

Licorice or Yashtimadhu

Latin Name(s): Glycyrrhiza glabra

English Name(s): Licorice, Liquorice

Sanskrit / Indian Name (s): Yashtimadhu, Yashti-madhu, Yashti-madhuka



Cure for: In Ayurveda Yashtimadhu is known as an aphrodisiac and a rejuvenating tonic. It is an excellent natural herb that is used for treating various ailments like throat congestions, coughs, respiratory disorders and tuberculosis. Yastimadhu also helps in increasing the appetite by facilitating proper evacuation of stools. This herb has a special action on kapha, which helps in expectoration of the accumulated kapha.

Some recent scientific studies have shown that Yashtimadhu also acts as a memory enhancer and mental rejuvenator.