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**Evaluation of the effects of peppermint on improving the function of the respiratory system in COVID-19 infection**

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**Abstract**

Medicinal plants play a major role in traditional remedies, prevention of diseases and managing the symptoms. When a health problem, like COVID-19 pandemic, rises global concerns, this role becomes more prominent. Respiratory system involvement is common in COVID-19 disease and Many patients with mild to moderate infection prefer to be treated at home with variety of herbal remedies that have been suggested for symptomatic treatment. Due to findings of previous studies on the immunomodulatory effects and antiviral activities of peppermint on coronaviruses, in this review study, an attempt was made to outline the potential and safe use of peppermint, its compounds and peppermint essential oil in prevention of SARS-CoV-2 infection, also control and management of mild respiratory symptoms due to coronavirus based on scientific evidence. So a critical overview of scientific literatures was performed and clinical evidences were retrieved and summarized. Effects of this plant has been studied at cellular-molecular, individual and society consumption level. Based on available evidence, use of peppermint has been effective in prevention of infection as well as symptom treatment of COVID-19. However it's notable that complementary therapies can not replace standard therapies and patients must follow the instructions that are recommended by health care system.

**Keywords:** "peppermint". "Respiratory infections". "remedy". "COVID-19"