

Licorice Root – Adaptogenic Sweetness, Mucosal Soother & Adrenal Ally

Botanical Profile

- Latin Name: *Glycyrrhiza glabra*
- Alternative Names: Sweet Root, Gan Cao (TCM)
- Plant Family: Fabaceae (Pea family)
- Parts Used: Root (dried or fresh)
- Origin: Native to Southern Europe and parts of Asia

Licorice Root is a deeply nourishing adaptogen with harmonising qualities across many organ systems. Known for its naturally sweet taste, it soothes inflamed mucous membranes, supports the adrenal system, and enhances the synergy of herbal blends. At Peridotflow Wellness Centre, Licorice is seen as a sweet unifier—bringing resilience, lubrication, and longevity to mind and body alike.

Soothes Mucous Membranes and Supports Gut Lining

Licorice is a demulcent that coats and heals inflamed tissue, particularly in the stomach, throat, and respiratory tract. It's commonly used for gastritis, acid reflux, sore throat, or dry coughs—offering gentle moistening protection to irritated linings.

Supports Adrenal Health and Reduces Stress Impact

As an adaptogen, Licorice helps regulate cortisol levels, enhancing endurance during stress and supporting recovery from adrenal fatigue. It improves resilience and energy in those who feel chronically tired, depleted, or overwhelmed.

Acts as an Anti-inflammatory and Immune Modulator

Licorice helps reduce systemic inflammation and supports balanced immune responses. It can be helpful in autoimmune conditions, allergies, or inflammatory bowel issues where calming yet supportive actions are needed.

Relieves Respiratory Irritation and Dryness

Licorice soothes dry, unproductive coughs, relieves bronchial inflammation, and supports clear, comfortable breathing. Its moistening and anti-inflammatory qualities make it a top choice for lung and throat blends.

Harmonises and Enhances Herbal Formulas

Traditionally used in both Western and Eastern herbalism to enhance synergy between herbs, Licorice balances blends, improves flavour, and extends the action of companion herbs. It supports integration and cohesion across body systems.

Folklore & History

Licorice Root has been revered in both East and West for over 4,000 years. Ancient Egyptians and Chinese herbalists used it for longevity, digestion, and to 'harmonise' medicine. The sweet root was seen as a tonic of balance and was traditionally given to soothe anger, soften the heart, and prolong vitality.

Traditional Usage

Used in teas, tinctures, and powders for digestive discomfort, sore throat, respiratory weakness, fatigue, and as a harmoniser in multi-herb formulas. Often decocted with other roots or infused into soothing blends for adrenal or gut support.

Herbal Actions

Adaptogen, Demulcent, Anti-inflammatory, Expectorant, Antiviral, Immunomodulator, Tonic, Synergist

Energetics & Tissue States

Temperature: Slightly Warming

Moisture: Moistening

Tissue States: Dry, Atrophic, Deficient, Irritated

Active Compounds

- Glycyrrhizin – Sweet-tasting anti-inflammatory compound that supports adrenal and immune function
- Flavonoids – Antioxidant and hepatoprotective
- Polysaccharides – Immune supportive and moistening
- Saponins – Soothing and expectorant

Dosage & Preparation

- Tea/Decoction: 1 tsp dried root per cup, simmer 10–15 mins; drink 1–2x daily
- Tincture: 1–3 ml up to 3x daily

- Powder: 1/4–1/2 tsp in warm water or mixed into blends
- Best used in moderation and short-term unless advised by a practitioner

Safety & Contraindications

- Avoid in individuals with high blood pressure, water retention, or low potassium (can exacerbate these conditions)
- Not advised in pregnancy or with corticosteroid medications
- Use deglycyrrhizinated licorice (DGL) for long-term digestive support without hormonal impact
- Always monitor for signs of overstimulation or edema in prolonged use

Herbal Pairings

- Marshmallow Root – for deep mucosal repair
- Ashwagandha – for nervous system resilience and adrenal support
- Reishi – for immune modulation and lung nourishment
- Ginger – for digestive synergy and warming balance
- Chamomile – for calming inflammation and gentle emotional support

Peridotflow Perspective

Licorice Root is the great harmoniser—it offers sweet steadiness in a world of extremes. We work with it at Peridotflow when the system is dry, reactive, or burned out. It teaches us to nourish deeply, integrate gently, and bring sweetness to the places within us that have grown brittle or inflamed.