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● Alumni Registration

● Permission Letter 2024-25

● National Yogasana Competition

● JOB \

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Botanical Name : Mentha spicata Linn. emend. Nathh.

Family : Labiatae; Lamiaceae

Identification No.: SDACH/HG/223

Introduction :

Scientific classification: Mints make up the family Lamiaceae (formerly Labiatae) of the order Lamiales. The well-known genus is Mentha. Peppermint is classified as Mentha piperita, spearmint as Mentha spicata, and pennyroyal as Mentha pulegium. Lavender is classified in the genus Lavendula and shellflower in the genus Molucella.

Names in different Indian languages :

English : Mint

Hindi : Pudinaa

Kannada : Chetamarugu

Malayalam : Pudinaa

Sanskrit : Pudinaa

Tamil : Pudinaa

Telugu : Pudinaa

Unani : Nanaa, Pudinaa Kohi

Synonyms :

Pudinaa, Podinaka, Puutihaa, Rochini.

Mentha viridis Linn

Morphology :

Annual shrub having strong smell.

Leaves – tender with serrated margins.

Flower stalk bears inflorescence all around

Varieties :

It has many varieties. They are also classified according to their locations like jungle, mountains and marshy land.

Distribution & Habitat :

Cultivated

Chemical constituents :

Carvone, limonene , flavonoids, diosmin , diosmetin, Caffeic acid , rosmarinic acid

Properties :

Guna : laghu, ruksha, tikshna;

Rasa : katu;

Vipaka : katu;

Virya : ushna;

Karma :

Rochani, deepana, pachana, balya, mutrala, rakta sodana, samgrahi

Carminative, stimulant, antispasmodic, antiemetic, diaphoretic, antiseptic.

Indication :

Agnimandya, visuchika, jirna jwara, krimi, swasa

fever, skin disease, cough, , dysentery, gout, burning sensation, dyspepsia, cephalgia, worm infection

Part used :

Leaves

Dosage :

Leaf juice 10-15 ml

Powder 2-4 g

Decoction 50-100 ml

Amayika Prayoga / Therapeutic Uses**External uses :**

Analgesic, deodorant, antiseptic and wound healing. Its oil is also is used. Lea mixed with water is used for gargles as a freshener. Leaves are spread on the, patient's bed suffering from fever

Internal uses :

Its paste is used as an appetizer, antiemetic, carminative and anthelmintic. Juice is used in cardiac debility, cough, as hiccups. It is also useful in dysuria, amenorrhoea, dysmenorrhoea, puerperal fever, skin diseases, common fever and po

Yoga / Formulations

- Common in Unani and folk herbal formulations
- Present in herbal teas, syrups, and lozenges

IUCN Status

Not Evaluated (NE)

Research Updates

- **Gastroprotective effect:** *Mentha spicata* leaf extracts help in reducing gastric ulcers and improving digestion by modulating gastric secretions.
- **Anti-inflammatory activity:** Demonstrates significant anti-inflammatory and analgesic effects in experimental models supporting its use in pain and swelling.

- › **Cognitive enhancement:** Aromatherapy with spearmint oil is associated with improved memory and red showing promise for neurocognitive support.

[Hindi »](#)[ta](#)

About Us

The College is recognized by National Commission for Indian System of Medicine, New Delhi and affiliated to the Shri Krishna Ayush University, Haryana for B.A.M.S. (Ayurvedacharya) Course. The College has produced over 1000 well-trained Graduates so far who are serving the ailing humanity in urban as well as rural areas and are well placed in Govt. Services or in their private enterprises. The College has gained distinction as various important and well-known pharmaceutical companies of the country have shown keen interest in the activities and development of Ayurveda in the College.



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