

• 中文名稱：腎蕨

• 英文名稱：Tuberous Sword Fern

• 學名：
Nephrolepis auriculata (L.) Trimen
Nephrolepis cordifolia auct. non Presl.: Copel.
Nephrolepis cordifolia Presl.

• 科名：腎蕨科(Nephrolepidaceae) 腎蕨屬(Nephrolepis)

球蕨、玉羊齒、鐵雞蛋、腎鱗蕨、圓羊齒、鳳凰蛋、雉雞蛋、夜明吐珠、山豬仔卵核、山豬腎子、耳基假石葦

• **Standard English Names:**

- Tuberous Sword Fern
- Fishbone Fern
- Erect Sword Fern

• **Descriptive & Regional Names (Based on its unique tubers and morphology):**

- **Ball Fern:** Qiu-jue (球蕨)
- **Jade Sheep Fern:** Yu-yang-chi (玉羊齒 — Commonly used in the floral industry)
- **Iron Egg:** Tie-ji-dan (鐵雞蛋)
- **Kidney-scale Fern:** Shen-lin-jue (腎鱗蕨)
- **Round Fern:** Yuan-yang-chi (圓羊齒)
- **Phoenix Egg / Pheasant Egg:** Feng-huang-dan (鳳凰蛋) / Zhi-ji-dan (雉雞蛋)
- **Night Pearl:** Ye-ming-tu-zhu (夜明吐珠 — Literal: "Night-shining pearl spitting")
- **Wild Boar's Eggs / Wild Boar's Kidney:** Shan-zhu-zai-luan-he (山豬仔卵核) / Shan-zhu-shen-zi (山豬腎子)
- **Auriculate False Stone-fern:** Er-ji-jia-shi-wei (耳基假石葦)

• 原產地：熱帶亞洲、非洲

- **Tropical Asia and Africa**

台灣全島全境平地至海拔 2000 公尺之山野及海岸砂地。蘭嶼綠島亦有分布。

• 分佈：

Widespread throughout the entire island of Taiwan, from lowlands to mountainous regions up to 2,000 meters in elevation, as well as on coastal sandy grounds. It is also distributed on Orchid Island (Lanyu) and Green Island.

1. 是重要的取水植物，於野外可補充水份。
2. 嫩芽及球莖可食：腎蕨可食用的部位是嫩葉及球形的貯水器，具有止渴、解飢、除熱的效果。
3. 插花常用的花材：是良好的插花材料，俗稱羊齒。
4. 藥用：性味：全草：苦、辛、平。效用：全草：清熱利濕，解毒。治淋巴結核，腎臟炎，淋病，消化不良，痢疾，血淋，睪丸炎，高血壓。

• 用途：

1. **Important Water Source (重要的取水植物):** It serves as a vital water-source plant in the wild, providing a way to supplement hydration for survival.
2. **Edible Shoots and Tubers (嫩芽及球莖可食):** The edible parts of the Nephrolepis fern are its young fronds (fiddleheads) and its spherical water-storage organs (tubers). Consuming them helps to **quench thirst, relieve hunger, and clear internal heat.**
3. **Floral Arrangement Material (插花常用的花材):** Known commonly in the floral industry as "Lamb's Tooth" (羊齒), it is an excellent and frequently used material for floral arrangements.
4. **Medicinal Uses (藥用):**
 - **Properties (性味):** The entire herb is bitter, acrid (pungent), and neutral in nature.
 - **Functions (效用):** The whole herb clears heat, promotes diuresis (removes dampness), and detoxifies.
 - **Indications (主治):** It is used to treat lymph node tuberculosis, nephritis (kidney inflammation), gonorrhea, indigestion, dysentery, hematuria (bloody urine), orchitis (testicular inflammation), and hypertension (high blood pressure).

腎蕨株高約一尺餘，根莖短，具光澤，被鱗片，莖有三種，短莖為葉柄覆蓋；匍匐莖，向四方蔓延，莖上有許多小芽，能長出前述短莖，故本種皆成群出現；圓球形塊莖，長於地下，富含汁液，為密被金黃色鱗片的貯水器，俗稱為『金雞蛋』或『鳳凰蛋』。

• 莖：

1. **Short Stems:** These are hidden and covered by the leaf petioles.
2. **Stolons (Runners):** These creep and spread in all directions. They bear numerous small buds that can develop into the aforementioned short stems, which is why this species typically grows in dense clusters.
3. **Spherical Tubers:** Located underground, these juicy storage organs are densely covered in

golden-yellow scales. Functioning as water reservoirs, they are colloquially known as **"Golden Eggs" or "Phoenix Eggs."**

一回羽狀複葉，叢生；葉柄長 6~25 公分，幼嫩時密被赤褐色毛狀鱗片，鱗片全緣，窄線形，葉軸具縱溝，上部被鱗片；葉片長 25~65 公分，寬 2~6 公分，羽狀裂，羽片無柄，羽軸有節，羽片長 1~4 公分，寬 1~2 公分，基部不等形，葉耳銳尖，上下表面近乎光滑，下部羽片鈍形，通常較短，上部羽片著生孢子囊堆，長約 3~4 公分，略尖銳，邊緣細鋸齒至細鈍鋸齒。

• 葉：

The leaves are once-pinnate compound fronds, growing in tufts (clustered). The petioles (stipes) are 6–25 cm long and are densely covered with reddish-brown, hair-like scales when young; these scales are entire-margined and narrowly linear. The rachis (leaf axis) is longitudinally grooved and scaled on the upper portion. The lamina (leaf blade) is 25–65 cm long and 2–6 cm wide, pinnately divided. Pinnae (leaflets) are sessile (stalkless) and articulated (jointed) at the rachis. Each pinna is 1–4 cm long and 1–2 cm wide, with an asymmetrical base and a sharp auricle (ear-like lobe). Both upper and lower surfaces are nearly glabrous (smooth). Lower pinnae are obtuse and generally shorter. The upper pinnae bear sori (spore clusters), are about 3–4 cm long, slightly pointed, and have margins ranging from finely serrate to finely crenate (bluntly serrated).

• 花：

孢子囊堆圓形，著生細脈末端近緣處；因其孢子囊群的孢膜裂口展開，呈腎臟形，故名為腎蕨。

• 果實：

The sori (spore clusters) are circular and located near the margins at the ends of the veinlets. Because the indusium (the protective membrane of the sori) opens to reveal a distinct kidney-like shape, the plant is aptly named "Nephrolepis" (Kidney Fern).

• 特性：

多年生草本，根莖短小，根下有塊莖呈球形，肉質。葉叢生，直立，柄長 6~12 公分，密生赤褐色毛狀鱗片。葉片長 25~65 公分，羽狀複葉，光滑無毛，羽片多數，無柄，呈覆瓦狀排列，微具鈍鋸齒。腎蕨株高約一尺，葉羽狀深切裂，密生而稍皺，色濃綠，根鐵絲狀，耐蔭性極廣，適合盆栽作為室內擺飾，也是插花材料。腎蕨繁殖可用孢子播種或分株，自生能力強，若栽培成株幾株，栽植地適合生長，來年之後周遭自可長出無數株。

A perennial herb with short rhizomes and fleshy, spherical underground tubers. The fronds grow in erect tufts with petioles (stipes) 6–12 cm long, which are densely covered in reddish-brown

hair-like scales. The leaf blades are 25–65 cm long and once-pinnate; they are glabrous (smooth) and consist of numerous sessile (stalkless) pinnae arranged in an imbricate (overlapping) pattern with slightly obtuse serrations.

Standing about one foot tall, the plant features dense, dark green, and slightly crinkled pinnatifid leaves. Its wire-like roots and exceptional shade tolerance make it an ideal potted plant for indoor decor and a popular material for floral arrangements. The Nephrolepis fern can be propagated through spores or division. It possesses a strong self-regeneration ability; if a few plants are established in a suitable environment, countless new offspring will naturally emerge in the surrounding area by the following year.