

1. Management of inflammations and peptic ulcer: The roots and stolons of *Glycyrrhiza glabra*, commonly known as liquorice (licorice) are used both in Western and Oriental folk medicine as an expectorant, antitussive, for throat inflammation, for arthritis and for peptic ulcer. Continuous scientific research by intellectual research groups in Pharmacognosy, Medicinal Chemistry, Pharmacology, Clinicians, etc., have resulted in countless very useful achievements such as: a) The preparation of aspirin, the famous anti-inflammatory analgesic drug. b) The isolation of morphine, the famous narcotic analgesic, from opium, followed by establishment of its SAR and the synthesis of morphine-type compounds including levorphanol, dextromethorphan, etorphine, methadone, pethidine, etc. This herb should not be prescribed as a remedy if the patient was suffering from hypertension, glaucoma, increased thyroid gland activity, or the existence of a thrombus in the coronary arteries.

A. Remedies that possess physiological effect : Many herbs used in folk medicine contain secondary plant metabolites with marked pharmacological actions. The scientific basis of herbal medicine: Herbal remedies utilized by traditional healers in folk medicine may be categorized into those with a physiological effect and those that appear to have only a psychosocial effect. The practitioners of traditional medicine are not hygienic in their methods, their clinics, and mode of preparing remedies. The main chemical constituent of liquorice is glycyrrhizin, a triterpenic saponin with very low haemolytic index. The aglycone of glycyrrhizin, glycyrrhetic acid, showed anti inflammatory activity in 1/8th the potency of cortisol. The proper diagnosis of a disease requires careful history taking, medical examination and scientific investigations. The lack of scientific proof of the efficacy of some of the herbs utilized in traditional medicine.

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