

PEPPERMINT

(Mentha x piperita)

Clinical Summary

Actions

- Aromatic
- Carminative
- Anodyne
- Stimulating Nervine
- Antispasmodic
- Stimulating Diaphoretic
- Antiemetic
- Antitussive
- Antimicrobial
- Cholagogue
- Choloretic
- Antiseptic (Locally)
- Antipruritic (Locally)

Indications

- Indigestion, colic, nausea, flatulence, hiccups, bad breath, irritable bowel syndrome, ulcerative colitis, Crohn's disease
- Common cold, catarrh, coughs, flu, fever, sinus congestion
- Dysmenorrhoea
- Spasms, headaches
- Externally to soothe itching and inflammation of the skin

Traditional Use

This popular remedy has been widely known to relieve digestive ailments for at least the last two centuries. Peppermint has been used in both traditional Chinese medicine and Western herbalism as a diaphoretic to address fevers that accompany colds and influenza.

Energetics

Dry, cooling to warming, pungent.

Constituents

Essential oil (including menthol, menthone, menthyl acetate, pulegone, menthofuran, 1,8-cineole (eucalyptol), carvone, various flavonoids, phenolic acids, triterpenes), flavonoids, rosmarinic acid, caffeic acid, triterpenes, oleanolic and ursolic acids.

Use in Pregnancy

Likely safe when used orally in amounts commonly found in foods.

Contraindications and Cautions

There are cautions for peppermint oil however peppermint leaf is well tolerated orally.

Drug Interactions

Concentrated peppermint oil preparations may theoretically interact with a number of different medications. It is unlikely that any interaction will occur with simple liquid extracts or peppermint tea.

Administration and Dosage

Liquid extract 1:1 in 45% alcohol
10 to 80mL weekly