The Role of Mint Leaves in Preventing Diseases – A Focus
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Abstract

Vegetables are plants or parts of plants that are used as food. Many types of greens are consumed all over our country. The commonly consumed greens are: Palak, Amaranth, Fenugreek, Drumstick, mint, etc. The green leafy vegetables are rich source of Calcium, Iron and β-Carotene and Vitamin-C, Riboflavin and Folic acid. Mint is a plant that has been long known in diverse cultures, such as Indian Middle East and Europe because of its rich aroma, soothing flavor and curative properties. It is cultivated all across the globe in different forms of environment and comes in many varieties. Hundreds of varieties of mints are available. Pepper mint, pineapple mint, pennyroyal, foxtail, spearmint, etc. Generally mint has a sweet flavor, with a cooling after sensation. Both fresh and dried mint find its usage in preparing large number of recipes, including curries, soups, chutneys, salads, juices, candies and ice creams. Pepper mint and spearmint are the most popular. They are often used as a dessert or candy flavoring. Lamb id is traditionally served with mint jelly. Aromatic menthol taste and smell is instantly recognizable. Herbs that mix well with mint include cilantro, basil and marjoram. Mint as a natural herb has a lot of uses. It contains so many nutrients. The leaves are the useful parts. The leaves yield an essential oil, about 0.2 %. The essential oil contains \( \text{d} - \) earlobe, \( \text{d} - \) sylvestrene and citronellal. Menthe ardencies are cultivated in India for the extraction of Menthe oil and Menthol. Mint leaves are cheaply available and they can be added in different forms of tea, recipes, food products, in various dishes. They also provide photochemical and antioxidant activity with many health benefits. In this era of fast foods, people should pay attention to this kind of food to counteract certain deadly diseases.

Keywords: Antioxidant, Iron, Good appetizer, Antiseptic dentifrice, Cures hoarseness.

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