***LICORICE***

Name: glycyrrhiza glabra. Also called licorice root, liquorice, Gan-cao, vashti madhu

Plant Family: Fabaceae

Parts used: root

Uses: Often used for respiratory ailments to soothe coughs, sore throat, bronchitis, laryngitis, and asthma. It helps strengthen vocal cords. It helps cure hyperacidity and gastric and peptic ulcers. Relieves muscle spasms and inflammation. It is said to help balance the endocrine system by normalizing and regulating hormone production. Used to restore adrenal function in cases of adrenal exhaustion. For this reason, it helps reduce stress and is indicated in cases of general debility. Considered to help the body produce more estrogen if needed. Also used for stomach, urinary, and intestinal and bowel irritations. Licorice has also been used to aid in some skin conditions related to autoinmune diseases like psoriasis. It has also been used to protect teeth and gums from bacteria. Combined with Ginger it can be a tonic for the teeth. It nourishes the brain, increasing cranial and cerebrospinal fluid.

Actions: Anti-inflammatory, anti arthritic, demulcent, anti viral, expectorant, tonic, laxative, rejuvenative, sedative, anti bacterial

Constituents: Glycyrrhizic acid, mucilaginous material, phytohormones/phytoestrogens, coumarins, flavonoids, polysaccharides, essential oils

Licorice can be taken in decoction, tincture, capsules and powder form.

Tincture: take 20-30 drops, 3 times daily

Capsules: No more than 5 grams of DGL licorice daily

Decoction: 4-6 Tblsp of dried herb per quart of water

Harvest: Roots are to be harvested on the 3rd or 4th year of growth in the fall

Taste: bitter, sweet

Energy cooling

**Conraindications-** The herb can cause sodium retention and potassium loss so people with history of high blood pressure, heart problems, kidney problems and water retention problems should use this herb with caution and under practitioner guidance. There is a form of the herb (DGL- which stands for deglycyrrhizinated licorice) which is best taken in these circumstances.

Bibliography:

Dr. David Frawley and Dr. Vassant Lad, “The Yoga of Herbs”, pp 127-128, pp 206

Gladstar, Rosemary, “Medicinal Herbs, a beginner’s guide”, pp 161-164

http://www.anniesremedy.com/, [www.webmd.com](http://www.webmd.com), [www.botanical.com](http://www.botanical.com)