

## Mentha Piperita, Peppermint - Plant



Peppermint is referred to as "the world's oldest medicine." Peppermint leaf offers many amazing health benefits.

Rating: Not Rated Yet

**Price**

Sales price R 249

Discount

[Ask a question about this product](#)

Description

### Description for Mentha Piperita, Peppermint

Peppermint (*Mentha piperita*) is a hardy perennial herb that is a hybrid of watermint and spearmint. It's native to Europe, but can be found all across the world. With a long history of therapeutic use for a variety of ailments that extends back to ancient Egypt, peppermint is referred to as "the world's oldest medicine."

| Common name  | Flower colours | Bloom time     | Height            | Difficulty   |
|--|----------------|----------------|-------------------|--------------|
| Mentha piperata, Mentha piperita, Mentha balsamea Willd. | dark green     | July to August | 1.00 to 2.00 feet | easy to grow |

### Planting and care

Mint is so universally loved, that one can find this plant growing wild in almost every country of the planet where civilisation has thrived. Mint has been used in food dishes, baths, herbal balms and nervine tonics for hundreds of years.

| Sunlight               | Soil              | Water         | Temperature | Fertilizer                   |
|------------------------|-------------------|---------------|-------------|------------------------------|
| Full sun to part shade | well-drained soil | Medium to wet | 43°C        | Apply any organic fertilizer |

### Caring for Mentha Piperita

This plant needs lots of water and it is often found naturalized by streams and ponds where the soil is rich and the drainage is good.

## Typical uses of Mentha Piperita

**Special features:** Menthol activates cold-sensitive TRPM8 receptors in the skin and mucosal tissues, and is the primary source of the cooling sensation that follows the topical application of peppermint oil.

**Culinary use:** Fresh or dried peppermint leaves are often used alone or with other herbs in herbal teas. Peppermint is used for flavouring ice cream, confectionery, chewing gum, and toothpaste.

**Ornamental use:** The plant is used for ornamental purpose.

**Medicinal use:** Peppermint oil may also act as a carminative, cholagogue, antibacterial, and secretolytic, and it has a cooling action. Externally, peppermint oil has been used for muscle pain, nerve pain and relief from itching.

## References

- [https://en.wikipedia.org/wiki/Peppermint#Culinary\\_and\\_other\\_uses](https://en.wikipedia.org/wiki/Peppermint#Culinary_and_other_uses)
- <https://www.globalhealingcenter.com/natural-health/health-benefits-peppermint-leaf/>

## Reviews

Sunday, 03 September 2017

Tried my self 90% germination rate.Go for it

Moumita Dey

Friday, 01 September 2017

?Is it real plant or artificial ???

Shyamali Basu

Wednesday, 30 August 2017

Simply love the plant....healthy n beautiful!!....Thankyou for the free gifts!!

Riya Srivastava

[More reviews](#)