

YASHTIMADHU : THE SWEET HERB



Yashtimadhu is commonly known as Licorice. It treats wide range of diseases. It has a pleasant scent and good taste and is commonly used as flavouring agent. Most of the sweetness comes from a substance called glycyrrhizin which is generally 30 to 50 times sweeter than sugar. The roots are found to be the most potent. Due to its sweet taste it is added to various ayurvedic formulations to mask the bitter taste.

Licorice is a go-to herb for respiratory disorders. In Ayurveda, it is an important herb which has an effect on Pranavaha strotas (Respiratory system). It is used to treat asthma, cough, cold, sore throat and other respiratory ailments. Its antioxidant and soothing properties help to reduce inflammation specifically in the bronchial tubes. It also thins and loosens the mucus inside the airways, eases coughing and congestion. Ancient sages claimed that intake of licorice prevents hoarseness of voice and gives melodious voice as sweet as the herb.

Yashtimadhu has anti-bacterial properties. This helps to reduce the growth of bacteria which causes cavities, combats bad breath, reduces plaque and keeps the gums and teeth healthy and strong. It stimulates saliva production and helps to cleanse and remineralize teeth. Hence, it is a common ingredient in oral care products like toothpaste and mouthwash.

It pacifies pitta in the body. It balances the pitta located at different sites in the body. A balanced Pachak Pitta helps in good digestion, Alochak Pitta keeps eyesight healthy and Bhrajak Pitta gives good complexion, lustrous and healthy skin and hair. Apply Yashtimadhu paste along with Kumkumadi Oil as a face mask, leave it on for 15 mins and clean it with lukewarm water for instant glow and even skin tone.

Yastimadhu is one herb which can be taken since birth to death. It is given to children for healthy body development, enhancing memory and is one of the ingredients in swarnaprash. It also helps adolescents with hormonal imbalance and other pitta related issues. It is one the best Rasayan (Rejuvenating) herb, making it an excellent herb for Geriatric health problems.