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Pharmacognosy's topics
Medicinal plants

Mint

MEDICINAL PROPERTIES USES

What is?
Is a perennial herb, creeping, with angular branches, glabrous or slightly pubescent, leaves opposite, oblong, rough surface and serrated margin, shortly petiolate.

Scientific name
Mentha spicata L.

Other names: Spearmint, mint

The Mint's used parts are leaves.

The principal active ingredients
L-carvone (responsible for odor), limonene, including some amounts of betaburbonenocis and trans Carvii acetate Caryophyllene 1-8 cineole dihydrocarvol trans sabinene Hydrate

Main Pharmacologic Actions
Antispasmodic
Carminative
Antiseptic
Antiinflammatory
Antibacterial
Influenza
Antifungal
Appetizer
Eupetitic
Carminative
Colagogo
Choleretic

Main Therapeutic Indications
Anorexia
Asthma
Asthenia
Convalescence
Dermatitis
Dermatomycosis
Diarrhea
Dysmenorrhea
Dyspepsia
Flatulence

MEDICINAL HERBS

AFRICAN BLUE BASIL

CONTAINS
Phyto-chemicals like plectrocin

BENEFITS
Anti-bacterial and anti-viral. Immune system booster

COMFREY

CONTAINS
Allantoin

BENEFITS
Stimulates skin healing
Anti-inflammatory

YARROW

CONTAINS
Flavonoids, tannins, and coumarins

BENEFITS
Anti-inflammatory, stops bleeding, digestive aid

CUBAN OREGANO

CONTAINS
Anti-inflammatory phenols and phyto-chemicals

BENEFITS
Digestive aid, arthritis, insect repellent

TOP MEDICINAL PLANT+USES

Medicinal plants and their uses are not just folklore and beliefs inherited from grandmothers and elders of the country, but these herbs contain active compounds which grant medicinal properties.

- GINGER**
Many benefits of ginger are used to treat nausea and vomiting as well as diarrhea, abdominal pain, tooth pain, and rheumatism. Add to that an anti-inflammatory, antioxidant and anti-cancer.
- GARLIC**
The main feature of garlic is the antioxidants effects, which can protect against cardiovascular disease, a placebo most widely used in patients with diabetes. Garlic has been used in different cultures around the world for the prevention of influenza and upper respiratory tract diseases.
- LIQUORICE**
Licorice plant has a sweet taste and famous for strengthening the digestive system, but also effective in the fight against infections. Although the plant is very safe to use, but it must be appropriate for the accurate dose to get the required efficiency.
- MINT**
Mint is popular and has a distinctive smell. This plant is known in folk medicine as a stimulant and as a disinfectant. The mint is useful for strengthening the gums, to get rid of gas, stomach pain relief, sexual enhancement, inhibition of cancer, also relieves headaches and joint pain, etc.
- URTICA**
Urtica is an important medicinal herb. It helps to clean the body, and treats inflammatory bowel pain, irritable bowel syndrome and liver disease, urinary tract infections and kidney problems and skin.
- PARSLEY**
Parsley is one of the three best medicinal plants (along with garlic and nettle). It is used as a medicine for a long time. It is rich in vitamins, minerals and phytochemicals, and holds properties that treat diseases of the heart, kidneys, digestive system and gynecology.
- RADICCHIO**
Radicchio is used in the liver and digestive cleansing. It helps in lowering blood sugar due to stimulating the cells in the pancreas. Cleansing gives a sense of power and comfort in the body, the fact that the liver is the organ which drains most of the toxins in the body. In the wake of use internal peace and the ability to focus rises.
- TURMERIC**
The main compound in turmeric (curcumin), has anti-cancer effects, especially when it comes to cell cancer: breast, pancreas, colon, prostate cancer and others.

For more herbs on this subject, please visit our website: herbalism24.com

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