Black Pepper- Maricha / *Piper nigrum*

**Part consumed** - Fruit

**Form consumed** - Powder

**Maximum daily consumption by adults** – Powder - 0.5-1 g

**Composition** -
- Piperene
- Piperethine
- Feruperine
- Citronellol
- Alkaloids
- Flavonoids
- Carotenoids
- Terpenoids
- Volatile oil
- Sabinene

**Indications as per Ayurveda** -
- Common Cold
- Cough
- Asthma
- Diarrhoea
- Heart Diseases
- Worms
- Indigestion
- Colic

**Modern Clinical Studies** -
- Antifungal
- Antibacterial
- Cough & Cold
- Asthma
- Fevers
- Dysentery
- Colic
- Piles