



BLACK PEPPER

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Black pepper is the fruit of the black pepper plant from the Piperaceae family and is used as both a spice and a medicine. . The chemical piperine, which is present in black pepper, causes the spiciness. Black pepper is native to south India and is extensively cultivated there and elsewhere in tropical regions. The fruit (peppercorn) has to be dried to be eaten.

The health benefits of black pepper are:

- Relief from respiratory disorders, cough and cold, asthma
- Relief from constipation, indigestion, anemia, diarrhea, ulcers
- Improves impotency, muscular strains
- Reduces heart disease
- Antioxidant
- Anti-bacterial
- Anti-inflammatory
- Helps the body to absorb other nutrients

Grounded pepper even home-made powder stays fresh for only 3 months, whereas whole peppercorns can stay fresh indefinitely. Adding a pinch of black pepper to meals helps to improve both taste and digestion. It also improves your overall health and well-being.

Important Note:

Black Pepper may cause sneezing. Patients who had abdominal surgery should be careful, as it could have an irritating effect on the intestines.