

MENTHA ARVENSIS

NAME

- English name: Wild Mint
- Latin name: *Mentha arvensis*
- Other names: Field Mint, Corn Mint

FAMILY

● Lamiaceae, Mint



DESCRIPTION

- Plant height: 20-80 cm tall.
- Growth habit: perennial from creeping rhizomes.
- Stems: ascending or erect, 4-sided, hairy with few to numerous, short and backward, to longer and more spreading hairs, often hairless between the angles.

DESCRIPTION

- Leaves: opposite, short-stalked, slightly reduced upwards. The blade is 2-8 cm long and 6-40 mm wide, rather narrowly oval or elliptic-oval, hairless or hairy, sharp-toothed, pointed, with several pairs of lateral veins



DESCRIPTION

- Flowers: funnel-shaped with 4 spreading lobes, white to light purple or pink, 4-7 mm long, numerous in compact, separate whorls, borne in the axils of the middle and upper leaves. Calyx hairy, 2.5-3 mm long, with short, triangular, pointed lobes.
- Flowering time: July-September.



MEDICINAL USE



- anaesthetic
- antispasmodic
- antiseptic
- aromatic
- anty-inflammatory
- relieve and remove gas from the digestive system
- induce sweating
- relieve fever and thirst

MEDICINAL USE

- DECOCTION FOR:
 - stomach pain
 - cold
 - swelling
 - headache
 - diarrhea
 - fever



MEDICINAL USE

- INFUSION FOR:

vomiting

cold

pain

swelling

fever

headache

preventing influenza

stomach troubles and indigestion



MEDICINAL USE



- Dried leaves are chewed and swallowed for chest pains and heart ailments.
- Fresh leaves are put in the nostrils for colds.

MEDICINAL USE



- **POULTICE OF CRUSHED LEAVES FOR:**
 - swelling
 - gum disorders and toothache
 - pain areas
 - rheumatism and arthritis
 - eye trouble

Mint preparations



Mint preparations

