



Black Pepper

Latin names : Piper nigrum

French names : Poivre, Poivre noir

Other English names : Pepper, Black pepper

Extracted from : Mature dried fruits



Pepper brings life wherever it needs be alive !

Have a good start in the morning for a good day : 2-3 drops of pepper oil under your feet.

When libido is lowered..., massage your tummy with pepper oil and lick one drop off you hand as well.

Cheese, Swiss fondue, Cheese soufflés, mozzarella salad and cheesy pizzas ? Pepper supports digestion (especially of dairy products).

The flavour of the oil is far stronger than that of the beans : clearly superior when it comes to the balance between hot-spicy and pepper flavour. And therefore easily used in meat sauces, pasta, fruits salads or chocolate.

The plant, its legends and its botany

Pepper climbs up always higher. It can reach 4 feet high thanks to the trees it grows on. It chooses trees with rough bark, chipped or grooved to facilitate the ascent.

On thin branches, themselves on thin stems, alternate leaves unfurl in the form of large drops of water which go up to heaven and in all directions. Their impetus is reinforced visually by ribs in the direction of the blade. The fruits (or seeds) come in clusters. They are made from small green ball-fruits. They are clustered like garlic braids.

As it is of particular importance, it gave its name to the entire botanical family: the piperaceae. Culinary and medicinal use in India dates back (with paper records) 2,000 years BC. In 1213 BC also, a grain in each of the nostrils of Ramesses II completed his mummification. Apparently pepper does not make everybody sneeze ...! From the beginning, the Roman Empire used to send over a hundred ships a year away to India to bring pepper back. Even if the risky journeys lasted more than a year...

The Arabs, during the conquest of Alexandria in 642, started trading pepper in Europe. European countries used to build entire fleets to monitor this market and bring the precious spice back to their population. Indeed, people suffered of much less intestinal illnesses from infectious food. It was worth gold.

Pepper was always a spice luxury even if stands on all tables today. They say for example that in the Middle Ages

it was used to mask the taste of tainted meat. Yet the people who could actually afford to buy pepper, probably had no problem preserving and eating unspoiled meat. Its luxury exceeds its flavour: medicinal since ancient times, aiding the absorption of many micronutrients (vitamins B, selenium, beta-carotene ...) So keep your spices in the dark and your essential oil (less fragile) at hand.

Energetic properties

Warms up globally: body and potential blackheart.

Brings life, vitality, or even both.

Makes more joyful, happy, jumpy.

Improves concentration and liability.

Increases self-confidence and faith in own tasks : brings certainty.

Helps to digest emotions.

Improves bad self-image.

Stimulates libido - would indeed make dead volcanoes erupt again.

To drop inhibitions (not crazily like alcohol but in a more subtle manner which preserves noble goals)

Chakras

1st chakra

Doshas

Makes Pitta sparkle

Takes Kapha's weight away

Clarifies Vata when paralysed by choice-making and its potential skills.

Elements

Fire

Standard chemotype

High variability

Monoterpenes (l-limonene, beta-pinene, delta-3-carene)

Sesquiterpenes (beta-caryophyllene, beta-selinene, beta-bisabolene)

Oxides (caryophyllene oxide)

Ketones: traces up to 2% (acetophenone, hydrocarvone, piperitone). No toxicity within physiological dosage.

Furanocoumarins (alpha-bergamotene). No photosensitivity has ever been observed.

Batch chromatography

Batch, PEP2005/2432 (PDF, 333 Ko, French)

Batch, PEP2001/5232 (PDF, 436 Ko, French)

Batch, WPE2001/2413 (PDF, 298 Ko, French)

Batch, PN401K091653 (PDF, 462 Ko, French)

Batch, PEP1001/1 (PDF, 820 Ko, French) Flower water

Batch, PN401L101263 (PDF, 462 Ko, French)

Contraindications and limitations of use

Slightly dermocaustic; not always well tolerated on skin.

No other contraindication within physiological dosage.

No problem for those who can not tolerate spicy food (no piperidine).

Keep out of reach of children.

Children and pregnant women: no other contraindication within physiological dosage.

Go to the 'Limitations of use and contraindications' section



The information on these page is only intended to provide trained professionals with suggestions on how to use our products. They are solely responsible for any advice they may give. It rests with them to consolidate their skills and to keep ut to date with the latest advances in aromatherapy. Also, trained professionals must know their patients' state of health well enough to propose an appropriate treatment accordingly. The total responsibility for interpretation and use of Gedane products lies with users and does not involve Gedane in any way.
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