

Ethnomedical Information on Avenca (*Adiantum capillus-veneris*)

Part / Location	Documented Ethnomedical Uses	Type Extract / Route	Used For	Ref #
Fronde Amazonia	Used as a diaphoretic, emollient and pectoral; for urinary disorders and cough. Used as a mosquito repellent. Used as an emmenagogue, expectorant, emollient, aperitive and diuretic.	Not Stated Oral Not Stated Infusion Oral	Human Adult	L04137
Fronde Brazil	Used for respiratory catarrh, coughs, bronchitis, laryngitis. Considered expectorant and pectoral.	Infusion Oral Infusion Oral	Human Adult	ZZ1007
Fronde Brazil	Used for coughs, raspy throat/laryngitis and throat inflammation. Used as a diuretic to stimulate renal function. Used for hair loss and to strengthen the scalp. Used to regulate menstruation.	Decoction Oral Infusion Oral Decoction Oral Infusion Oral	Human Adult	ZZ1081
Leaf Brazil	Used for pulmonary catarrh, coughs, raspy throats, throat dryness, problems of the chest, as an expectorant, to improve appetite and digestion, for rheumatism, to regulate menstruation and to facilitate childbirth.	Infusion Oral	Human Adult	ZZ1079
Leaf Brazil	Used for coughs, bronchitis, raspy throats and other affections of the respiratory tract.	Infusion Oral	Human Adult	ZZ1013
Leaf Brazil	Used as an expectorant for respiratory affections and used as an emmenagogue.	Infusion Oral	Human Adult	ZZ1092
Fronde Canary Islands	Used as an antitussive.	Infusion Oral	Human Adult	T10928
Plant China	Used for coughs.	Syrup Oral	Human Adult	AG1003
Plant England	Used for troubled cough, shortness of breath and yellow jaundice.	Decoction Oral	Human Adult	AG1002
Plant England	Used for coughs, asthma, pleurisy, jaundice and gravel and other impurities of the kidneys. Said to be a gentle diuretic.	Not Stated Oral	Human Adult	ZZ1052
Not Stated England	Used for hard swellings and to make the hair on the head or beard grow.	Not Stated	Human Adult	ZZ1052
Not Stated England	Used as an emmenagogue.	Infusion Oral	Human Female	ZZ1052
Aerial Parts Europe	Used for diabetes.	Infusion Oral	Human Adult	K20532
Entire Plant Europe	Used as an expectorant.	Hot H2O Ext Oral	Human Adult	W02290

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Not Stated Europe	Used to induce menses.	Not Stated	Human Female	A04537
Not Stated Europe	Used as a detoxicant in alcoholism.	Not Stated	Human Adult	AG1005
Fronde + Rhizome France	Made into 'sirop de capillaire' for pulmonary catarrh.	Syrup Oral	Human Adult	AG1002
Plant Germany	Used for bronchitis, coughs, respiratory tract disorders and as a hair tonic.	Powder Oral	Human Adult	AG1002
Entire Plant India	Used as an emmenagogue.	Not Stated Oral	Human Female	A04132
Entire Plant India	Used as an emmenagogue.	Hot H2O Ext Oral	Human Female	W03487
Entire Plant India	Used for diabetes.	Hot H2O Ext Oral	Human Adult	A14379
Entire Plant India	Used for its cooling effects.	Hot H2O Ext Oral	Human Adult	T09390
Entire Plant India	Used as a general tonic. Whole plant is fried in ghee and taken for a month.	Plant Oral	Human Adult	T10115
Leaf India	Used for boils and eczema.	Leaves External	Human Adult	T09390
Leaf India	Used to treat colds and bronchial disease.	Decoction Oral	Human Adult	K26519
Leaf India	Used to heal wounds.	Leaves External	Human Adult	M29901
Plant Juice India	Used for skin diseases. Used as a febrifuge.	Juice External Juice Oral	Human Adult Human Adult	T09390 T09390
Leaf Iran	Used as an expectorant and diaphoretic in the common cold, chronic or acute catarrh and bronchitis. Used as a potent expectorant.	Infusion Oral Decoction Oral	Human Adult	I00005
Entire Plant Italy	Used for dandruff.	Decoction Oral	Human Adult	T16136
Aerial Parts Italy	Used as an emollient and expectorant; used for bronchial diseases.	Hot H2O Ext Oral	Human Adult	T16240
Fronde Italy	Used to treat dandruff and hair loss.	Decoction Oral	Human Adult	T16715
Entire Plant Jamaica	Used as an emmenagogue.	Not Stated Oral	Human Female	W01316
Entire Plant Mexico	Used for four consecutive mornings after intercourse as a contraceptive.	Hot H2O Ext Oral	Human Female	L01490
Leaf + Stem Mexico	Used for retarded periods in women.	Hot H2O Ext Oral	Human Female	T05045

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Not Stated Mexico	Taken for amenorrhea.	Hot H2O Ext Oral	Human Female	T05045
Leaf Philippines	Used as an emmenagogue.	Not Stated	Human Female	A00115
Fronde Peru	Used as an expectorant, for rheumatism, colds, heartburn and sour stomach.	Infusion Oral	Human Adult	ZZ1045
Fronde + Rhizome Peru	Used for coughs, raspy throats, asthma, congestion and catarrh, hepatic calculi, for hydrophobia, hair loss and to regulate menstruation.	Decoction Oral	Human Adult	ZZ1093
Not Stated Peru	Considered diuretic, pectoral and sudorific. Used for alopecia, gallstones and ictericia.	Decoction Oral	Human Adult	ZZ1027
Aerial Parts Spain	Used for amenorrhea and placental retention.	Infusion Oral	Human Female	K26708
Entire Plant Taiwan	Used to treat hepatitis.	Decoction Oral	Human Adult	M29355
Entire Plant USA	Used for menstrual discomfort.	Hot H2O Ext Oral	Human Female	A04588
Entire Plant USA	Used as an emmenagogue.	Hot H2O Ext Oral	Human Female	A05958
Fronde + Rhizome USA	Used for pectoral complaints and pulmonary catarrh. Acts as a demulcent and slight expectorant.	Syrup Oral	Human Adult	ZZ1052
Not Stated USA	Used to treat menstrual irregularities.	Not Stated Oral	Human Female	A03475
Not Stated USA	Used as a tea to stimulate menstruation.	Hot H2O Ext Oral	Human Female	N00314
Fronde Not Stated	Considered antidandruff, antitussive, astringent, demulcent, depurative, emetic, emmenagogue, emollient, weakly expectorant, febrifuge, galactagogue, laxative, pectoral, refrigerant, stimulant, sudorific and tonic.	Not Stated	Human Adult	AG1003 AG1004 AG1005
Fronde Not Stated	Used for coughs, throat afflictions and bronchitis. Used to expel worms, as a hair tonic and for dandruff.	Infusion or Syrup Oral Not Stated	Human Adult	AG1004
Plant Not Stated	Used on snake bites and bee stings.	Poultice External	Human Adult	AG1003 AG1004

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