

ABSTRACT OF THE DISCLOSURE

An extract of *Asplenium nidus* L. includes pyropheophorbide a methyl ester ($C_{34}H_{36}N_4O_3$), pheophorbide a methyl ester ($C_{35}H_{36}N_4O_5$), 1-linleoyl-3-linolenoyl-glycerol ($C_{39}H_{66}O_5$),
5 1-linleoyl-2,3-dipalmitoyl-rac-glycerol ($C_{53}H_{98}O_6$) and 1,3-dipalmitoyl-sn-glycerol ($C_{35}H_{68}O_5$). The extract of *Asplenium nidus* L. is obtained by using a method including steps of: solvent extraction, using an solvent to extract an *Asplenium nidus* L. sample and to obtain an extract, with a w/v ratio between the solvent and the *Asplenium nidus* L. sample
10 being 50 to 60mg/ml; and column chromatography, fractionating the extract with water and ethanol as eluent to obtain several fractions including fraction a to fraction i, and further evaporating and lyophilizing fraction b, c, d or their combination to obtain an extract of *Asplenium nidus* L..