

## Peppermint



**Scientific name:** *Mentha piperita* L.

**Common name:** Peppermint

**Traditional name:** Mint

**Part used:** leaf

**Description & characteristics:**

Reddish green leaves with short petioles, oblong-ovate and serrate. Small pink flowers with quadrangular branches with a pungent smell.

**Temperament:** In the second, hot and dry with extra moisture.

**Functions:**

*Mosakhin* (calorifacient), *Mofarrih* (refreshing) and tonic of heart, *Moraqqiq* (diluent) of dense blood, *Mohallil* (resolvent) of cold humors.

**Traditional uses:**

- Lotion of mint on the forehead for cold headache
- Drop solution with fluid honey for earache
- Chewing mint useful for toothache
- Drinking the extract: coctive and purifying of lung moisture
- Boiling with *Adiantum capillus*: invigorating the stomach, carminative
- With vinegar and sours: preventing their damage to the nerves
- Relieving the side effects of dairy products

**Modern uses:**

Liver and gall bladder disorders, dyspepsia, cramps of gastrointestinal tract and bile ducts

**Dosage:**

A tablespoon of mint in a cup of water brewed for 10 minutes, 3- 4 cups daily.

**Side effects:**

No health hazards are known in conjunction with the proper administration of designated therapeutic dosages.

**Precautions and warnings:**

Gallstone carriers could experience colic due to the cholagogic effect of mint.

**Use in pregnancy and breastfeeding:**

Allowed in food quantities, but avoided in medicinal dosages due to the lack of sufficient information.

**Contraindications:**

Mint leaves are contraindicated in cases of gallstones.

**Interactions:**

Not enough information is available.

**Pharmaceutical forms available in natural products pharmacy:**

Combined: mint in combination with other nouns:

- Barij Appetite Syrup
- Mughni syrup (exir)
- Kalsenosh tablets

**References:**

1. Aghili Alavi Shirazi M. H. Medicines resource, Encyclopedia of edibles and traditional medicinal of Iran. Tehran: Bavardaran Publishing Institute, 2001.
2. Amin Gha., The most common traditional medicinal plants of Iran. Tehran: Tehran University of Medical Sciences, 2005.
3. Herbal Pharmacopoeia Compilation Committee. Herbal Pharmacopoeia of Iran. Tehran: Ministry of Health, Treatment and Medical Education, Food and Drug Deputy, 2002.
4. Vazirian M. and colleagues. Herbal therapy with the most common medicinal plants in Iran. Tehran: Publications for future, second edition, 2012.
5. PDR for herbal medicines. 4<sup>th</sup> ed. Thomson Reuters, 2007.
6. Jellin JM, Gregory PJ, et al. Pharmacists letter/prescribers letter Natural medicines. Comprehensive databases. 13<sup>th</sup> ed. Stockton: Therapeutic Research Faculty, 2012.
7. Soltani A., Shams Ardekani M., Shirzad M..Dictionary of terms of traditional Persian medicine, Tehran: Shahid Beheshti University of Medical Sciences, 2015.