

Mint-Putiha / *Mentha spicata*

Part consumed -
Leaves, Oil

Form consumed -
Juice, Powder, Decoctions,
Oils, cuisines

**Maximum daily
consumption by adults –**
Juice - 5-10 ml
Powder - 10 g
Decoction - 20-40 ml
Oil - 1-3 drops

Composition

- Menthol
- Menthone
- Cardial Glycosides
- Flavonoids
- Potassium
- Sodium
- Zinc
- Copper
- Manganese
- Phosphorus
- Magnesium



Indications as per Ayurveda

- Antispasmodic
- Cough & Cold
- Diuretic
- Antimicrobial
- Antioxidant
- Diabetes
- Indigestion
- Nausea

Modern Clinical Studies

- Antimicrobial
- Antioxidant
- Anticancer
- Anti-ulcer
- Anti-diabetic
- Insecticidal
- Anti-inflammatory