

Mentha Piperita, Peppermint - Plant



PEPPERMINT (*Mentha piperita*) is a popular herb that can be used in numerous forms (ie, oil, leaf, leaf extract, and leaf water). Peppermint oil has the most uses, and use data on the oil are considered relevant to the leaf extract formulations as well

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Price

Sales price R 249

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Description

Description for Mentha Piperita, Peppermint

Peppermint is a hybrid mint, a cross between water mint and spearmint. The plant, indigenous to Europe and the Middle East, is now widespread in cultivation in many regions of the world. It is found wild occasionally with its parent species. This herbal preparation is used in cosmeceuticals, personal hygiene products, foods, and pharmaceutical products for both its flavoring and fragrance properties. Peppermint oil possesses a fresh sharp menthol odor and a pungent taste followed by a cooling sensation. It also has a variety of therapeutic properties and is used in aromatherapy, bath preparations, mouthwashes, toothpastes, and topical preparations. Topical preparations of peppermint oil have been used to calm pruritus and relieve irritation and inflammation. Their frequent application to impaired skin could contribute to the sensitization rates seen. Numerous allergic contact dermatitis reactions to peppermint oil have been described, many of which are linked to both perioral and intraoral disorders. Although peppermint oil is known for its many properties, its role as a sensitizer should be recognized so as to aid in the diagnosis of both dermatitis and oral conditions and to allow the initiation of proper avoidance measures.

Common name	Flower colours	Bloom time	Height	Difficulty
Mentha piperata, Mentha piperita	Dark green	July to August	1.00 to 2.00 feet	Easy to grow

Planting and care

It grows native in Europe, but can be found throughout much of the globe.

Mint is so universally loved, that one can find this plant growing wild in almost every country of the planet where civilization has thrived.

Mint has been used in food dishes, baths, herbal balms and nerve tonics for hundreds of years.

Sunlight	Soil	Water	Temperature	Fertilizer
Full sun to part shade	Well-drained soil	Keep soil moist throughout	30 to 40 degrees C	Apply any organic fertilizer

the growing season

Caring for Mentha Piperita

- Although the care of peppermint is a little more involved than just sticking it in the ground, it certainly isn't intricate. First and foremost, 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: Herb gardens. Naturalize as a ground cover in moist informal areas such as Pond/water garden margins or low open woodland areas.

Culinary use:

One of the best digestive aids on the planet, peppermint is also known as "the world's oldest medicine" according to archaeological fossils dating back ten thousand years ago.

High in menthol, this plant has the capacity to reduce irritable bowel syndrome, reduce the symptoms of colic, and is a natural insecticide.

Ornamental use: The plant is used for ornamental purpose.

Medicinal use:

Peppermint's uplifting aroma wafting up from a hot cup of tea can start to settle an upset stomach even before you drink it.

Peppermint's antispasmodic effect calms nausea and helps prevent gas and bloating after a heavy meal. Peppermint is often combined with caraway to help indigestion.

Peppermint is a first herb of choice for treatment of colds and flu because it acts to relieve multiple symptoms at once: congestion, headaches and muscle aches, nausea and fever.

You can drink a hot cup of peppermint tea, diffuse the essential oil in the sick room to ease the breath and kill germs, and use the oil in chest and

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References

- <http://www.missouribotanicalgarden.org/>
- <http://www.flowersofindia.net/>