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Editorial

Mentha (Lamiaceae): An Overview

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EDITORIAL

Mints are aromatic, perennial herbs. They are wide-spreading underground and over ground stolon's and erect, square, branched stems. *Mentha* is a genus from the family Lamiaceae. Major chemical constituents such as menthol, carvone have now been effectively commercialized in the industry as antimicrobials/insecticidal agents. Chemical composition of essential oils of some *Mentha* species from different geographical regions with their insecticidal (anti-feedant, repellent, and ovicidal) and antimicrobial efficacies against bacterial, fungal plant pathogens and insects of stored products. Mint exhibits multiple health beneficial properties, such as prevention from cancer development and anti-microbial, anti-obesity, anti-diabetic, anti-inflammatory, and cardio protective effects, as a result of its antioxidant potential. *Mentha* species are widely used in savoury dishes, food, beverages, and confectionary products. *Mentha* spp. has been used as a folk remedy for aliment ulcerative, anorexia, nausea, flatulence, bronchitis, liver complaints, and colitis due to its stimulant, antiemetic, diaphoretic, carminative, anti-inflammatory, analgesic, emmenagogue, antispasmodic, and anti-catarrhal activities. Mint also contains trace amounts of potassium, magnesium, calcium, phosphorus, vitamin C, iron, vitamin A.

Mint plants can be used by breastfeeding mothers for preventing nipple crack and nipple pain. It is used in common cold, indigestion and gas. It can be used for healing ulcers. Mint is also used as painkillers and for cooling skin infected by an insect bite. Mint essential oils show a great cytotoxicity potential, by modulating MAPK and PI3k/Akt pathways. Essential oils from mint have also been found to exert antibacterial activities against *Bacillus subtilis*, *Streptococcus aureus*, *Pseudomonas aeruginosa*, and many others. Eleven naturally occurring hybrids have been produced from the species M. *arvensis* L, M. *longifolia* L, M. *aquatica* L, M. *spicata* L, M. *longifolia* L, M. *piperita* L, and M. *suaveolens* Ehrh, M. *pulegium, etc.*

This herb has been consumed traditionally for the treatment of various diseases, including gastrointestinal disorders, respiratory disorders, infectious diseases, inflammatory diseases, as well as menstrual disorders. Using fresh mint and other herbs and spices in cooking can help a person add flavour while reducing their sodium and sugar intake. Mint plants contain an antioxidant and anti-inflammatory agent called rosmarinic acid. Mint contains menthol. This aromatic decongestant that might help to break up phlegm and mucus makes it easier to expel. Applying menthol ointments or vapour rubs may be a treatment for children who have a common cold. Mint leaves are a tender herb with gentle stems. It is best to add them raw or at the end of the cooking process. This helps them maintain their delicate flavour and texture. Mint is relatively easy to grow, and people can cultivate it at home, making it a sustainable way to add flavour to meals.

People with Gastroesophageal Reflux Disease (GERD) should not use mint in an attempt to soothe digestive issues. Taking peppermint oil in large doses can be toxic. Do not apply mint oil to the face of an infant or small child, as it may cause spasms that inhibit breathing. The plant showed therapeutic benefits in irritable bowel syndrome, amenorrhea and oligo menorrhea, and oxidative stress-associated diseases as well.

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