serrulate; sori protruding from the margin; texture subcoriaceous. Primary pinnae abbreviated to a small knob with hairy apex and bearing a pair of 1-2 pinnae on well grown fronds, 15-45 cm long, sterile up to 15-17.5 x 1.8-2.5 cm, serrulate with, many parallel forked veins, fertile pinnules rather narrower, pectinately lobed with sporangial spikes which are 3.7-6.2 mm long.

Chemical constituents: lygodinolide, flavanoids, coumarins etc

Properties: antiproliferative, hepatoprotective, antifertility, expectorant

Uses: Stomach pains, eczema, roots and rhizomes are used for curing jaundice. rhizome power used in skin diseases.

Propagation: By cuttings

