

**Botanic name :** *Elsholtzia polystachya* Benth. -- Labiat. Gen. Spec. 161. 1833 [Jun 1833] (IK)[ syn. *E. fruticosa* Mukerjee in Rec. Bot. Surv. Ind. 14, 1: 89. 1940; Sharma & Kachroo, Fl. Jammu 265. 1981]

**Common name:** Shrubby Mint,

**Family:** Lamiaceae

**Habitat:** Terrestrial

**Distribution:** Native to tropical Asia; India, Nepal, Bhutan, China

**Description:** Shrub 1-5m. Stems pubescent-tomentose, subterete when older. Leaves sessile, lanceolate to ovate-elliptic, acute or acuminate at apex, attenuate at base, serrate or crenate-serrate at margins, both surfaces pubescent and densely sessile-glandular. Flowers small, bractyeate; bracts linear to suborbicular, sometimes imbricate, arranged in spikes; spike pubescent. Bracts lanceolate; calyx  $\pm$  regular, 5-toothed, teeth subequal, 1.5-2mm; teeth triangular; corolla sub-bilabiate or bilabiate, white or creamy, upper lip emarginated, lower lip 3-lobed; stamens 4, didynamous; anthers 2-celled, becoming 1-celled; style subequally 2-lobed; fruits-nutlets smooth or tubercled, oblong

**Phytochemicals:** Essential oil (monoterpene hydrocarbons, 11 oxygenated monoterpenes, 16 sesquiterpenes, two aliphatic esters, several sesquiterpene alcohols and a phenyl propanoid), glycosides. Phenylpropanoids, terpenoids, phytosterols, and cyanogenic glycosides and other volatile components.

**Medicinal/Economic uses:** Antibacterial, antiviral, antioxidant, anti-inflammatory. As folk medicine, the plants have been used for the treatment of colds, headaches, fever, pharyngitis, diarrhea, indigestion, nephritis, rheumatic arthritis, and nyctalopia in China. Root juice is used to relieve headaches. Highly aromatic foliage is used in pot-pourri and the powdered plant is used for incense. Powdered seeds are used as a condiment for flavoring foodstuffs. An edible oil is obtained from the seed.