

# Pharmacological Activity of Mentha Piperita – A Review

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**Abstract:** *Mentha piperita* L. (Family: Lamiaceae; Synonym: *M. balsamea* Wild; commonly known as peppermint) is a natural hybrid (*M. aquatica* × *M. spicata*) with immense therapeutic uses (oldest known medicinal plant species, “medicinal plant of the year 2004”, known as “heirba Buena” meaning good herb) apart from possessing other potential uses (as flavouring agent from chewing gum to after dinner mints, in cosmetics and pharmaceutical products). *Mentha piperita* Linn. emend. Huds. is widely used in food, cosmetics and medicines. It has been proven helpful in symptomatic relief of the common cold. It may also decrease symptoms of irritable bowel syndrome and decrease digestive symptoms such as dyspepsia and nausea, although more research is needed. It is used topically as an analgesic and to treat headaches..

**Keywords:** Mentha piperita, overview, Lamiaceae Peppermint, Peppermint oil, Menthol, Medicine, Toxicity.

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