

Table 1 Commonly used aromatic medicinal plants

No.	Plant	Description	Geographic distribution and habitat	Traditional uses in different cultures
1	<i>Mentha haplocalyx</i> (Chinese mint)	Known for its cooling sensation and used in digestive aids and pain relief.	Commonly found in temperate regions.	Used in Traditional Chinese Medicine (TCM) for cooling and digestive properties.
2	<i>Rosa rugosa</i> (Rugosa Rose)	Valued for its fragrant flowers and used in skincare products and as an astringent.	Native to East Asia but has been cultivated widely.	Used in European herbal traditions for skincare and as an astringent.
3	<i>Syzygium aromaticum</i> (Clove)	Contains eugenol and is widely used for its analgesic and antiseptic properties.	Indigenous to the Maluku Islands in Indonesia.	Staple in Ayurvedic medicine for its antiseptic qualities.
4	<i>Angelica dahurica</i> (Chinese Angelica)	Traditionally used for its anti-inflammatory and analgesic properties.	Native to East Asia, particularly in China and Korea.	Used in Traditional Chinese Medicine (TCM) for anti-inflammatory properties.
5	<i>Nardostachys jatamansi</i> (Spikenard)	Used for its calming effects and in the treatment of stress and anxiety.	Found in the Himalayan region.	Used in Tibetan medicine for its calming effects.
6	<i>Citrus reticulata</i> (Mandarin Orange)	Its peel is used in traditional medicine for digestive and respiratory issues.	Widely grown in tropical and subtropical regions.	Used in Traditional Chinese Medicine (TCM) for digestive and respiratory issues.
7	<i>Amomum villosum</i> (Chinese Cardamom)	Known for its use in digestive disorders and as a carminative.	Native to Southeast Asia.	Used in Southeast Asian traditional medicine for digestive disorders.
8	<i>Agastache rugosa</i> (Korean Mint)	Used in traditional medicine for its antipyretic and anti-inflammatory properties.	Native to East Asia, particularly in China and Korea.	Used in Traditional Chinese Medicine (TCM) for antipyretic and anti-inflammatory properties.