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Antennaria dioica

[Synonyms : *Antennaria candida*, *Antennaria dioica* var. *hyperborea*, *Antennaria dioica* var. *tomentosa*, *Antennaria hyperborea*, *Antennaria insularis*, *Antennaria montana*, *Antennaria parviflora*, *Antennaria tomentosa*, *Gnaphalium dioicum*, *Omalotheca dioica*]

MOUNTAIN EVERLASTING is a mat-forming perennial. Native to Asia, the North Pacific Aleutian Islands, to central and western Europe and to the United States, it has small pleasant smelling, white (sometimes pink or reddish-tipped) flowers.

It is also known as *Antenarío dioika* (Esperanto), Cat's ear, Cat's foot, Cat's paw, Chaste weed, Cotton weed, Cudweed, *Edafeddog y Mynydd* (Welsh), *Gemeines Katzenpfötchen* (German), *Gnaphale dioïque* (French), *Herbe pied-de-chat* (French), *Immortelle des Alpes* (French), *Kattefot* (Norwegian), *Kattfot* (Swedish), *Katzenpfötchen* (German), *Kissankäpäli* (Finnish), *Kociánek dvoudomý* (Czech), Life everlasting, Moor everlasting, Mountain cudweed, *Pied de chat* (French), *Plešivec dvojdomý* (Slovak), Pussytoe, Stolonerous pussytoes, *Vanlig kattfot* (Swedish), and *Zweihäusiges Katzenpfötchen* (German).

Dioica refers to the male and female flowers growing on separate plants ie. dioecious.

The dried flowers are often used in Western flower arrangements.

Some records mention that the North American Gosiute Indian tribe used a poultice of the plant to treat snow-blindness.

Medicinally, the plant was of little importance in local remedies although herbalists recommended it for tonsillitis, mumps and snake bites, and it was an ingredient for the treatment of bilious conditions and bronchitis. Today it can be taken internally for easing diarrhoea and is sometimes employed as a gargle.