

**Putiha (Pudina) *Mentha piperata* Linn.**



**Botanical Names-**

**Family-** Lamiace Names- Mentha

**Vernacular Names-** Hindhi, Bengali, Telugu, Marathi- Pudina English Garden mint or Spear-mint.

**Synonyms** Podinaka, Rocani.

**Introduction-** It is small aromatic perennial herb bearing small pur-plish flowers. It is being cultivated at various places in India.

This is not described in Brhat Travi texts and nighantus. It is und in wild in Europe & North America. We come across its ference in the Saligrama nighantu for the first time under Kupüradi varga. It is described as 'Podīnaka' in Siddha Bhesaja Manimala under Saka varga. Ayurveda Vijñāna (of Vinodalal jen) quotes it as Rocani.

**Major Chemical Constituents-** Essen tial oil, piperitone, mentol, mentho furan, menthone, neomenthol, isomenthone, nomenthol, viridiflorol.

**Raspanchaka**

- Rasa - Katu
- Guna- Laghu, Rūkṣa, Tikṣna
- Virya Usna
- Vipāka Katu
- Karma Kapha- Vātahara, Balya. Dipana

**Indications-** Agnimandya, Krmi, Chardi, Arocaka, Rajorodha.

**Part Used-** Leaf, oil

**Dosage-** Leaf juice 5-10 ml; infusion 20-40 ml; oil 1-3 drops

**Research-**

1. Essential oil inhibited muscular contraction of electri-cally- stimulated guinea pig ileum possibly due to presence of pinene (Fitoterapia 1988, 59, 463).
2. Pippermint oil relaxed carvachol-contracted guinea pig tenia coli (IC 21.1 µg/ml) and inhibited spontaneous activity in guinea pig colon (IC30 25.9 µg/ml) and rabbit jejunum (IC, 15.2 µg/ml). It relaxes GI smooth muscle by reducing calcium influx (Gastroenterology 1991, 101, 55)
3. Pippermint oil reduced gastric emptying time (GEt) in dyspeptics to the basal GEt in healthy male volunters which in-dicates its possible therapeutic benefit in dyspepsia (Ind. J. Physiol Pharmacol 1991, 35, 212).