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Clinopodium acinos

[Synonyms : *Acinos arvensis*, *Acinos thymoides*, *Acinos vulgaris*, *Calamintha acinos*, *Calamintha ascendens*, *Calamintha hirta*, *Calamintha menthifolia*, *Calamintha officinalis*, *Calamintha sylvatica*, *Calamintha sylvatica* subsp. *ascendens*, *Satureja acinos*, *Satureja ascendens*, *Satureja calamintha* subsp. *ascendens*, *Satureja calamintha* subsp. *menthifolia*, *Thymus acinos*]

COMMON CALAMINT is an annual or perennial. Native to Europe it has white-marked, pale purple-blue flowers.

It is also known as Basil thyme, *Brenhinllys* (Welsh), *Calamenthe* (French), *Calamento* (Spanish), Calamint (English, Turkish), *Calaminta* (Italian), Calamint balm, Catnip, *Harmynta* (Swedish), *Hartimjan* (Swedish), *Käenminttu* (Finnish), *Kalamint* (German), *Marulka lesní* (Czech), Mill mountain, Mother of thyme, Mountain balm, Mountain mint, Polly mountain, Spring savory, Wild basil, and Wood savory.

Common calamint is a protected plant in the Irish Republic under the Flora Protection Order 1987.

Acinos is derived from Greek *akinos* and is a name used by the 1st Century Roman natural historian, Pliny the Elder (23-79), for an aromatic herb.

Medicinally, the plant has an ancient tradition and one that was recognized during the Middle Ages. It used to be prescribed by herbalists in cordial form for treating cramps, convulsions and spleen ailments. Common calamint is no longer highly favoured by Western folk or in orthodox Western medicine. However there are some people who contend that an infusion of the peppermint flavoured leaves with the rest of the dried plant, taken as a tisane, can serve as a tonic and that a poultice of the leaves could aid bruising.