



Yasti madhu

Common Name: Licorice

Botanical Name: Glycyrrhiza Glabra

Part used: Root

Licorice is a purple and white flowering perennial its roots have been used for its therapeutic properties in dried form and has sweet and cooling properties.

Therapeutic benefits:

As a demulcent with alkaline properties it coats digestive and urinary tracts soothes irritation caused by acids, and therefore useful indigestion, hyperacidity and gastric ulcers.

Licorice root decoction helps to relieve oral inflammations, dry coughs, bronchitis and asthma.

As an expectorant it helps to liquify and expel mucus, cleansing the lungs and excess kapha. Can be used with ginger in conditions such as colds and flu.

Licorice can be chewed on to relieve sore throats and improves the voice.

its anti-inflammatory properties is useful in conditions such as arthritis.

Externally applied for treating eczema, herpes, and mouth ulcers.

Strengthens the immunity, complexion and promotes hair growth.

Has mild laxative properties

Pregnant women, those with high blood pressure or heart conditions should not use yastimadhu at medicinal doses Consult doctor if you have gall stones or liver or kidney disease.