

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