

Pudina (Mentha) in Traditional Medicine: A Review

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Abstract:

Medicinal herbs have the special importance due its use since ancient times and gained popularity over conventional medicines owing to their reduced risk of side effects, effectiveness in chronic conditions, lower cost and widespread availability. Pudina (*Menthapiperita* L) is one of them and highly recommended herbal medicine for the Ta'dīl-i-Mizāj (normalization of temperament). It has the significant properties like Musakhkin, Mulaṭṭif, and Muqaww-ī-A'sāb, Mulaṭif, kasire Riyah, Mudre Baul wa Tams, Dafe Qai, Fadie zahar' Munzij, Muqawameda, Qatile kirm, Jazib, Munzij Mawade Ghaleez, Daffe Taaffun Hazim etc. The present review highlights the traditional uses, therapeutic and pharmacological action in the light of available preclinical and clinical data.

Key Words: Pudina, Musakkin, Mulaṭṭif

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Introduction:

The drug Pudina consists of the above ground part of *Menthapiperita* L. It belongs to family Lamiaceae. A perennial, creep aromatic herb of 30 to 90 cm tall, widely cultivate all through the plains of India for culinary and medicinal purpose.¹ This type of *Mentha* is commonly spread in all continents (except in South America and Antarctica).² The center of variety of this genus is Europe, Australia, Central Asia, and North Africa.³ *Mentha* (mint) is a genus of about 25 varieties of flowering plants of the family Lamiaceae.⁴ Species within *Mentha* have a subcosmopolitan allocate in Europe, Africa, Asia, Australia and North America, a number of mint hybrids commonly occur.⁵ Green leaves of the plant are used to making chutney and for flavouring culinary preparations, vinegar, jellies and iced drinks. The fresh flowering herb on distillation yields 0.25% - 0.50% of a volatile oil, known as spearmint oil. It is a colour less, yellow or greenish yellow liquid with the characteristic odour and taste of spearmint.⁶

Historical background

John Gerard's Herbal (1597) stated that it is fine close watering eyes and all method of split outs on the beginning and sore. It is useful with saline to the intense of normal dogs, and that they place it on the cruel of wasps and bees with good achievement." He also said that "the smell rejoice the heart of man, because of which they used to wrap it in chambers and spaces of recreation, happiness and repose, where feast and banquets are made."⁷

Scientific classification⁸

Domain	Eukaryota
Kingdom	Plantae
Subkingdom	Tracheobionta
Superdivision	Spermatophyta
Division	Magnoliophyta
Phylum	Tracheophyta
Class	Magnoliopsida
Subclass	Asteridae
Order	Lamiales
Family	Lamiaceae
Genus	Mentha L.
Species	Menthaspicata L
Botanical name	Menthaviridis Linn

Vernacular names: 1, 6, 9,10, 11, 12

Urdu	Pudina
Arabic	Fodanj, Naana
Persian	Pudina
English	Spear-Mint, Garden Min

Gujrati	Phudino
Tamil	Pudeenaa
Marathi	Pudinaa, Pahari Pudina
Punjabi	Pararipudina
Ayurvedic	Pudina, Podinaka, Puutihaa, Rochini

Botanical description

Drug consists of small chopped branches; leaves opposite, decussate, shortly petiolate, 2mm long; adult leaves 2.5 to 3.5 cm long and 1.5 to 2.0 cm broad, very minutely bushy, ovate, apex acute, coarsely dentate, comparatively smoother and darker upper surface; stem square, minutely hairy, light brown to brown colour, flowers in loose cylindrical, slender spikes, borer like, throat of calyx naked, corolla smooth; seeds small, mucilaginous; sweet-smelling odour and slightly pungent taste.¹

Description of Drug in Unani

Pudina is the herb, used in USM and has many types viz Nahri (bastani), Jangli&Pahadi. The best pudina among them is that one which grows near fresh water.^{13,14,15} It is cultivated in most parts of India. This plant is 60-90 cm long and its branches are tough. Leaves are oval in shape with serrate (toothed) margins. Flowers are white in color.^{15, 16} In Greek, Pudina is called as Musani due to its good smell. The leaves of pudina are serrate & somewhat bigger. Due to this it needs less delibration processes (Dioscoroides). It contains little bit bitterness, which is responsible for killing of intestinal worms (Galen). The leaves of pudina if applied to haemorrhoids is beneficial and usara of pudina mixed with milk put into nostrils is helpful in Scrofula (Sharif).¹⁷

Hissamustamela (Part used): Leaves^{15, 16, 17}

Mizaj (Temprament): Hot 2⁰ and Dry 2^{1, 14} Hot 3⁰ and Dry 3⁰¹⁸

Af'āl (Pharmacological actions in Unani medicine): Mulatif^{13,14,15,18} kasireRiyah^{1,13,18,19} Mudre Baul wa Tams^{1, 18} DafeQai¹⁵ Fadiezahar^{15,18} Munzij¹³ Muqawameda^{13,17,19} Musakin Dard^{1, 13, 14} Qatilekirm^{1, 13} Jazib¹⁴ MunzijMawadeGhaleez,¹ DaffeTaaffun,^{1, 20} Hazim²⁰

Istemal (Uses as per Unani literature): zofemeda,^{1,13,19} Nafakheshikam,^{1,13,19,3} zofeistesha,^{13,16} Zofejigar¹⁹ zofehazim,¹⁶ Qai^{13,16,20} Matla,^{13, 16,18} Ishal,¹⁶ Awramblaghami^{15, 19} Dama,¹³ Haiza^{13,17} Yarqan^{13,14,15,20} Ehtabase Baul wa Tams^{1, 18} IshaleAtfal¹

Miqdar-e khuraq (Dose): 3 gm to 5 gm,¹ 7 gm,¹⁹ 4-7 gm¹⁸

Muzir (Adverse effects): Gurdah (Kidney)^{13,15} Aantay (Intestines)^{13, 15, 18} Baah (Sexual power)^{13,19}

Musleh (Corrective): Kateera,^{15,18, 19} Rub-us-soos,^{15,19}

Badal (Substitute): Half of the weight of PudinaNahri,^{15,18} Gandana^{15,20} Aftimoon,²⁰

Murakkabat (Compound Formulations): JawarishPudina^{16,20} JawarishAnarain,^{16,20} Arq-e-Ajeeb,^{16,20} Arq-e-PudinaSikanjbeenNaanani¹, Zimad-i-Nana

Pharmacological action according to ethanobotanical and other literature Actions: Carminative^{12,21} Stimulant,

12,21 antispasmodic^{9, 12,22} antiemetic,⁹ diaphoretic,⁹ antiseptic,⁹ Stomachic,²² analgesic.²³

USES; Tracheobronchitis⁹, Hypertension,⁹ Emesis gravidum,^{6, 12} Flatulence,²² Abdominal colic²², Puerperal fever,²² Fever,^{6, 21} Hysteria,^{6, 12} Bronchitis^{6, 21}

Scientific Reports:

Essential oil inhibited muscular contraction of electrically stimulated guinea pig ileum possibly due to presence of pinene. Menthe piperita contains viridiflorol (0.15%) isolated from essential oil; monoterpenes like menthofuran, menthone, isomenthone, menthol, isomenthol, neomenthol, neoisomenthol, pulegone, piperitone, α -pinene, β -pinene, cineole and carvone isolated from eight varieties of essential oils.²⁴ The pharmacological actions of Menthapiperita containing menthol are analgesic,²³ anaesthetic,²⁵ antibacterial and antioxidant.²⁶

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