

**Black Pepper**  
**Piper nigrum - Piperaceae**

A perennial plant with a round, smooth woody stem and heart shaped dark green leaves. The plant can climb to 20 feet with small white flowers and berries, which turn red as they ripen.

<b><u>Place of Origin</u></b>	<b><u>Part of plant used</u></b>	Dried unripe fruits
India, Malaysia, West Indies, Thailand	<b><u>Method of Extraction</u></b>	Steam distillation
<b><u>Characteristics</u></b>	<b><u>Yield</u></b>	2-3%
Colour: Pale Yellow	<b><u>BF</u></b>	2-4
Perfume notes: Top, middle	<b><u>TR</u></b>	D
Aroma		

**Chemical Composition**

Monoterpenes	<b>limonene</b>	%		Sesquiterpenes	<b>beta-caryophyllene</b>	%
	<b>pinene</b>	<b>33</b>				<b>30</b>
	camphene	1-2				
	sambinene	1-14				
	myrcene	2-3				

**Properties:**

**Analgesic, antispasmodic, carminative, rubefacient, stomachic,** diaphoretic, laxative, stimulant, antimicrobial, tonic

**Precautions:**

Non-toxic, non-sensitising.

Monoterpene content

Can be irritant to skin and mucus membranes in high concentrations

Oxidises readily on exposure to air.

Believed to antidote homeopathic remedies

## **Piper nigrum - Piperaceae**

### **Indications**

#### **Circulatory**

Chilblains, cold extremities, poor circulation

#### **Musculo-skeletal**

Muscle fatigue, aches and pains, osteoarthritis, rheumatism, sciatica, lumbago, old injuries, muscle wasting

#### **Digestive**

Diarrhoea, constipation, IBS, anorexia, sluggish digestion

#### **Nervous**

#### **Genito-Urinary / Gynaecological**

Dysmenorrhoea, amenorrhoea, scanty irregular cycles

#### **Respiratory**

Catarrh, coughs, colds, flu, bronchitis, chills

#### **Immune System**

Can be used to boost immunity against winter colds and flu

#### **Skin**

### **Clinical Research**

Proven effective against Staphylococcus aureus

### **Psychological uses**

An excellent oil for dispersing mental stagnation and apathy. It's fortifying and strengthening qualities make it ideal for less confident types and can lift them out of a psychological rut.

### **Summary**

Rubefacient, stimulating