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Gracilaria lichenoides

[Synonyms : *Polycavernosa fastigiata*, *Sphaerococcus lichenoides*]

JAFFNA-MOSS is a seaweed. Native to Burma (referred to today as Myanmar), Malaysia, Sri Lanka and southern India, it has thread-like, creamy-white fronds.

It is also known as Ceylon agar-agar, Ceylon moss, *Janggut duyung* (Malay), *Kadala-passi* (Tamil), and Sea-moss.

Although the dried seaweed lacks nutritional value it is considered by many to be a delicacy for invalids when its seaweed taste has been disguised with wine, milk, herbs or spices. It has also been collected as a famine plant and has provided a thickening agents for soups.

Medicinally, in parts of Asia, including Malaysia the seaweed has been used internally for treating coughs and other respiratory ailments and externally in poultices applied to sores or swollen knees.