



PPPL Standards

Herbarium sheet

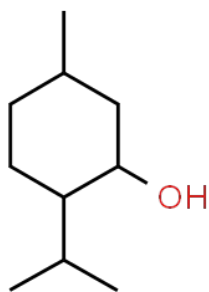
Asmantara, Spearmint (*Mentha spicata*)

Common name: Spearmint, **English:** Spearmint **Marathi:** Pudina, **Sanskrit:** Puthea

Gujarati: Pudina **Hindi:** Pudina

Part used: Leaf - Spearmint is a perennial herbaceous plant. It is 30–100 cm (12–39 in) tall, with variably hairless to hairy stems and foliage, and a wide-spreading fleshy underground rhizome from which it grows. The leaves are 5–9 cm (2–3 1/2 in) long and 1.5–3 cm (1/2–1 1/4 in) broad, with a serrated margin. The stem is square-shaped, a defining characteristic of the mint family of herbs. Spearmint produces flowers in slender spikes, each flower pink or white in colour, 2.5–3 mm (0.098–0.118 in) long, and broad.[8][9] Spearmint flowers in the summer (from July to September in the northern hemisphere),[10] and has relatively large seeds, which measure 0.62–0.90 mm (0.024–0.035 in).[10] The name 'spear' mint derives from the pointed leaf tips.[11]

Active Chemical constituents: Menthol



Menthol



Organoleptic characters:

Colour: Green

Odour: pungent and refreshing odour

Taste: pungent and burning taste.

Pharmacological applications: Analgesic , Anti-inflammatory , Antipyretic , DNA damage protecting activity , Antioxidant , Anti-androgenic , Antimicrobial , Cytotoxic , Antiviral

Granthokta Ayurvedic application: Deepan, pachan, kaphajwar, Ajirna, Krumighna
(Ref: Bhavaprakasa Nighantu Page No: 830)



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