



# **Peppermint**

## **Names and Synonyms**

نعناع فلفلى :Arabic

English: Peppermint.

# Scientific name and Family

Mentha piperita L.

Family: Lamiaceae.

# Morphology and Histology of the plant

- Flower and Fruit: The flowers are false spikes with numerous inconspicuous bracts. The calyx is tubular with a ring of hair. The corolla is violet, glabrous inside and has an almost even margin divided into four parts.
- Leaves, Stem: The plant is a perennial, 50 to 90 cm high. The usually branched stems are normally glabrous, but sometimes they are gray-tomentose and are often tinged violet. The leaves are short-petioled, oblong-ovate and serrate. The plant has over- and underground runners.

## **Active constituents**

- Essential oil: Menthol, menthone, menthyl acetate, menthofuran, and 1,8- cineole (eucalyptol).
- Flavonoids: Luteolin, luteolin-7-O-glucoside, naringenin-7-O-glucoside, isorhoifolin, eriodictyol, eriocitrin glycoside and apigenin.





## Pharmacological applications

- Symptomatic treatment of digestive disorders such as dyspepsia, flatulence, minor spasms of the gastrointestinal tract, abdominal pain and irritable bowel syndrome, gastritis and indigestion.
- Relief of symptoms in coughs and colds.
- Symptomatic relief of mild tension type headache.
- Symptomatic relief of localised muscle pain.
- Symptomatic relief of localised pruritic conditions in intact skin.

#### Suitable methods of administration

Leaves: as herbal tea for oral use in the form of infusion. Herbal substance or the comminuted herbal substance is added to 100-150 ml of boiling water as herbal infusion.

Essential oil.

Tincture, (1:5, 45% ethanol or 70% ethanol).

#### Side effects

#### Peppermint Leaves

- No health hazards are known in conjunction with the proper administration of designated therapeutic dosages.
- Gallstone carriers could experience colic due to the cholagogue effect.

#### Peppermint oil

- *General:* No health hazards are known in conjunction with the proper administration of designated therapeutic dosages. The intake can lead to gastric complaints in patients with gastroesophageal reflux.
- Pediatric Use: Preparations containing the oil should not be applied to the faces of
  infants or small children, particularly not in the nasal area (glottal spasm or
  bronchial spasm up to asthma-like attacks or even possible respiratory failure).





## **Contraindications**

#### **Peppermint Leaves**

Contraindicated in cases of gallstones.

#### Peppermint Oil

Contraindications for the internal administration of the drug include occlusion of the biliary ducts, gallbladder inflammation and severe liver damage. Gallstone carriers could experience colic due to the cholagogue effect.

## Examples of drugs in the market.









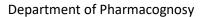
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