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*Gnaphalium uliginosum*

[Synonyms : *Filaginella uliginosa*, *Gnaphalium nudum*]

**MARSH CUDWEED** is an erect or prostrate annual. Native to Europe and northern North America it has tiny, yellow or brownish-white flowers.

It is also known as Cotton dawes, Cottonweed, Cudweed, Dysentery weed, *Edafeddog y Gors* (Welsh), Everlasting, Everlasting cudweed, *Gnaphale des marais* (French), Low cudweed, Low marsh life-everlasting, Marsh everlasting, *Moerasdroogbloem* (Dutch), Mouse ear, *Protěž bažinná* (Czech), *Protěženec bahenní* (Czech). Small life-everlasting, *Sumpf-Ruhrkraut* (German), *Sumpnoppa* (Swedish), Wartwort, and Wayside cudweed.

*Uliginosum* is derived from Latin *uliginis* (moisture, wetness of the earth) meaning 'of or from marshy, swampy or wet places'.

For the North American Iroquois Indians the plant provided an ingredient used to treat asthma and they also put it on bruises.

Marsh cudweed used to be an ingredient in Europe in smoking mixtures.

In Russia it is used clinically to treat hypertension. Elsewhere, although it has been recommended as a gargle for tonsillitis and laryngitis, it is rarely used today even in folk medicine.