



***Mentha piperita* L.**

Family: Lamiaceae

Common names: Peppermint, Pudina



Description:

Mentha piperita is an herbaceous rhizomatous perennial plant growing up to 30–90 cm tall. The rhizomes are wide-spreading, fleshy, and bare fibrous roots. The leaves are 4–9 cm long, dark green in colour, and with an acute apex and coarsely toothed margins. The leaves and stems are usually slightly fuzzy. The flowers are purple with a four-lobed corolla. Flowers are produced in whorls around the stem, forming thick, blunt spikes.

Utilization:

Peppermint is the oldest and most popular flavour of mint-flavoured confectionery and is often used in tea and for flavouring ice cream, chewing gum, and toothpaste. Peppermint can also be found in some shampoos, soaps and skin care products. It is now used to treat irritable bowel syndrome, crohn's disease, Ulcerative colitis, gall bladder and biliary tract disorders and liver complaints (Robbers and Tyler's, 1999).

Part used	Disease
Oil	Reduce genotoxic effects in human lymphocytes
Leaves and stems	Cough and cold
Oil	Reduce muscle spasms during endoscopy

References:

Robbers JE and Tyler VE; (1999) in: Tyler's herb of choice: the therapeutic use of phytomedicinals. *New York: Howarth Herbal Press, X, 287.*

Pino J.A, Borges P, Martinez M.A, Vargas M, Flores H, Campo S.T.M, Fuentes V; (2002) Essential oil of *Mentha piperita* L. grown in Jalisco. *Journal of Essential Oil Research*, 14.3, 189-190.

McKay D. L., and Blumberg J. B; (2006). A review of the bioactivity and potential health benefits of peppermint tea (*Mentha piperita* L.). *Phytotherapy research*, 20(8), 619-633.