

Chillies-Lanka / Capsicum annum

Part consumed –
Fruit

Form consumed -
Dried powder

**Maximum daily
consumption by adults-**

Powder - 30-60 mg

Composition

- Essential Oils
- Anthocyanins
- Vitamins
- Phenolic acids
- Flavonoids
- Carotenoids
- Capsaicinoids



Indications as per Ayurveda

- Antiseptic
- Anti-inflammatory
- Expectorant
- Cardio-tonic
- Digestive
- Diuretic
- Laxative
- Diaphoretic

Modern Clinical Studies

- Anti-tumorigenic
- Antioxidant
- Anti-inflammatory
- Antipyretic agent