

Spearmint

OTHER NAMES(S): Curled Mint, Fish Mint, Garden Mint, Green Mint, Hierbabuena, Huile Essentielle de Menthe Verte, Lamb Mint, Mackerel Mint, Menta Verde, Mentha cordifolia, Mentha crispa, Mentha spicata, Mentha viridis, Menthe Verte, Menthe Crépue, Menthe Douce, Menthe à Épis, Menthe Frisée, Menthe des Jardins, Menthe Romaine, Native Spearmint, Oil of Spearmint, Our Lady's Mint, Pahari Pudina, Putiha, Sage of Bethlehem, Spearmint Essential Oil, Spire Mint, Yerba Buena, Yerbabuena.



Overview

Spearmint is an herb. The leaves and oil are used to make medicine.

Spearmint is used to improve memory, digestion, stomach problems, and other conditions, but there is no good scientific evidence to support these uses.

How does it work ?

The oil in spearmint contains chemicals that reduce inflammation (swelling) and change levels of chemicals called hormones, such as testosterone, in the body. Some chemicals might also harm cancer cells and kill bacteria.

Uses & Effectiveness ?

Insufficient Evidence for

Decline in memory and thinking skills that normally occurs with age. Early research shows that taking an extract of a special type of spearmint daily might help with thinking skills in older adults who have started to notice problems with thinking.

Memory and thinking skills (cognitive function). Taking spearmint extract might improve attention in some people. But any benefit seems to be small. Spearmint extract doesn't seem to improve most other measures of memory and thinking skills. Chewing spearmint-flavored gum doesn't appear to improve any measures of memory or thinking skills in healthy adults.

Male-pattern hair growth in women (hirsutism). Early research shows that drinking spearmint tea twice daily for up to one month can decrease levels of male sex hormone (testosterone) and increase levels of female sex hormone (estradiol) and other hormones in

women with male-pattern hair growth. But it doesn't seem to greatly reduce the amount or location of male-pattern hair growth in women with this condition.

A long-term disorder of the small intestines that causes stomach pain (irritable bowel syndrome or IBS). Early research shows that using 30 drops of a product containing lemon balm, spearmint, and coriander after meals for 8 weeks reduces stomach pain in people with IBS when taken along with the drug loperamide or psyllium.

Osteoarthritis. Early research shows that drinking spearmint tea reduces pain and stiffness by a small amount in people with kneeosteoarthritis.

Nausea and vomiting after surgery. Use of aromatherapy with oils of ginger, spearmint, peppermint, and cardamom seems to reduce symptoms of nausea in people after surgery.

Cancer.Colds.Cramps.Diarrhea.Gas (flatulence).Headaches.Indigestion.Muscle pain.Skin conditions.Sore throat.Toothaches.Other conditions.

More evidence is needed to rate the effectiveness of spearmint for these uses.

Side Effects

When taken by mouth: Spearmint and spearmint oil are **LIKELY SAFE** when eaten in amount commonly found in food. Spearmint is **POSSIBLY SAFE** when taken by mouth as a medicine, short-term. Side effects are very uncommon. Some people might have an allergic reaction to spearmint.

When applied to the skin: Spearmint is **POSSIBLY SAFE** when applied to the skin. It might cause an allergic reaction in some people. But this is rare.

Special Precautions and Warnings

Pregnancy: Spearmint is **POSSIBLY UNSAFE** when taken by mouth in large amounts during pregnancy. Very large doses of spearmint tea might damage the uterus. Avoid using large amounts of spearmint during pregnancy.

Breast-feeding: There isn't enough reliable information to know if spearmint is safe to use when breast-feeding. Stay on the safe side and avoid using in amounts greater than those found in food.

Kidney disorders: Spearmint tea might increase kidney damage. Higher amounts of spearmint tea seem to have greater effects. In theory, using large amounts of spearmint tea might make kidney disorders worse.

Liver disease: Spearmint tea might increase liver damage. Higher amounts of spearmint tea seem to have greater effects. In theory, using large amounts of spearmint tea might make worsen liver disease.

Interactions ?

We currently have no information for **SPEARMINT** Interactions.

Dosing

The appropriate dose of spearmint depends on several factors such as the user's age, health, and several other conditions. At this time there is not enough scientific information to determine an appropriate range of doses for spearmint. Keep in mind that natural products are not always necessarily safe and dosages can be important. Be sure to follow relevant

directions on product labels and consult your pharmacist or physician or other healthcare professional before using.

ALL ABOUT SPEARMINT OIL

- Spearmint gets its name from its spear-shaped leaves.
- Spearmint is believed to be the oldest plant of the Mint family and has been used traditionally for its digestive benefits.
- Spearmint Essential Oil is multi-purpose and it continues to be used to soothe ailments such as skin problems, headaches, nausea, vomiting, respiratory issues, and cold symptoms.
- Spearmint has earned the nickname “The Gentler Mint Oil,” as its scent is softer and its effects are milder than those of Peppermint Essential Oil, making it ideal for children, the elderly, and those with sensitive skin.
- Pregnant women are advised to refrain from using Spearmint Oil, as its emmenagogue properties may cause miscarriage.

HISTORY OF SPEARMINT OIL

Spearmint Essential Oil is obtained from the bright green *Mentha spicata* herb, and its name is derived from the fact that it has pointed, spear-shaped leaves. Spearmint is also referred to as Garden Spearmint, Green Mint, Fish Mint, Our Lady's Mint, Spire, Green, Lamb, and Pea. Spearmint is commonly known as the minty, breath-freshening flavoring agent used in oral hygiene products - including gum and candies - which leaves a cool, tingling sensation that leaves the mouth feeling clean. Believed to be the oldest of the Mints, for centuries Spearmint has been used for its digestive benefits, often being served with or after meals to prevent or relieve gas, bloating, nausea, and indigestion. The Spearmint herb began to be used in Ayurvedic medicine for the same purpose but to also soothe skin problems and headaches.

Having originated in the Mediterranean region, Spearmint was widely used in Greece as an aphrodisiac. It was also used to scent bath water, treat sexually transmitted diseases, clear the voice, and cure hiccups.

Physicians and herbalists, such as Pliny, prescribed Mint to restore and revitalize the body. When Spearmint was introduced to Britain, this herb with a spicy, herbaceous fragrance finally became known for its medicinal properties, and it began to be used to relieve nausea, vomiting, and respiratory issues, including common colds.

Compared to Peppermint Oil, which contains a higher level of Menthol that often makes it too strong for some users and sometimes causes side effects such as skin irritations, Spearmint's scent is softer and its effects are milder. For this reason, it has earned the nickname “The Gentler Mint Oil.” Spearmint is the ideal Mint-related option for children, the elderly, and those with sensitive skin. The sweet, invigorating scent of Spearmint has a balancing and uplifting effect, which makes it beneficial for enhancing focus, positivity, and optimism and for deodorizing unpleasant scents.

BENEFITS OF SPEARMINT OIL

The main chemical constituents of Spearmint Essential Oil are: **Carvone**, **Limonene**, **1, 8-cineole**, and **β-Myrcene**.

Carvone is believed to exhibit the following activity:

- Relaxant
- Expectorant
- Carminative
- Diuretic

Limonene is believed to exhibit the following activity:

- Anti-oxidant
- Anti-inflammatory
- Anti-fungal
- Stimulant

1, 8-cineole is believed to exhibit the following activity:

- Analgesic
- Anti-bacterial
- Anti-fungal
- Anti-inflammatory
- Anti-spasmodic
- Anti-viral

β-Myrcene is believed to exhibit the following activity:

- Anti-inflammatory
- Analgesic
- Anti-biotic
- Sedative

Used topically and cosmetically, the antioxidant quality of Spearmint Essential Oil reduces the appearance of wrinkles and skin imperfections, such as discoloration. It is believed to help reveal a new layer of skin, thus increasing skin's resilience and elasticity. With anti-bacterial properties, Spearmint is believed to make an ideal skin cleanser. By imparting a cooling sensation, Spearmint Oil can help to relieve itching associated with dryness and skin irritations.

Used in aromatherapy, Spearmint Oil is said to help reduce nasal congestion caused by the excessive buildup of phlegm and mucus in the nose and throat, thereby promoting easier breathing. It has revitalizing, energy-inducing action on the body by working to enhance mood, concentration, and by energizing the skin. Its fresh, restorative fragrance helps to uplift the mood and comfort emotional stress.

Used therapeutically, Spearmint Oil's anti-inflammatory quality is known to cool red, swollen, and itching skin to help reduce the sensations of inflammation.

It helps to cleanse the pores and tighten the skin, which may potentially promote the speedy healing of minor abrasions. Spearmint Oil has traditionally been used to support digestive functions. As an emmenagogue, it is also sometimes used to address menstrual issues, such as irregular or missed periods.

As illustrated, Spearmint Essential Oil is reputed to have many therapeutic properties. The following highlights its many benefits and the kinds of activity it is believed to show:

- **COSMETIC:** Stimulant, Anti-bacterial, Anti-inflammatory, Antioxidant, Antiseptic
- **ODOROUS:** Anti-spasmodic, Carminative, Cephalic, Emmenagogue, Stimulant, Restorative, Expectorant, Anti-depressant, Decongestant
- **MEDICINAL:** Anti-septic, Anti-spasmodic, Disinfectant, Carminative, Cephalic, Emmenagogue, Stimulant, Restorative, Analgesic, Anti-inflammatory, Anti-fungal, Anti-bacterial, Decongestant, Anti-oxidant

USES OF SPEARMINT OIL

The uses of Spearmint Essential Oil are abundant, ranging from medicinal and odorous to cosmetic. Its many forms include oils, gels, lotions, soaps, shampoos, sprays, and candle making.

Used topically, Spearmint Oil can relieve skin irritations such as itchiness, insect bites, and skin condition such as Athlete's Foot. Diluted with carrier oils such as Almond, Grapeseed, Sunflower, or Evening Primrose oils, it can be applied in a massage to relieve aches and pains, including menstrual and abdominal pain as well as muscle spasms. A few drops can be diluted in bath water to reduce fever, fatigue, inflammation, and nasal congestion. In moisturizers such as lotions, Spearmint Essential Oil can unclog skin and promote its cleansing while leaving skin feeling cool and refreshed.

Used in aromatherapy, Spearmint Oil's fragrance is inhaled and scent receptors in the brain's emotional powerhouse process the smell as calming, allowing the brain and body to relax. Diffusing Spearmint Oil can relieve headaches, reduce cough symptoms by loosening phlegm and enhancing respiration, and it can relieve flatulence when experiencing discomfort associated with digestion. When inhaled, it can ease feelings of stress and nervousness. Diffusing Spearmint Oil while studying can boost concentration and reduce feelings of anxiety.

For a natural yet effective antiseptic home cleaning paste, Spearmint Essential Oil can be combined with baking soda, liquid castile soap, and warm water before being applied to surfaces such as countertops, sinks, and bathtubs. After allowing the paste to sit on the surface for a few minutes, it can be scrubbed with a sponge then rinsed off with water. Spraying Spearmint Oil diluted in the water around the house, especially around windows and doors, will repel ants and flies. For a floor cleaning solution that is safe for wood, concrete, or tiles, Spearmint Essential Oil can be combined with vinegar and water.