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Blood Circulation Stimulation Properties of Cayenne Pepper: A Review

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Abstract: Cayenne pepper (also called *Capsicum frutescens*) is a stimulating herb made from the dried pods of chili peppers and is well known for its pungent taste and smell. Cayenne is a popular spice used in many different regional styles of cooking, but it has also been used medicinally for thousands of years. Cayenne is often referred to as chili, which is the Aztec name for cayenne pepper. The main medicinal properties of cayenne are derived from a chemical called capsaicin. Capsaicin is the ingredient which gives peppers their HEAT. A pepper's capsaicin content ranges from 0-1.5%. Peppers are measured according to heat units. The degree of heat determines the peppers' usage and value. Generally, the hotter the pepper, the more capsaicin it contains. In addition to adding heat to the pepper, capsaicin acts to reduce platelet stickiness and relieve pain. Other constituents of cayenne are vitamins E, vitamin C and carotenoids. Today cayenne is used worldwide to treat a variety of health conditions, including poor Circulation, weak digestion, heart disease, chronic pain, sore throats, headache and toothache. Cayenne is the greatest herbal aid to circulation and can be used on a regular basis. Dr. Richard Schulze, the medical herbalist, says that "If you master only one herb in your life, master Cayenne pepper. It is more powerful than any other."

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Introduction

Cayenne pepper belongs to the capsicum family, and its botanical name is *capsicum annuum*. It is the red chili pepper that is used to add flavor in food and has high medicinal values. Cayenne contains vitamin E, vitamin C, vitamin K, carotenoids, and the complete B complex vitamins. It is also a source of organic calcium, potassium, manganese, and dietary fiber. For health and medicinal purposes, you only need to drink small amounts of cayenne powder, mixed in a glass of water. [1-2]

Risk factors for cardiovascular disease (CVD) include metabolic and vascular factors, such as hypercholesterolemia, hyperglycaemia, hyperinsulinemia, obesity, hypertension and arterial stiffness. One approach to reducing CVD risk is to reduce body weight. Obesity elevates the risk of hyperglycaemia, hyperinsulinemia, and vascular resistance (Eckel et al., 2005; Moller and Kaufman, 2005; Sundell, 2005). Decreasing energy input and increasing energy output (e.g., low energy diets and increasing exercise) are the two approaches for weight reduction. Chilli or its active component capsaicin has been shown to increase energy expenditure and/or fat oxidation (in animals and humans) and lower serum lipids (in animals). [3-5]

How cayenne pepper can help us

Cayenne pepper increases blood circulation. It also draws the blood to where it is especially needed. Because of these special abilities, it can be used to help you in many ways. Cayenne is a counterirritant; it brings blood to the surface and allows the toxins to be taken away. It wonderfully improves blood circulation [7]. The benefits of cayenne are almost too unbelievable; but its reputation keeps growing and growing, and deservedly so. It can do everything from killing cancer cells in the prostate, lungs, and pancreas to immediately stopping a heart attack within 30 seconds. Incredible, but successful in many instances. The health benefits of cayenne pepper include improvements in regard to digestion, immunity, heart diseases, dyspepsia, inflammation, headache, throat congestion, and blood circulation. Cayenne pepper improves the effectiveness of other herbs. [8-11]

Prevents heart attack

There are evidences that prove that giving cayenne extract orally, to a patient, helps to stop heart attack. Cayenne helps to reduce cholesterol levels in the blood. Cayenne helps to dissolve fibrin, which causes formation of blood clots. It also reduces triglyceride levels. It is excellent for any type of internal hemorrhage. Cayenne pepper increases metabolism by immediately speeding up the flow of blood in the arteries and veins.[15-16].

This herb is a great food for the circulatory system. It feeds the necessary elements into the cell structure of the arteries, veins, and capillaries; so that these regain the elasticity of youth again, and the blood pressure adjusts itself to normal.

It improves blood circulation. When any body part is sick, the blood flow to that area is usually affected. Cayenne helps to remove entire blood congestion, stimulates the blood flow, makes sure that the vitamins are properly delivered to all areas, and waste is removed.[13-14]

Dr. John Christopher, the famed natural herbalist, was relentlessly harassed by the government for his practice of herbal medicine, all the while assisting patients in curing heart disease, cancer, tuberculosis, infertility, rheumatism, leukemia, and many other conditions with herbs. He could instantly stop a heart attack if he could get the patient to drink a glass of warm cayenne water. He said, "A teaspoon of cayenne should bring the patient out of the heart attack." For internal hemorrhaging (bleeding inside the body), if the patient can drink a glass of extra warm cayenne water, Dr. Christopher wrote, "by the count of ten the bleeding will stop. Instead of all the pressure being centralized, it is equalized and the clotting becomes more rapid." With over 700,000 Americans experiencing a stroke each year and almost half a million dying yearly of either heart disease or related issues, cayenne pepper is worth keeping on your shelf. Capsicum may be valuable in the prevention and treatment of blood clots. Cayenne is also great for heartburn.[19-22]

Healing the sick part of body

When you have a sick area, there 'soften a restriction of blood flow to that area. Blood flow is what takes nutrition and the healing properties of herbs to those cells. Blood flow is also what carries out and removes waste material. Cayenne pepper is like TNT. It blasts through all that blockage to get to that area which is sick, taking with it all the minerals and vitamins from the Foods you eat, and all the vital chemicals from the herbs you take-all the way to the sick area.

Cayenne pepper is usually labeled 40,000, 60,000, 90,000 or more heat units. Generally, the higher the number of heat units, the more beneficial. The lower-heat cayenne peppers are a lot less efficient, and they are the ones which are most highly contaminated. These are the ones you see labeled for 30,000 heat units. These are the ones to stay away from.[25-27]

Use of cayenne powder in place of capsule

It is recommended that the cayenne powder be used, as opposed to capsules. It is believed that you are only getting a small part of the potential effect of cayenne pepper by taking it in capsules. When you put cayenne in your mouth, your stomach secretes digestive juices before the cayenne ever gets there. So when the cayenne gets down there, your stomach is ready for it.

But if you swallow a capsule, your tongue tastes nothing. A capsule goes down in your stomach, and your stomach notices nothing, at first. Then, 5minutes later the gelatin bursts, and you have a ½ tea spoon of cayenne pepper in your stomach and your body is shocked. You surprised it. What is going on is that some of cayenne's healing action occurs right in your mouth. As cayenne touches your tongue, the cayenne absorbs in seconds and nerve endings send signals throughout the body-sending waves of fresh blood throughout your body.[32-37]

Controls high blood pressure and regulates the temperature of body

Cayenne pepper for high blood pressure is certainly one of its core uses; but cayenne cleans the arteries as well, helping to rid the body of the bad LDL cholesterol and triglycerides. It is an excellent home treatment for mild high blood pressure and high blood cholesterol levels. [42]

Cayenne preparations prevent platelets from clumping together and accumulating in the blood, allowing the blood to flow more easily. Since it is thought to help improve circulation, it's often used by those who have cold hands and feet. It equalizes the blood circulation in the arterial and venous system, and produces natural warmth in your body. It does this by regulating the flow of blood from the head to the feet, so that the pressure is equalized. It influences the heart immediately; then it gradually extends its effects to the arteries, capillaries, and nerves.[39-41]

Avoid use of cayenne in case of

Keep in mind that regularly taking large amounts of cayenne may eventually damage the kidneys—and lead to pleurisy and other conditions caused by weakened kidney function. It is the kidneys which have to process the cayenne by extracting it from the blood into the urine. Too much cayenne, too frequently, weakens kidney function. If you've ever accidentally rubbed your eyes after cutting hot peppers, you know this herb should be handled carefully. Cayenne pills may cause a burning sensation in the throat, stomach, or rectum of sensitive individuals. Some people may tolerate cayenne fluid preparations or combination products better than tablets or capsules. Others may find cayenne pepper in the diet easier to digest than cayenne medications. Only use small, cautious doses. Avoid getting cayenne into the eyes or open wounds. Do not use topical applications of cayenne products too frequently; since there is some concern that nerve damage could occur with daily repetitive use. Cayenne placed directly on the skin can cause burns and even blisters; so dilute a cayenne preparation in oil before placing it on the skin. Or mix it with flour and water until it forms a paste, which you can spread on muslin, to prepare a poultice. You also can mix cayenne with orrisroot powder and dust it very lightly on heavily oiled skin, working it in with massage.[45-49]

Do not use cayenne in cases of high fever (104 degrees Fahrenheit or above). Cayenne preparations are not recommended for use by individuals who have rapid heart rates or who become overheated or perspire easily. Avoid internal use of cayenne in cases of asthma and gastrointestinal irritation or inflammation, except under the supervision of an experienced herbalist. Do not use cayenne on broken skin. Like all other foods or herbs, we have to also be careful when using this herb. Excessive consumption may cause burning sensations in the throat, stomach, or rectum. When cooking or making medicines with cayenne peppers, you must take into account the widely varying intensities (heat) of different peppers—from very mild to extremely fiery.[50-51]

Cancer and detoxification

Cayenne pepper is also very well known for its cancer fighting properties. It may prevent the spread of cancerous cells, while initiating apoptosis or programmed cell death. In lab studies, cayenne was able to kill prostate, breast, stomach, pancreas and lung cancer. [17-19]

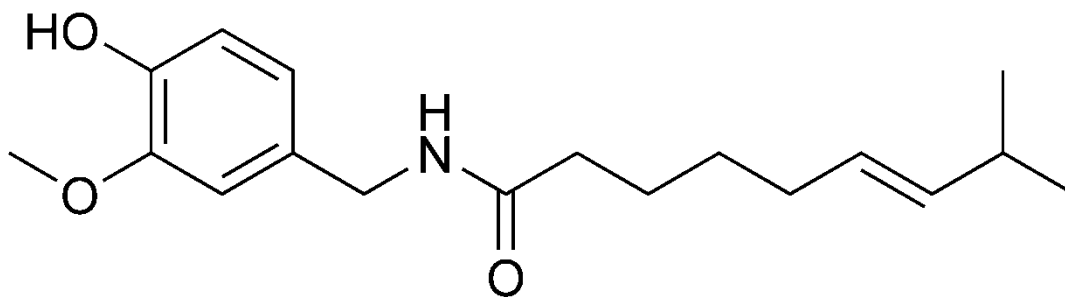
However, the question is, would it work on us?

Due to benefits of cayenne pepper, herb is also used in detoxification formulas since it exhibits anti- bacterial, anti-viral and anti- fungal properties. Capsaicin from cayenne is very well absorbed from the digestive track into the blood stream. On the other hand, it is questionable how much should we consume, in order to experience cayenne benefits and avoid the side effects.[53-55]

Side effects

Possible side effects include nausea, vomiting, stomachaches and diarrhea. When applied to the skin and left for some time, the herb will provoke burning reaction. This is especially dangerous, if cayenne comes in contact with eyes. Higher doses of cayenne may lead to kidney and liver damage, severe gastrointestinal problems And even death. Besides capsaicin, the herb contains other flavonoids, too, which may be Carcinogenic in high amounts.[21-24]

Structure



[28]

Chemical composition

| VITAMINS AND MINERALS: | OTHERS: |
|---|---------------------------------|
| Ca .26% | albumen 2.4% |
| p .09 | pectin 2.33 |
| K .17 | gums 1.3 |
| Na tr | starch 2.0 |
| Cl tr | capsaicin .43 |
| Mg .31 | capsacutin oil 16.35 |
| Fe .0006 | pentosans totaling 8.59 solaine |
| Mntr | xanthenes .82 |
| Cu tr | oleic acid |
| Zn tr | palmitic acid 1.85 |
| Carotene-various carotenoid pigment. no carotene | steanc acid |
| A 12,137 Mg/lb | fatty acids |
| B-1 78 | |
| B-2 12 | |
| C (ascorbic acid) 493 | |

[23-24]

Conclusion

Cayenne is cheap and easily available herb found in supermarkets. You can use it to destroy blood clots, improve lipid profiles, heart function and above all, circulation. However, it is also used for treating viral infections such as shingles and herpes, arthritis, diabetes, muscle pain, as well as for relieving pain associated with gum disease and headaches. For which ever reason you decide to get you some benefits of cayenne pepper, don't go overboard. Too much capsaicin can be counterproductive.

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