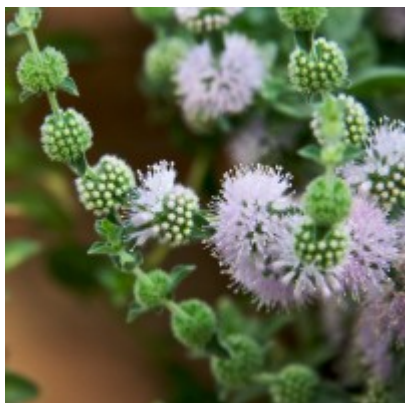


# Pennyroyal

*Mentha pulegium*



Lamiaceae family, is a perennial plant with erect and quadrangular stems, branched, which can measure between 30 to 40 cm.

Its leaves are lance-shaped and green and have small pink flowers.

More info:

[https://www.amu.bio/\\_pennyroyal](https://www.amu.bio/_pennyroyal)

## Cultivation

It grows in moist soils, rich in organic matter and in temperate climate, with light but no direct sunlight.

It should be planted in spring or fall.

It is common to find it along the watercourses.

## History

Plant known for centuries throughout the Mediterranean and western Asia for its carminative and relaxing properties. It has a rather strong fragrance, very similar to mint.

Pennyroyal is a species with insect-repellent properties. The pulegium term derives from the word pulex (Latin) which means flea, is due to the ancient custom of burning pennyroyal inside the houses to repel these insects.

Curiosity: The Nirvana band has a song called "Pennyroyal Tea".

## Utilization

In Portugal, it is widely used in cooking (traditional Alentejo cuisine) in infusions and also for liquor manufacturing (mainly in the south).

The pennyroyal is expetorante (against the flu symptoms and chronic cough). It is also a tranquilizer for the nervous system, helps fight insomnia, rheumatic pains, stomach acid fermentation, nausea, bronchitis and asthma.

Due to its toxicity, pennyroyal should only be consumed in very small amounts and for short periods. It is not suitable for babies, children, pregnant women, or people with liver or kidney conditions.

Inaccurate dosages can cause serious health risks, including liver and kidney damage, gastrointestinal bleeding, and miscarriages (when taken during pregnancy).

Pennyroyal essential oil is highly toxic and should never be ingested.

Currently, pennyroyal essential oil is mainly used in aromatherapy and as a natural insect repellent.

Always seek medical advice before consuming pennyroyal.