Peppermint

Peppermint (Mentha piperita L)is known to have powerful antiviral qualities and commonly added to teas, extracts, and tinctures meant to naturally treat viral infections.

Its leaves and essential oils contain active components, including menthol and rosmarinic acid, which have antiviral and anti-inflammatory activity. In vitro, peppermint has significant antimicrobial, Antibacterial, Antioxidant Antitumor ,Antiallergenic and antiviral activities, strong antioxidant and antitumor actions, and some antiallergenic potential.[1]

Papermint have significant antiviral activity in aqueous extracts of peppermint leaves towards Influenza A, Newcastle disease virus, Herpes simplex virus (HSV) and Vaccinia virus in egg and cell-culture systems.[2]

The inhalation of menthol significantly enhanced the nasal sensation of airflow but nasal airflow resistance was not decreased[3]. Inhalation of menthol caused a significant reduction in the sensation of respiratory discomfort during flow resistant loading and elastic loading, but had no effect on breathing pattern or ventilation[4]. Oral administration of menthol (lozenges) did not decrease nasal decongestion in a subject diagnosed with the common cold[5], but did cause a marked change in nasal sensation of airflow with a subjective sensation of nasal decongestion.

M. piperita L. extract has antiviral activity against RSV in Hep-2 cells.[6] Many pharmacologic studies also have shown that M. piperita L. possesses antioxidant, cytotoxic, antiallergenic, antiviral, and antibacterial activities with few side effects[8-9]. Essential oils extracted by steam
distillation from the aerial parts of the plant have been reported to have anti-inflammatory, antibacterial, and antifungal properties[10-11]. It has been shown to be helpful in symptomatic relief from illnesses such as colds, cramps, indigestion, nausea, sore throat, toothache, or even cancer[7].

Previous studies have shown that M. piperita L. has antiviral activity against influenza A, herpes simplex virus, vaccinia virus, and human immunodeficiency virus-1 (HIV-1) [8]. M. piperita L. could enhance innate immunity, which is beneficial to counteract RSV infection in addition to directly interfering with viral entry without exacerbating the illness during the management of RSV infection[12].

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