

# Peppermint

## Names and Synonyms

Arabic: نعناع فلفلي

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.



## References

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