

Licorice



Scientific name: *Glycyrrhiza glabra L.*

Common name: Licorice

Traditional name: Asl Sous, Bikh Mahak

Part used: The root (rhizome) of the plant

Description & characteristics:

Pieces with a thickness of up to 2 cm, completely wooden with a dark brown skin that contains irregular longitudinal grooves, and the inside has a golden yellow color and a very sweet taste.

Temperament: Hot and dry

Functions:

Mondij (coctive agent) of dense and compound humors, softening the chest and throat, emollient of dampness, abluent of the internal organs, tonic of the nerves, carminative, diuretic of urine and menstrual.

Traditional uses:

Purifying chest and lung, useful for all types of cough and shortness of breath, thirst quencher, useful for chronic fevers, stomach inflammation.

Modern uses:

Cough, bronchitis, stomach inflammation (Gastritis).

Dosage:

- 1.5 to 5 scoops of root daily
- To prepare the infusion, pour half a cup of root powder in a cup of boiling water and consume after 10-15 minutes.

Side effects:

Long-term use of licorice may lead to the following side effects:

- Hypokalemia
- Hypernatremia
- Edema
- Increased blood pressure and cardiac complaints

Precautions and warnings:

- Do not use for more than 4 to 6 weeks continuously.
- Simultaneous use with tobacco increases the risk of plant toxicity.
- Due to the inhibition of the cytochrome P450 3A4 enzyme, caution should be taken in the simultaneous use of drugs that are metabolized through this enzyme.

Use in pregnancy and breastfeeding:

It is forbidden.

Contraindications:

- Cirrhosis, hepatitis, cholestatic liver diseases
- Severe kidney failure
- Diabetes
- Cardiac arrhythmia
- High blood pressure
- Excessive hypokalemia
- Pregnancy, breastfeeding

Interactions:

- The possibility of reducing the effects of antihypertensive drugs if taken at the same time.
- The possibility of reducing the effect of anti-arrhythmic drugs in case of simultaneous use due to hypokalemia and sodium retention effects.
- The possibility of worsening hypokalemia in simultaneous use with laxatives.
- Hypokalemia associated with the prolonged use of licorice with thiazide diuretics, loop diuretics and cardiac glycosides.
- Concomitant use of licorice with corticosteroids potentiates effects due to the prolonged half-life of Cortisol.
- Reducing the effect of blood sugar-lowering drugs
- The possibility of bleeding in simultaneous use with anticoagulant drugs

Pharmaceutical forms available in natural products pharmacy:

- Mondij of soda powder
- Mondij of soda tablets
- Mumsek mummiay capsule
- Sunscreen cream (Toranjan)

References:

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