**Ethnomedicinal Review of *Adiantum lunulatum* (Hanspadi)**

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**ABSTRACT**

*Adiantum lunulatum* commonly known as Hanspadi is used traditionally for treatment of diarrhoea, dysentery, cough, bronchial asthma. *Adiantum lunulatum* is a fern constituting phytoconstituents such as terpenoids, flavonoids, steroids. This plant has been under scrutiny of various pharmacological investigation and revealed to be having antimicrobial, antifungal, antifertility, anti-inflammatory, and antiulcer activity. This review has been carried out to gather pharmacognostic and pharmacological research importance of the plant.

Keywords: *Adiantum lunulatum*; hanspadi; medicinal plant, fern.

1. **INTRODUCTION**

*Adiantum lunulatum* commonly known in ancient literature as Hanspadi, is a fern which grown perennially during monsoon rains in geographical area having rainfall of (1) around 250mm to 2700mm. *Adiantum lunulatum* grows during rainy season specifically from June till October. It is a classified as fern which grows mainly on stoney walls, uphills, hilly slopes or often on rocks (2). It can survive at altitude ranging from 150m to 1400m. It prefers wet fertile soil rich in humus. It is not cultivated and propagated but mostly found in deep evergreen forest and deciduous woodland.

**Taxonomy**: *Adiantum lunulatum* Burm. F.(3)

**Kingdom** Plantae-Plants

**Subkingdom** Viridiplantae-green plant

**Superdivision** Embryophyta

**Infrakingdom** Stereophyta- land plants

**Division** Traacheophyta – Vascular plants

**Class** Polypodiopsida-leptosporangiate ferns

**Subclass** Polypodiidae

**Order** Polipodiales

**Family** Pteridaceae-maidenhairferns (Adiantaceae)

**Genus** *Adiantum* L maidenhair furn.

**Species** *Adiantum lunultum* Burm F.

**Subfamily**: Adiantoideae

**Tribe**: Adianteae

**Category:** Fern, subtropical

**Vernacular names**: (4)

English: Maiden hair fern, walking maiden hair fern

Hindi: Hansapadi, Hansraja

Sanskrit: Triparnika

Guajarati: Hanspadi, Mubarkinipalo

Marathi: Ghodkhuri

Bengali: Kalijhant

Kannada: Hamsapadi, Nayalad

Malayalam: Nayalad

Tamil: Hamsapadamu, Nayalod

Telugu: Seruppadai

Nepalese: Tripadi

**1.1 Geographical distribution**

*Adiantum lunulatum* is native to tropical areas and is found mainly in India, Bangladesh, Srilanka, Combodia, and Thailand. It is also found in Africa, Central and south America and Australia. In India it is found mainly in Western Ghats, Rajasthan Gujarat and Madhya Pradesh(5) (6)

**1.2 Plant Description:**

The plant is described as fern which grows in creeping or sub erect position. Fern is small, rhizomatous glabrous and smooth (7). Rhizome is short of about 3mm long, dark brown in colour and is and tapers from the base to form a short tip. Its fronds are tufted, arched monomorphic, simply pinnate, dark brown wiry stipe. They are 30-40 cm long tufted, wiry often elongated and scaly at the base and budding at the tip(8). Lamina simple pinnate, lanceolate and 12-30cm long. Pinnae are 25X 25mm dark green in colour, lunulate (half-moon shape) in shape exist in alternate pairs, fan shaped and are up to 15. They are abridged in sized towards the apex, midrib forms the lower margin and outer margin is irregularly incised into broad lobes. Each lobe bears transversely elongated sorus when fertile (9) . Pinna-stalklets are 2mm to 25mm long, dark brown to black in colour and are hairless.Petioles are 5-12mm long with herbaceous texture (8).*Sori* is 2mm to 25mm wide in continuous line along the margin of the lobe, hairless narrowly oblong and crescent shaped.(10).

**2. Ethnomedical (Traditional) uses**

*Adiantum lunulatum* is traditionally used for treatment of different type of pathological conditions. Decoction of the whole plant is used as antidiarrheal and antidysentric(10). Decoction of the leaves of the fern is used as expectorant for treatment of wet cough(11). Extract of the rhizome is given to the children for throat infection and used for treatment of filaria(12). Roots of the plant are used along with the stem bark of *Terminalia bellirica* in management of bronchial asthma(13). Decoction of the rhizome is used to reduce glandular swellings(13) . *Syrup De Capillaire* is the syrup made in France from the leaf and rhizome of *Adiantum lunulatum* and is used for symptomatic relief in whooping cough and also used as analgesics to relive muscle pain, sprain, rheumatic conditions and for rapid healing of bone fractures. Roots are used as diuretic also have proved beneficial in kidney stones (14). Paste of the plant is also applied on pimples and considered beneficial in preventing hair loss(14). It is also used in indigestion and serves as a good carminative(15). Paste of the whole plant is applied with turmeric on infected burns and wounds(15) . Decoction of the fresh leaves is used as remedy for irregular menstrual cycle(16) . Leaf juice is used for the relief from ulcers (17). In Ayurveda system of medicine *Adiantum lunulatum* is one of the ingredients of the herbal dosage form *Manasamitra vataka* which is prescribed for the treatment of mental disorders (18). It is also used as antidote for rabid dogs bite and for snake bite(19). Plant is also used in generalised symptoms as analgesic and antipyretic(20). Among Normadian tribes of India plant is used for treatment of epileptic fits, erysipelas atrophy (21). Tribal people of soliga of Mysore district in Karnataka it is used for birth control(22)(23).

**3. Phytochemical reports:**

Several phytoconstituents have been isolated and reported from the *Adiantum lunulatum.* Flavonoids and terpenoids are the dominant within the plant.

**3.1 Terpenoids:**

**Melos JLR *et al., and* Pan *et al.,*** reported presence of hopane-type triterpenoids Hydroxyphane (=Hopanol)(24).

**Bramhachari G *et al.,*2003** reported presence of terpenoid 6α- Acetoxy-16 β, 22-dihydroxy-3-ketoisophane(1).

**Mukherjee KS *et al.,*2003** isolated hopane type triterpenoids 3β-Acetoxy-6α-hydroxy-hop-15, 17(21)-diene and 3β-Acetoxy-21α-hydroxy-hop-22(29)-ene from the petroleum ether extract of the whole plant of *Adiantum lunulatum* (25).

**Reddy VL *et al.,*2001** isolated triterpenoids 22,29ξ-epoxy-30-norphane-13 β-ol, fern-9(11)-en-6 α-ol, fern-9(11)-ene, fern-9(11)-en-25-oic acid, fern-9(11)-en-28-ol, filicenol-B, adiantone and 6-oxofern-9(11)-ene from the whole plant (16).

**Agarwal RG *et al.,*** reported presence of phytoconstituents like 6a-Acetoxy-16b,22-dihydroxy-3-ketoisophane(26).

**3.2 Flavonoids**

**Agarwal RG *et al.,*1989** reported presence of flavonoids kaempferol-3-glucoside,kempferol-3-glucuronide, isoquercetin, isoquercitrin, astragalin, nicooiflorin, rutin and querciturone(27).

**3.3 Steroids**

**Marino A *et al****.,*1989 and **Gupta M *et al.,* 1990** and isolated steroids β-Sitosterol, daucosterol, stigmasterol, and campesterol from Adiantum species(28) .

**3.4 Phenyl propanoids**

**Cooper-Driver GC *et al.,*1976** have reported presence of phenyl propanoids, 1-*p*-coumarylglucose-6-sulphate, 1-*p*-coumarylglucose 2-sulphate, coumarins methyl –*p-* coumarate psoralen, and daphnoretin in different species of *Adiantum*(29)*.*

**4. Pharmacological activities**

**4.1 Antimicrobial activity**

**Jenat *et al*.,2018** studied antimicrobial activity of *Adiantum lunulatum.* It was found that methanolic extract,ethanolic extract petroleum ether extract and chloroform extract exhibited significant activity against microorganism *P. aeruginosa*, *S. aureus*, *K. pneumonia*, *E. coli*, and *S. marcesens* and *P. vulgaris* (30).

**Pradeep *et al.,* 2010** reported aqueous and alcoholic extract inhibited growth of *E. coli* and *S. typhi*(31)*.*

**Kannaiyan Moorthy et al.,2014** evaluated antimicrobial activity of *Adiantum lunulatum* were results revealed that aqueous extract of the plant showed significant activity against microbial strains *C. neoformans*, *S. paratyphi* B, *P. aeruginosa* and *V. parahaemolyticus*, whereas ethanolic extract was effective against *P. aeruginosa*, *S. epidermidis* and *S. paratyphi*. Petroleum ether extract of the plant exhibited inhibitory activity against *S. flexneri*, *S. typhimurium, C. albicans* and *K. pneumoniae*(32).

**4.2 Antifungal activity**

**Guha *et al*.,2005** reported antifungal activity of aqueous extract of the whole plant against fungal strains *Aspergillus niger* and *Rhizopus stolonifer*. It was observed that gametophytes were more susceptible then sporophytes(33).

**Rai *et al*.,1989** reported that aqueous extract of the plant exhibited antifungal activity against *Microsporum nanum* where it was observed that leaf extract supressed the growth of fungus significantly(34).

**4.3 Antifertility activity**

**Bhatia DK *et al.,* 2010** observed antifertility effect of alcoholic and aqueous extract of *Adiantum lunulatum* Burm on albino rats. It was observed that extract caused the deformation in germ cells of testis leydigs cell and somniferous tubules were free of spermatozoa and were filled edematous fluid and degenerated cellular debris(35).

**4.4 Antioxidant activity**

**Swant O et al., 2009 and Suresh SN *et al.,*2018** evaluated antioxidant activity of ethanolic extract of the plant by using DPPH assay, reducing power assay Hydrogen peroxide radical scavenging assay and by determining total phenolic content, hydroxyl radical scavenging activity, nitric oxide radical scavenging activity and total antioxidant activity. Results clearly signify antioxidant properties of the plant(36).

**4.5 Anti-inflammatory activity**

**De Souza MM *et al***., **2009** assessed anti-inflammatory activity of the *Adiantum* species using carrageen induced paw edema method where 71.15% inhibition of inflammation was achieved at a dose of 100mg/kg of plant extract(37).

**4.6 Analgesic activity**

**Hussain MM *et al.,* 2008** analysed and reported analgesic activity of the plant belonging to genus *Adiantum* using pain models in mice – writhing test and formalin- induced pain(38).

**4.7 Antiulcer activity**

**Deshpande MN and Balekar NS** carried out the screening of antiulcer activity of ethanolic extract of *Adiantum* *lunulatum*using various ulcer inducing model such as ethanol induced ulcer,pylorus ligated induced ulcer, Aspirin induced ulcer and Cold stress restrain ulcer induced model and found that extract of *Adiantum lunulatum* reduces the ulceration exerting gastroprotective action. (39).

5. **CONCLUSION**

Scientific review of the *Adiantum lunulatum* reveals that plant has medicinal importance and can be explored for new leads as plants contains phytoconstituents such as terpenoids and flavonoids.

**6. COMPETING INTREST**

Authors declares no competing interests.

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