

# LICORICE

*Glycyrrhiza glabra*

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*Glycyrrhiza glabra*

Nirogamz™

**Product code: 159**

### Licorice capsules

Licorice benefits are known to Indians since thousands of years. Its Sanskrit name is Yashtimadhu. It is one of the most commonly used Ayurvedic herbs. Licorice (botanically *Glycyrrhiza glabra*) support healthy throat and promotes clear and comfortable breathing. Licorice also supports a healthy male reproductive system, balanced adrenals, and proper function of the healthy kidneys. It also promotes smooth breathing, Kapha(water) congestion, healthy reproductive system and healthy digestion. It promotes Immunity and Overall health system. It helps to removes excess kapha from the stomach and lungs. This is best Ayurvedic herb to balance various doshas of human body.



**Composition:** Each 500 mg capsule contains:  
**Glycyrrhizin 14% -24 % ( 300mg)**  
**Liquorice Powder (200mg).**

Liquorice powder used here is wet triturated with Liquorice decoction to increase the potency of the powder. This process is known as “Bhavana” in Ayurveda. Bhavana is used often in Ayurvedic formulations to increase the potency and for size reduction so that the efficacy of the product get enhanced.

**Chemical composition:** A large number of components have been isolated from the liquorice roots. 40-50 percent of total dry material weight of *Glycyrrhiza glabra* is accounted by water-soluble, biologically active complex. The primary active ingredient, Glycyrrhizin (glycyrrhizic acid; glycyrrhizinate) constitutes 10–25% of liquorice root extract. It is a saponin compound (60 times sweeter than cane sugar) comprised of a triterpenoid aglycone, glycyrrhetic acid (glycyrrheticinic acid; enoxolone) conjugated to a disaccharide of glucuronic acid. Glycyrrhizin is considered to be the most common of the Asiatic folk medicines to be used as an anti-inflammatory agent. Reported Pharmacological activities are Anti-tussive & expectorant activity, Antioxidant activity, Skin lightening and skin tightening activity, Anti-inflammatory activity, Anti-viral effects, Anti-fungal activity, Anti-bacterial Activity, Anti-malarial activity, Anti hyperglycemic activity, Immunostimulatory effects, Memory enhancing activity, Hepatoprotective activity, Anticoagulant, Hair growth stimulatory activity etc. Starches (30%), pectins, polysaccharides, simple sugars, gums, mucilage (Rhizome), amino acids, triterpene saponin, flavonoids, mineral salts, bitters, essential oil, fat, asparagines, female hormone estrogen, tannins, glycosides, protein, resins, sterols, volatile oils and various other substances are components of this complex.



## Ayurvedic aspect: Yastimadhu classical categorization:

### Charaka Samhita –

jeevaneeya – herbs that promote longevity

Sandhaneeya – herbs that help in bone fracture healing and wound healing

Varnya – herbs that improve skin complexion

Kanthya – herbs that improve voice

Kandughna – Herbs that relieve itching sensation (pruritis)

Chardinigraha – Herbs that relieve vomiting

Shonitasthapana – Herbs that check bleeding

Mutravirajaneeya – Herbs that restore proper colour of urine

Snehopaga – herbs that are used in Snehana – a preparatory procedure before Panchakarma treatment

Vamanopaga – herbs that are used in Vamana (emesis) Panchakarma treatment

Asthanopaga – herbs that are used in Basti Panchakarma treatment (rectal enema with decoctions)

Charaka has mentioned it as a plant source for oil.

Sushruta Samhita – Kakolyadi, Sarivadi and Anjanadi group of herbs.

Vagbhata – – Sarvadi and Anjanadi group of herbs.

Habitat: This herb is cultivated in Himalayas.

Glycyrrhiza glabra medicinal qualities:

Rasa (Taste) – Madhura (Sweet)

Guna (Properties) – Guru (Heavy), Snigdha (Unctuous)

Vipaka (Post digestion effect): Madhura (Sweet)

Veerya (Potency) – Sheeta (Cold)

**Action on Dosha:** Vata-Pittahara (Pacifies the aggravated / morbid Vata and Pitta). Being heavy and unctuous and possessing Sweet taste and post-digestion effect, which are antagonistic to Vata, Yashtimadhu pacifies (controls) Similarly Yashtimadhu pacifies the aggravated Pitta due to its Sweet taste and post-digestion effect and also cold potency.

It is free of gluten, soy, wheat, shellfish, preservatives, colors, artificial ingredients, any additive, artificial binders, Maltodextrin, Talcum powder, filler and any other material except the herb in capsules.

\* This product is 100% vegetarian.

\* This product does not contain animal products and is suitable for vegetarians and vegans.

**PRECAUTIONS:** Pregnant/Lactating women, children or any with Known pre-existing condition should take this product under the advice of a qualified health care provider. Keep it away from the reach of children.

#### Scientific Reference:-

- 1) Saxena S. Glycyrrhiza glabra: Medicine over the millennium, Natural product radiance 2005; 4(5):358-367. 5.
- 2) Sheth A. The Herbs of India. Edn 1, Vol 2, Hi Scan Pvt Ltd, Gujrat, 2005, 566. 7.
- 3) Kaur R, Kaur, Dhinds AS. Glycyrrhiza glabra: a phytopharmacological review, IJPSR 2013; 4(7):2470- 2477.
- 4) Revers FE. Clinical and pharmacological investigations on extract of licorice. Acta Medica Scandinavica 1956; 154:749-751. 46.
- 5) Dhingra D, Parle M, Kulkarni SK. Memory enhancing activity of Glycyrrhiza glabra Linn in mice. J Ethnopharmacology 2004; 91(2-3):361-365.

NOTE: This product has been approved by the department of AYUSH/ Government of India.

\*These statements have not been evaluated by the Food and Drug Administration. Nirogamz products are not intended to diagnose, treat, cure, or prevent any disease. This information is for educational purposes only and is not a substitute for medical advice, diagnosis or treatment. For more information pertaining to your personal needs kindly consult your qualified health care provider.