

Digestive Tablets from Mint Leaves

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Abstract: *Indigestion, bloating, and flatulence are typical health issues that affect a huge percentage of the population. Herbal formulations are becoming increasingly popular as effective and safe alternatives to synthetic digestion aids. Mint (*Mentha spp.*) leaves are well known for their carminative, antispasmodic, and antibacterial qualities, which make them useful for improving gastrointestinal function. The current review is on the formulation and therapeutic potential of digestive pills made from mint leaves. It emphasises the phytochemical components involved for digestive function, such as menthol, menthone, flavonoids, and polyphenols. The review also covers formulation processes, evaluation factors, pharmacological effects, and the benefits of utilising herbal pills. Mint-based digestion pills provide a natural, appealing, and convenient dosing option that may increase patient compliance*

Keywords: Mint leaves, Digestive tablets, Mentha, Herbal formulation, Gastrointestinal health, Phytochemistry

