

**Name of Herbal Plant : Spearmint**

Description : Aromatic Herb With Erect, Square-Shaped Stems And Narrow, Oval-Shaped Leaves That Have Pointed Tips And Toothed Edges.

Synonyms : Garden Mint, Common Mint, Lamb Mint And Mackerel Mint

Biological Source : Spearmint Is Its Fresh Or Dried Leaves Of Plant Spearmint

Family : Lamiaceae

Geographical Source : Native To Eurasia, North America, Southern Africa, And Australia,

Vernacular Name in English: Garden Mint, Common Mint, Lamb Mint And Mackerel Mint

Vernacular Name in Hindi : Pahari Pudina

Vernacular Name in Marathi: Pudina , Pudina Hirva

Vernacular Name in Kannada: Bettada Pudina

Chem. Constituents : Menthol (40.7%) And Menthone (23.4%). Further Components Were (\pm)-Menthyl Acetate, 1,8-Cineole, Limonene, Beta-Pinene, And Beta-Caryophyllene

Uses:

Help Alleviate Symptoms Of Nausea, Indigestion, Gas, Headache, Toothache, Cramps, And Sore Throat

