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*Asplenium trichomanes*

[Synonyms : *Asplenium melanocaulon*, *Asplenium trichomanoides*, *Asplenium trichomanes* subsp. *trichomanes*, *Chamaefilix trichomanes*]

**MAIDENHAIR SPLEENWORT** is a semi-evergreen fern. Native to northern temperate regions it has curving green fronds.

It is also known as *Asplenio tricomane* (Italian), *Bergspring* (Swedish), *Brauner Streifenfarn* (German), *Braunstielliger Streifenfarn* (German), *Capillaire rouge* (French), Common maidenhair, Common wall spleenwort, Fern, *Harasplenio* (Esperanto), *Mailakkondei* (Tamil), *Murasplenio* (Esperanto), Shiny stem fern, *Skroupidhia* (Greek), *Sleziník červený* (Czech, Slovak), Spleenwort, *Stenbräken* (Swedish), *Svartbräken* (Swedish), and Wild hamoftero.

*Trichomanes* is the genus name *Trichomanes* meaning ‘like plants in that genus’.

For the North American Hopi tribe maidenhair spleenwort was essential for rain-making rituals. The plant was soaked in water and the water was then painted on prayer sticks. The Cherokee Indians on the other hand saw medicinal attributes in the fern. They used it to treat various liver and period problems – and they prescribed it in infusion for coughs as well.

Medicinally, an infusion of the dried fronds has been used by herbalists as a tea both for a laxative and in the treatment of respiratory disorders.