

Ophioglossum vulgatum

Ophioglossum vulgatum, commonly known as adder's-tongue,[1] southern adder's-tongue or adder's-tongue fern, is a species of fern in the family Ophioglossaceae.[2]

The adder's tongue fern is generally believed to have the largest number of chromosomes with 1262, compared to the human's 46.

It is native to many regions with a wide scattered distribution: throughout temperate through tropical Africa and throughout the temperate Northern Hemisphere in Europe, northeastern North America, temperate Asia, and Eurasia.[2][3]

This small, hard-to-spot plant can occur singly in unimproved pastures, rock crevices and grassy path-sides, but also can occur in colonies of hundreds of plants in sand dunes.[citation needed]

Ophioglossum vulgatum grows from a rhizome base to 10–20 cm tall (rarely to 30 cm). It consists of a two-part frond, separated into a rounded diamond-shaped sheath and narrow spore-bearing spike. The spike has around 10-40 segments on each side.

It reproduces by means of spores.

This species is rare in most European countries. In Ukraine, there were recorded 280 loci: 152 before 1980, after 1980 – 120, as before and after 1980 – 8 locations.[4]

Traditional European folk use of leaves and rhizomes as a poultice for wounds. This remedy was sometimes called the "Green Oil of Charity". A tea made from the leaves was used as a traditional European folk remedy for internal bleeding and vomiting.[5]

Linnaeus described adder's-tongue with the binomial Ophioglossum vulgatum in his Species Plantarum of 1753.[6]

6. [1]

