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*Lobaria pulmonaria*

[Synonyms : *Sticta pulmonaria*]

**LUNGMOSS** is a lichen. Found in western Europe (including western Britain) and in North America, it has dark green to olive-brown fronds that have a distinctive smell.

It is also known as Lichen, *Lichen pulmonaire* (French), *Lunglav* (Swedish), Lung lichen, Lungwort, *Mousse pulmonaire* (French), Oak lungs, and Tree lungwort.

*Pulmonaria* is derived from Latin *pulmonis* (lung).

This lichen has occasionally been used for tanning.

The spotted fronds suggested the appearance of diseased lungs to some past herbalists.

[According to the Doctrine of Signatures, a dogma much admired in the 16<sup>th</sup> Century, this feature made the plant a suitable remedy for lung ailments]

Today the essential oil is a commercial ingredient used by the perfumery industry and the plant is the source of an orange-brown woollen dye in both Britain and Scandinavia.

Medicinally, lungmoss has been recommended for the treatment of coughs, bronchitis and asthma. Today it is used in homoeopathic treatments.