

Agastache rugosa

Agastache rugosa, the Korean mint, also known as wrinkled giant hyssop, purple giant hyssop, Indian mint, blue licorice, huo xiang, and Chinese patchouli, is an aromatic herb in the mint family.[1]

4-Methoxycinnamaldehyde, an active constituent of Agastache rugosa, was examined for its cytoprotective activity. Therefore, its cytoprotective activity against respiratory syncytial virus was not mediated by interferon.[2]

Ayurved:

Korean Mint, is said to relieve nausea, and vomiting, and cure fungal infections. It is pungent (acid), and slightly warm, and works on spleen, stomach, and lung. The essential oil is used against fever, headache, stomach pain, morning sickness, and gastrointestinal disorders. Korean Mint essential oil is anti-fungal against Trichophyton species that cause tinea infections. It is also found to selectively inhibit the proliferation of human cancer cells in vitro. The tea is warming in nature, and helps in chest congestion, diarrhea, headache, dampness within the digestive system, poor appetite, and digestion, morning sickness, abdominal bloating, indigestion, nausea, vomiting, and other digestive problems.[3]

[1] https://en.wikipedia.org/wiki/Agastache_rugosa

[2] 4-Methoxycinnamaldehyde inhibited human respiratory syncytial virus in a human larynx carcinoma cell line, Kuo Chih Wang, Jung San Chang, Lien Chai Chiang, Chun Ching Lin, Phytomedicine Volume 16, Issue 9, September 2009, Pages 882-886

[3] <https://www.bimbima.com/herbs/korean-mint/4102/>