



Licorice

Glycyrrhiza glabra

Common Name	Licorice
Family	Fabaceae
TCM Name	Gan Cao
Ayurvedic Name	Yashti Madhu
Parts Used	Root
Native To	Southern Europe & Asia

History & Folklore

Strength & long life in Chinese medicine. Sweet of the Pharaohs in Ancient Egypt. Carried by armies of Alexander to allay thirst and as a medicine.¹

Key Constituents

volatile oil, coumarins, chalcones, triterpenes, flavonoids²

¹ Bartram, Thomas. *Bartram's Encyclopedia of Herbal Medicine* (Great Britain, Robinson Publishing Ltd., 2015), 272.

² Bartram, Thomas. *Bartram's Encyclopedia of Herbal Medicine* (Great Britain, Robinson Publishing Ltd., 2015), 272.

Uses

Adrenal insufficiency, hypoglycemia, reduces gastric juice secretion, inflamed stomach, mouth ulcer, dry cough, hoarseness, bronchitis, lung troubles, catarrh, tuberculosis (Chinese), prevent UTI.³

Actions

Demulcent, expectorant, anti-inflammatory, mild laxative, adaptogen, antiviral, anti-depressant

Preparations

Decoction: 1/2 tsp to a cup of water, simmer for 15 min.

Energetics

sweet, neutral, moist, cool

Dosage

Average Dose: 1-5 grams, 3 times a day before meals.

Decoction: 1/2 to 1 tsp to each cup of water, simmer 15 minutes. 1/2 to 1 cup

Liquid Extract: 1:1, 2-5ml

Contraindications

In pregnancy, cirrhosis (Liver), and in the presence of digitalis

Safety

If over-consumed may result in low potassium, levels, high blood pressure. Where taken for long periods, increase intake of potassium rich foods. May cause fluid retention of face and ankles which could be tolerated while primary disorder is being healed.

Doshas

Pacifies both Pitta and Vata. It helps to bring out the phlegm (the pathological form of Kapha) in small amounts but in high amounts can aggravate Kapha. ⁴

³ Bartram, Thomas. *Bartram's Encyclopedia of Herbal Medicine* (Great Britain, Robinson Publishing Ltd., 2015), 272.

⁴ Banot, D (2017, June 19). Licorice: Anti Aging, Benefits And Uses, High Blood Pressure, Skincare, Hair Care, Side Effects. Retrieved from <https://www.theayurvedaexperience.com/blog/licorice-benefits-uses-high-blood-pressure/>.