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Glycyrrhiza glabra: Boon for human health

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Glycyrrhiza glabra Linn., belonging to family Fabaceae, known as Mulethi or Liquorice. Over hundreds of years herbal medicines widely used to cure various chronic diseases. Liquorice is used in many systems of medicines like in Unani, Ayurveda, homeopathy, Chinese medicines to cure various types of complications like hepatitis C, ulcers, pulmonary and skin diseases etc. Plants have been one of the important sources of medicines since the beginning of human cultivation. There is a growing demand for plant based medicines, health products, pharmaceuticals, food supplements etc. Liquorice is widely used in ayurvedic formulations. It is traditionally used in mild laxative, anti-arthritis, anti-inflammatory, antibiotic, anti-viral, anti-ulcer, memory stimulant (being MAO inhibitor), anti-tussive, aphrodisiac, anti-mycotic, estrogenic, anti-oxidant, anti-caries agent, anti-neoplastic, anti-cholinergic, anti-diuretic and hypolipidemic agent. It is reported to contain important phytoconstituents such as glycyrrhizin, glycyrrhizinic acid, glabrin A&B, glycyrrhetol, glabrolide, isoglabrolide, isoflavones, coumarins, triterpene sterols often used to soothe respiratory or gastrointestinal (GI) symptoms. Modern botanical applications of the herb continue this tradition with recommendations including the treatment of gastric ulcers, bronchitis, cough and dyspepsia. The herb has been used in medicines since thousands of years. Its roots comprises of a compound that is 50 times sweeter than sugar

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