



Herbal Garden (Muligai Vanam)



Pudina

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Botanical Name	:	<i>Mentha arvensis</i> L.
Tamil Name	:	Pudina
Sanskrit Name	:	Pudina
English Name	:	Marsh Mint / Corn Mint

Distribution and Habitat

Mentha arvensis Linn belongs to the family Lamiaceae. It is found in Eurasia, widely growing in subtropical regions. It is native to the regions of Europe, western and central Asia. It is an erect herbaceous perennial plant that grows up to 20-80 cm on square, hairy stems. It is rhizomatous and has opposite leaves with very short stalks. Leaves elliptic to oblong-ovate, short petioled, toothed margins, rounded or blunt tipped. Flowers whorled; around upper leaf axils; 4-7 mm long; 2 lipped; irregular; white to pink to violet colour. Fruits brown nut lets.



Parts used: Leaves, flowering tops and stem

Phytochemical constituents

α -menthol, neomenthol, isomenthol, d-menthone, isomenthone, menthofuran, menthylacetate, carvomenthone, cineol, p-cymene, aromadendrene, limonine, phellandrene, pipertone, pinene, carvacrol, α -pinene, α -phellandrene, dipentene, cardinene, thujone, quercetin, isorhoifolin, menthoside, vitamin K, thymol and eugenol.

Medicinal uses

Ancient records describe various medicinal properties of *M. arvensis* as a popular source to cure different disease conditions in China, India, and Greece. It is an aromatic herb which is a natural coolant with a sweet and pungent taste. The herb has the quality to pacify all the three *doshas* and mainly manages the *Pitta dosha*. The mint leaves known to their carminative properties, help in digestion and assimilation of food and treats colic pain. The leaf extract is

utilized to treat intestinal worms. The leaves are rich in Vitamins A, C, iron, potassium and B-complex which enhances healthy skin, bolsters immunity, promotes brain function and improves haemoglobin profile. The aromatic essential oils are piled with rich antioxidants. Leaves are wonderful appetizer which helps to



activate the salivary glands in the mouth. It stimulates the secretion of digestive enzymes and promotes the digestion process. Mint oil possesses strong antiseptic and antibacterial and calming nature that helps in soothing the stomach and ease indigestion, inflammation and irritable bowel syndrome. Menthol oil treats diarrhoea and relieves nausea caused due to motion sickness. The powerful and refreshing aromatic properties of mint leaves are used in making soothing balms and essential oils which assist in alleviating headache and nausea. The mint leaves help to ward off bacteria causing bad breath (Akram et al. 2011). Infusion of the plant is taken to cure fever. The herb contains iron and vitamin B. Infusion of the plant along with lemon grass cures headache and nausea. It is used in treating hiccups and jaundice. The extracted oil is used to cure headache and acts as an appetizer when taken with water (Sudhakar, 2007).

Conclusion

M. arvensis L. is one of the popular and important medicinal plants of tropical and moderate areas of the world. The plant is used directly as an herb or as a main component for production of a number of medicines and food supplements for physical rejuvenation and therapy for the conditions affecting liver, kidney, cardiovascular and immune systems. It is widely acclaimed as carminative, digestive and aromatic. It is also used as a stimulant, expectorant, antispasmodic killer of intestinal worms and a mildly analgesic herb.

Photo link: <https://ivyparadisepant.com/product/puthina-thulasi/>

