

Licorice Root

Botanical Name: *Glycyrrhiza glabra*

Family: Fabaceae

Energetics: Sweet, cooling, moistening

Taste: Sweet, slightly bitter

Actions: Demulcent, anti-inflammatory, adrenal support, digestive tonic, expectorant

Overview

Licorice Root is a sweet, moistening herb traditionally used for digestive support, respiratory health, adrenal support, and as a demulcent for soothing mucous membranes.

Uses

Internal Uses

- Soothes digestive irritation (ulcers, gastritis)
- Supports respiratory system and eases coughs
- Adrenal tonic for stress adaptation
- Mild anti-inflammatory properties

External Uses

- Poultices for inflammation or skin irritation
 - Infused oils for soothing applications
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Medication Interactions

- May increase blood pressure and affect potassium levels if taken in high doses
 - Interacts with diuretics, corticosteroids, and antihypertensive drugs
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Contraindications

- Hypertension or heart conditions
 - Pregnancy: avoid high doses
 - Kidney disease or low potassium levels
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Caution & Safety

- Moderate intake; avoid long-term high doses
 - Monitor blood pressure and potassium levels
 - Discontinue if swelling or hypertension occurs
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Herbal Pairings

Blends Well With

- Marshmallow Root (digestive demulcent synergy)
- Ginger (warming digestive support)
- Licorice + Astragalus (immune and adrenal support)

Avoid Combining With

- Blood pressure-raising herbs or medications without supervision
 - Diuretics or corticosteroids in high doses
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Possible Side Effects

- Increased blood pressure
 - Low potassium levels
 - Mild digestive upset
 - Rare allergic reactions
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Forms & Dosage

Tea / Decoction

- 1–2 tsp dried root per cup water
- Simmer 10–15 minutes
- 1–2 cups daily

Tincture (1:5)

- 2–4 mL, 1–2 times daily

Capsules / Powder

- 500–1,000 mg, 1–2 times daily

External / Infused Oil

- Apply to skin or affected areas as needed
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Notes

Licorice Root is a powerful demulcent and anti-inflammatory herb for digestive, respiratory, and adrenal support. Use cautiously in high-risk individuals.

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