

## Peppermint

Mentha, also known as Peppermint, is a genus of plants belonging to the Lamiaceae family, commonly found in temperate regions across the world. Mentha is widely used in traditional medicine for treating flu, fever, red eyes, headache, and sore throat. It is also used as a functional tea and flavoring agent.

Alammar et al.'s (2019) extensive review of over 50 years of studies confirms the efficacy and safety of enteric-coated peppermint oil capsules in **treating irritable bowel syndrome (IBS)**. The research shows that these capsules effectively reduce abdominal pain and improve overall symptoms in adults with IBS. The safety profile is generally positive, with mostly mild and temporary side effects. In summary, enteric-coated peppermint oil is a safe and effective therapy for alleviating abdominal pain and enhancing global symptoms in adults with IBS.

In a 2020 clinical trial by Maghami et al., inhaling peppermint oil vapor through a nebulizer was found to **decrease nausea** and vomiting frequency, duration, and severity in post-heart surgery patients. Specifically, it effectively reduced postoperative nausea and vomiting (PONV) in the initial four hours after open-heart surgery. The study concludes that employing peppermint essential oil through aromatherapy prior to extubation significantly reduces PONV incidence in open-heart surgery patients.

Akbari et al.'s 2019 study highlights the effectiveness of peppermint essence aromatherapy in **reducing pain and anxiety** during intravenous catheterization. The intervention group, receiving peppermint essence aromatherapy, experienced significantly less pain during catheterization compared to the control group. This pain and anxiety reduction can be attributed to the analgesic and tranquilizing effects of the chemical compounds in peppermint.

## NOTES

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