



## Effect of mint leaves to act on much disease.

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### Abstract

Mint leaves are a way to achieve complete balance between the body, mind, and soul. Mint is a popular flavoring due to its clean, pleasant smell and taste. Drinking mint tea can help freshen a person's breath, and it may also have other benefits for fighting breath. Oils and other compounds mint leaves, such as menthone, limonene, and menthol. Inhaling steam and vapors can be helpful for easing nasal congestion from blocked nose and other upper respiratory infections. Mint is decrease the obesity, diabetes and heart disease. Many of these medicinal effects of mint are closely associated with **the high content of phenolic compounds**; the phenolic from mint leaves *Mentha* species are widely used in savory dishes, food, beverages, and confectionary products. Phytochemicals derived from mint also showed anticancer activity against different types of human cancers such as cervix, lung, breast and many others.

**Keywords:** Mint, *Mentha*, phytochemicals,

### Introduction

Mint leaves are one of the most popular to treat stomach pain and nausea. In animal studies, mint oil has been shown to reduce pain and relax muscles in the digestive tract

Chemotherapy is one of the common treatments for GI cancer. Nausea and vomiting are two important digestive complications that people experience after chemotherapy for several days. Inappropriate control of these complications can significantly impair quality of life, nutritional status, and physical activity of individuals, and impose direct and indirect costs on them.

Considering the fact that a large number of cancer patients undergoing chemotherapy suffer from nausea, vomiting, , the present study focus to determine the effect of mint leaves on the severity of nausea, vomiting in these condition .

### What is mint?

**Mint leaves** also known as *Pudina* are a popular aromatic herb for its freshness with several health benefits. Since ancient times, people have used different types of mints all over the world. A variety of mint plants offer you a lot of antioxidant properties and health benefits.

## Health Benefits of Mint Leaves Are:

Science has proven that mint has plenty of health benefits. Here are some of the best ways that can use of mint to helps body stay healthy.

- **Treat Indigestion**

Mint leaves are known as an amazing appetizer. It helps to promote the digestive system by stimulating digestive enzymes. Mint oil has antiseptic and antibacterial properties to relieve indigestion, stomach infections, etc. It acts as an anti-spasmodic remedy due to the presence of methanol.

- **Relieve Irritable Bowel Syndrome**

Irritable Bowel Syndrome is a common disorder of the digestive system. It can cause stomach pain, constipation, diarrhea, bloating, and indigestion. The main and important treatment for irritable bowel syndrome is a change of diet but some studies have shown that mint oil can be helpful. Mint oil contains a compound called menthol which gives relaxing effects on the muscles of the digestive tract.

- **Improve Respiratory Complaints**

Mint leaves are highly recommended for asthma patients, as it acts as a good relaxant and relieves chest congestion. Consumption of mint leaves daily can give a soothing effect for asthmatic client. Mint is known to clear a stuffed nose; menthol can make breathing a lot easier. It also relieves the irritation caused by a chronic cough.

- **Oral Care**

Mint leaves chewing mint leaves to get rid of the strong odor. Mint leaves could help freshen your breath instantly due to the presence of germicidal properties. Mint leaves extract can help to clear the plaque deposition on teeth. Menthol containing toothpaste, mouthwash, or chewing gums can cease oral bacterial growth and keeps oral cavity clean.

- **Boosts Immunity**

Mint is full of vitamins and antioxidants to improve immunity. These plant-based vitamins help to protect cells from damage. Also, mint leaves can prevent tumors formation by inhibiting some enzymes.

- **Beats Stress & Depression**

Mint is an essential part of aromatherapy. It's strong and refreshing smell could help beat stress and gives new energy to the mind. By breathing in the aroma of mint, mind is instantly calmed, use mint extract on a vaporizer or take a mint bath for immediate relief from stress and depression.

- **Help in Breastfeeding Pain**

Breastfeeding mothers commonly experience sore and cracked nipples, which can make breastfeeding painful and difficult. Evidence revealed that applying mint essential oil is valuable in easing pain and heals soreness and cracked nipples.

- **Helps in Weight Loss**

Mint leaves play an essential role in losing weight in a healthy way. Mint leaves promote digestion and boost metabolism to help in losing weight. Mint leaves are a great refreshing calorie-free beverage to promote weight loss.

- **Skincare**

Mint is an ancient medicine to treat skin related problems like acne, scar. The strong antibacterial, antifungal, and anti-inflammatory properties of mint leaves are effective in treating acne and lower the inflammation and redness associated with acne out bursts. Mint leaves contain high salicylic acid and vitamin A which controls the secretion of sebum oil in the skin and helps to cure acne. Mint leaves extract is useful to treat and prevent acne. The richness of menthol and natural antioxidants in mint leaves are used as an amazing cleanser, toner, astringent and moisturizer for the skin. Mint leaves tones the skin, softens dry and itchy skin.

- **Healthy Hairs**

Mint leaves extract is a great source of carotene and antioxidants that promotes hair growth and prevents hair fall. The potent antimicrobial and antifungal properties of mint leaves use to ward off dandruff, head lice, etc. can apply mint leaves paste mixed with lemon juice on the hair scalp and allow it to stay for 30-40 minutes and rinse the hair well.

- **Help to Ease Morning Sickness**

Mint is an excellent remedy to treat nausea. It is also effective for treating nausea that happens in morning sickness.

- **Helps Ease Allergies**

Recent studies conducted in 2019 have proven that Mint contains 53 separate compounds that have anti-allergic properties. This means consuming mint can to some extent help in the treatment of different types of allergies.

- **Helps Reduce Symptoms of Asthma**

A clinical study on rats conducted in 2019 has proven that the compounds in mint are indeed more effective in the treatment of asthmatic symptoms than the traditional medicine known as dexamethasone. This study suggests that mint may have similar effects on humans as well. Therefore, consuming mint may help to ease symptoms of asthma to some extent.

- **High in Nutritional Content**

The nutritional facts of spearmint or commonly known as mint, state that it can provide a healthy dose of balanced nutrition as well. Two tablespoons of mint 0.4 grams of proteins, 0.9 grams of carbohydrates, 0.8 grams of dietary fibre, 1.5 mg of Vitamin C, 22.4 mg of Calcium, 6.8 mg of Phosphorous and 51.5 mg of Potassium, among other nutrients.

### **Benefits of Mint during Pregnancy:**

Pregnancy brings loads of happiness and joy, but it also makes you cautious and skeptical about everything you do. Among the changes you make during pregnancy, choosing the right foods also requires a lot of thought. What you could consume easily before may cause concerns at this stage. That's why it is wise to carefully choose what you eat as not all food items can be consumed during pregnancy. So, if you are pregnant and unsure about consuming mint, you will find this article useful. Here, we discuss the pros and cons of eating the herb and help you make an informed decision. Let's begin with the benefits of eating mint during pregnancy.

1. Mint is used as a summer staple in many households and is extremely beneficial in beating the unbearable summer heat.
2. There is no grave threat in consuming mint leaves during pregnancy as they may provide many benefits to pregnant women. Read on to know some of them
3. In the first trimester, morning sickness often leaves an unpleasant taste in the mouth.
4. Some women also experience nausea until the ninth month of pregnancy.
5. Nausea is very common during the first trimester of pregnancy. Chewing some mint leaves can help you keep nausea at bay, but if you cannot bear the minty smell, you should refrain from consuming mint leaves.
6. Your body goes through a lot during pregnancy that you are most likely to feel tired and exhausted. Sipping on some mint tea can soothe the mind,
7. Reduce irritability and relieve tiredness. It also helps to keep insomnia and anxiety at bay.
8. Muscle healing following childbirth is accelerated.
9. Makes muscles stronger for less difficult labor.
10. Helps you stay calm and lowers tension and anxiety.
11. Reduce headaches, asthma attacks, carpal tunnel syndrome, nausea, and lower back discomfort.
12. Reduce the chance of preterm labor, pregnancy-induced hypertension, and intrauterine growth restriction—a disease that stunts the growth of the unborn child.
13. Builds stamina and strength.

### **Important of mint on student life:**

Mint's health benefit on students is range from improving brain function and digestive symptoms to relieving cold symptoms and even bad breath. Also helpful for **alertness, and memory retention, and other cognitive functions.** Mint leaves are packed with antioxidants and phytonutrients, and contains vitamin A, vitamin C, and B-complex, phosphorous, calcium, and has anti-bacterial properties It is one of the rich sources of iron, potassium, and manganese which improves hemoglobin levels and promotes brain function Mint leaves are low in

calories and contain a minimal amount of protein and fat so you can add mint leaves in your weight loss diet program easily

### Conclusion:

Mint leaves are very effective range of antibiotic activity against different bacteria, yeast, insects and it also helps to reduce obesity, digestion problems nausea. Mint leaves very important in keeping freshness to the mind, body, soul It is also a potential antinociceptive and carminative. Although high LD50 values have been calculated for oral and intraperitoneal administration of the extract. Mint can easily should added to diet so most of the research proves health benefits involved taking it as a drug

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