
Ways to Use Mint and Peppermint

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Abstract: In this article, we will learn how to prepare tinctures and decoctions from horseradish and mint at home. Using new technological methods, we can get the necessary information and learn how to prepare tinctures and decoctions.

Key words: a container with a closed mouth, a measuring cup, water, cheesecloth, ground parts of mint and mint.

INTRODUCTION

Kiyikot (*Ziziphora pedicellata*) blooms in May-June, the fruit ripens in July.

Chemical composition. Kiyikot contains triterpene glycosides, flavonoids, additives, coumarins and oxycoumarins, amino acids, vitamins, including tocopherol. Kiyikot is one of the plants that gather selenium. This plant contains various micro- and macroelements (calcium, silicon, aluminum, iron, magnesium, cobalt, zinc, copper, manganese, molybdenum, chromium).

Usage. Kiyikot's gum contains medicines that treat the eyes. It relieves hot coughs, reduces damage from lung ulcers and improves voice.

In Chinese medicine, a tincture or powder made from the root is used against various gastrointestinal diseases, as well as a diuretic and diaphoretic medicine. It is recommended to use it together with other medicinal plants in diabetes, furunculosis, and pyoderma. An extract made from the root of the horsetail is used to apply to infected wounds and sores.

Galenic preparations (infusion and decoction) of Kiyikot have a calming effect that lowers blood pressure and strengthens the heart. These drugs expand the coronary vessels of the heart, increase blood circulation in the kidney and increase urine output.

Peppermint (*Mentha*). It has a unique pungent smell, and when the leaves are chewed, it seems to cool the mouth. The rhizome is branched, it produces lateral branches under the ground. The roots are thin, pubic roots, coming from the joints of the rhizome. The flowers are pink and light purple in color, they are small, they form bunches. It blooms in June-August, bears fruit in September-October.

Chemical composition. Peppermint leaves contain many essential oils, including

menthol, as well as dipeptane, phellandrene, cineole, pulegone, menthofuran, acetic and valerianic acid esters with menthol, carotene, hesperidin, betaine, urosolate and oleonic acids. Flavonoids are also found in the leaves.

In addition to essential oils, Asian peppermint also contains astringents, vitamin C, and catechins. Peppermint is specially grown to obtain essential oil and thymol substance. In addition, it has been found that simol, borleol, pinin, carvacrol, a small amount of additives and flavanoids are also present in its composition.

Usage. Peppermint leaf preparations, peppermint water made from essential oil, nastoyka are used against nausea and vomiting and to improve digestion. In addition, mint water is used to improve the taste of mouthwashes and potions. Menthol extracted from essential oil is used for diseases of ear, nose, respiratory tract and toothache. Menthol is used to make a migraine pen that relieves headaches. Menthol drug - validol, is used in chest tightness (angina). Peppermint is widely used in folk medicine for acute and chronic diseases of the upper respiratory tract. Galenic drugs have sedative, choleric, diuretic, anti-inflammatory, analgesic, antiseptic, diaphoretic, expectorant, and anti-diarrheal properties.

According to Ibn Sina, mint is beneficial for headaches, nausea and vomiting, hiccups, jaundice, heart and digestive system disorders. Peppermint seeds are heat, draw the juices from the inside of the body and thus make a person sweat. If you put mint seeds in wine (wine) and boil them or drink them with figs, phlegm will soften a lot, and if you put a bandage on the affected areas, it will remove the cysts.

It is prescribed to drink mint decoction when the human flesh is tight and trembling, when it is bitten by a scorpion, when its muscles are sore. It is also used for bathing.

RESEARCH RESULTS

Preparation of tincture: to prepare a tincture from freshly ground deer, 2 tablespoons of its upper parts are placed in a container with a closed mouth, and 400 ml of boiling water is added to it, and it is left to infuse for 4 hours. Then it is floated through the gauze. To prepare the decoction, take out the stem part and put it in a glass jar, put it in cold water and boil it for 10 minutes. The decoction is cooled to room temperature and consumed warm. Drinking a decoction of kiikikot or made into a tea removes the accumulated substances in the chest and lungs, increases the appetite, stops nausea and writes bad mood. A decoction or tincture is useful for scurvy disease, removes kidney and bladder stones.



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Mint tincture: pour 2 cups of boiling water over 2 tablespoons of mint leaves, infuse for 20 minutes, then strain. It is prescribed to drink 1-2 glasses 3 times a day 15 minutes before meals. To prepare a tincture of mint leaves, put 2 tablespoons of leaves in a bowl, add 0.5 l of boiling water and let it rest for 15 minutes. It is very useful for people suffering from angina pectoris to constantly drink at least one leaf in tea. Or you can drink a decoction of mint: pour a glass of boiling water over a tablespoon of mint and drink it all during the day.

CONCLUSION

1. Using decoctions and decoctions from the ground part of deer, in modern medicine decoctions and decoctions made from deer (10%) are used for hypertension, angina pectoris, blood circulation insufficiency, acute glomerulonephritis, kidney and vascular diseases, as well as , used in diabetes, stomatitis, periodontitis, furunculosis and other skin diseases.

A 20% tincture is useful in cardiovascular failure with arrhythmias (tachycardia, extrasystole), as well as in neurasthenia.

2. Peppermint preparations increase blood circulation in capillaries and bowel movement, work of digestive glands, increase bile and urine excretion. Since mint leaves contain menthol, it also has an anti-microbial effect.

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