

Peppers / *Capsicum spp*

Part consumed -

Fruit

Form consumed -

Dried powder

Maximum daily consumption by adults –

Powder - 2 g

Composition

- Capsaicinoids
- Capsaicin
- Phenolic compound
- Gallic acid
- Essential Oils
- Carb - 18 %
- Proteins - 2%
- Fats - 1%
- 18 Kcal / 100 g



Indications as per Ayurveda

- Gout, Analgesic
- Digestion
- Dyspepsia, Flatulence
- Tympanitis
- Paralysis
- Acute Diphtheria
- Malignant Scarlet Fever

Modern Clinical Studies

- Arthritis, Psoriasis
- Postoperative Neuralgia
- Diabetic Neuropathy
- Antioxidant
- Anti-Inflammatory
- Hepato-protective
- Diuretic
- Hypercholesterolemia
- Antipyretic Agent
- Constipation