Mint

Medicinal Plants Section, Islamic and Traditional Medicine Department,
Academy of Medical Sciences, Islamic Republic of Iran

Abstract:

Mentha (Mint) is a genus of flowering plants in the Labiatae (Lamiaceae) family. Mints are aromatic, almost exclusively perennial, and rarely annual. Mint and its medicinal uses have been cited in many traditional manuscripts and since *Mentha* species have different medical properties and recognition of these species considering the characteristics mentioned in traditional manuscripts is difficult, we decided to elaborate the corresponding names in traditional medicine and characteristics of 4 native and one hybrid common species of *Mentha* in Iran including *M. spicata*, *M. longifolia*, *M. pulegium*, *M. aquatica* and *M. × piperita*. The results of this work help the traditional medicine researchers to recognize the medicinal properties specified in traditional manuscripts for each *Mentha* species.

Keywords: Medicinal Plants; *Mentha*; Nomenclature; Traditional Medicine.
Corresponding Author: G.R. Amin
Email: amin@sina.tums.ac.ir

[Downloaded from jiitm.ir on 2026-11-13]