

# Mentha × piperita

**Mentha × piperita**, commonly known as Peppermint, is a hybrid mint plant widely cultivated around the world for its aromatic and medicinal properties. It is a cross between watermint and spearmint and has been traditionally used for digestive comfort, respiratory support, and general wellness. Today, peppermint remains one of the most popular medicinal herbs globally.

## Key facts

- **Scientific name:** *Mentha × piperita*
- **Common names:** Peppermint
- **Family:** Lamiaceae
- **Active compounds:** Menthol, menthone, flavonoids
- **Typical forms:** Teas, essential oils, capsules, extracts

## Botanical characteristics

*Mentha × piperita* is a perennial aromatic herb with dark green leaves and purple stems. The leaves and flowering tops are harvested and processed into teas, oils, and medicinal preparations used worldwide.

## Traditional and modern uses

Traditionally, peppermint has been used to support digestion, relieve nausea, soothe headaches, and promote respiratory comfort. In modern herbal medicine and wellness industries, it is commonly included in digestive-support products, inhalation preparations, and cooling topical formulations.

## Mechanism and research

Research suggests that menthol and related compounds may exhibit antispasmodic, cooling, and mild analgesic effects. Clinical studies have investigated peppermint for irritable bowel syndrome symptoms, digestive discomfort, tension headaches, and respiratory support, although additional research remains ongoing.

## Safety and regulation

Peppermint is generally considered safe when consumed in moderate amounts. Concentrated peppermint oil should be used cautiously, especially in infants and individuals with gastroesophageal reflux disease, due to possible irritation or reflux-related symptoms.

## Culinary and supplement context

Peppermint is widely used in teas, candies, desserts, beverages, chewing gums, essential oils, and wellness products. Its refreshing aroma and cooling sensation contribute to its enduring global popularity.