

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

1184567

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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 Mentha piperata, Mentha piperita, Mentha balsamea Willd.	Flower colours dark green	Bloom time July to August	Height 1.00 to 2.00 feet	Difficulty easy to grow
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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 Full sun to part shade	Soil well-drained soil	Water Medium to wet	Temperature 43Å°C	Fertilizer Apply any organic fertilizer
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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://www.globalhealingcenter.com/natural-health/health-benefits-peppermint-leaf/>