

Botanic name : *Hyptis suaveolens* (L.) Poit -- Ann. Mus. Natl. Hist. Nat. vii. (1806) 472. t. 29. f. 2. (IK)

Common name: American mint

Family: Lamiaceae (Labiatae)

Habitat: Terrestrial

Distribution: plant native to tropical regions of Mexico, Central, the West Indies, and South America, as well as being naturalized in tropical parts of Africa, Asia and Australia. Aggressively invasive due to its initial planting as aromatic ornamental in Indian sub-continent, Africa, and other tropical islands

Description: Rigid annual herb, stem quadrate hairy, leaves either ovate or obovate. serrulate margins, long stalk, lower surface of the leaves bears hairs; copious blue flowers in small cymes along branch that ends with reduced leaves. Sepal tube is hairy in nature, 4 stamens.

Phytochemicals: Alkaloids, essential oils (1,8-cineol-31.5–35.3%, sabinene-12-18%), flavonols, flavones, flavonones, terpenoids, tannins, aldehydes and ketones and the absence of steroids, enols, saponins and anthraquinones

Medicinal/Economic uses : The plant is stimulant, aromatic, carminative, antioxidant, antimicrobial, sudorific, antifungal, and lactagogue; infusion is used in catarrhal conditions, affections of the uterus and parasitical cutaneous diseases. Leaves used in cancer and tumour, antispasmodic and antirheumatic; infusion is given in fever.