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.

**Place of Origin**          **Part of plant used**          **Dried unripe fruits**
India, Malaysia, West Indies, Thailand          **Method of Extraction**          **Steam distillation**

**Characteristics**

**Yield** 2-3%

Colour: Pale Yellow  **BF**  2-4
Perfume notes: Top, middle  **TR** D

**Aroma**

**Chemical Composition**

<table>
<thead>
<tr>
<th>Monoterpenes</th>
<th>%</th>
<th>Sesquiterpenes</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>limonene</td>
<td>33</td>
<td>beta-caryophyllene</td>
<td>30</td>
</tr>
<tr>
<td>pinene</td>
<td>30</td>
<td></td>
<td></td>
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<tr>
<td>camphene</td>
<td>1-2</td>
<td></td>
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<tr>
<td>sambinene</td>
<td>1-14</td>
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<tr>
<td>myrcene</td>
<td>2-3</td>
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**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
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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