



***Mentha longifolia* (L.) L.**

Family: Lamiaceae

Common name: Horsemint

Local name: Jungli putna

Importance:

- As spice, other natural seasonings and flavorings.
- Also used to treat Coughs, Colds, Stomach cramps, Asthma, Flatulence, Indigestion and headaches.

DEPARTMENT OF BOTANY UNIVERSITY OF JAMMU