

# Black Pepper

## *Piper nigrum*

Alexandria Brighton Collection  
ESSENTIAL OILS

**Therapeutic Properties:** Analgesic, antacarrrhal, antimicrobial, antiseptic, antispasmodic, antitoxic, aphrodisiac, bactericidal, carminative, diaphoretic, digestive, diuretic, expectorant, febrifuge, laxative, rubefacient, stimulant, stomachic, tonic.

Black Pepper contains phenols – carvacrol, eugenol, safrole, and myristicin – which affect the digestive system. It has laxative properties making it a useful aid to increasing peristalsis and reducing flatulence. It is thought to help digest proteins and the excretion of toxins, leading to weight loss, so it may appeal to women towards the end of the puerperium.

The high concentration of monoterpenes (camphene, farnesene, limonene, myrcene, pinene, sabinene and thujone) and sesquiterpenes (caryophyllene) makes Black Pepper an excellent analgesic, and its vasodilatory effects make it valuable in cases of muscular aches, pains, and stiffness. It is beneficial both before and after strenuous physical activity, and lends itself to pain relief in labor; it is also stimulating and seems to give mental stamina which could help a woman having a long, slow first stage.

Alcohols in the form of linalool and pinocarvol give Black Pepper a warming action which improves the circulation, making it beneficial for bruising. The oil could be applied postnatally as a massage to the buttocks where a forceps delivery has resulted in excessive trauma. Black Pepper may increase the production of red blood cells, which could be valuable in cases of anemia.

Black Pepper has strong diuretic properties but should not be used directly for this purpose as overdosing could precipitate excessive renal stimulation; low doses are advised during pregnancy to avoid potential damage to kidney function. Follow recommended dilutions and doses, and always blend with other oils.

It has also been known to help in reducing smoking withdrawal symptoms (Rose & Behm).

Black Pepper uses include sluggish digestion, muscle cramps, arthritis, constipation, poor circulation, and chilblains. [Julia Lawless, *The Illustrated Encyclopedia of Essential Oils* (Rockport, MA: Element Books, 1995), 56-64.]

## aromatherapy & home uses

**Circulation, Muscles, and Joints:** Anemia, arthritis muscular aches, and pains, neuralgia, poor circulation, poor muscle tone (muscular atonia), rheumatic pain, sprains, stiffness.

**Digestive System:** Colic, constipation, diarrhea, flatulence, heartburn, loss of appetite, nausea.

**Immune System:** Colds, flu, infections and viruses.

**Respiratory System:** Catarrh, chill.

**Skin Care:** Chilblains.

## suggested usage (10 years & up)

### BATH:

- Add 5 drops to ½ cup Clay Vitality or Vitality Bath Salts and mix into warm bath water.

### INHALATION

- Place 1-2 drops on a tissue, cotton ball, or in the palms of the hands and inhale.

### TOPICAL

- May be used neat on the soles of the feet.
- Dilute with Carrier Oil for topical application; add Helichrysum or Sensory if nerve discomfort is involved.

## responsible cautions

- Non-toxic, non-sensitizing, irritant in high concentration due to rubefacient properties.
- Use in moderation.
- Black Pepper is a kidney stimulant and diuretic.
- Avoid in cases of kidney disease.
- Do not use within 2 hours of taking homeopathic remedies as it may neutralize their effects.
- Keep out of reach of children and pets.
- Use as directed, and adhere to Responsible Cautions at [www.goDesanaOrganics.com/cautions.asp](http://www.goDesanaOrganics.com/cautions.asp).
- Store away from sunlight, at room temperature, with the lid securely tightened.

## attributes

### Wildcrafted

### GRAS Certified

**Producing Organ:** Black Peppercorns, dried and crushed

**Extraction:** Steam Distillation

**Country of Origin:** India

## topical dilution guidelines

**Ages 10 & Over:** Topical dilution for healthy individuals is 10% (60 drops per 1 ounce of carrier oil). A topical dilution of 25% (150 drops per 1 ounce of carrier oil) may be warranted in cases of severe pain, bad bruising, or serious muscle cramping.

## pregnancy & children

### Topical

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in 10 ml carrier oil
- 5 to 10 years - 6 drops in 10 ml carrier oil
- Pregnancy - *safe when used as directed starting in the 2<sup>nd</sup> trimester*

### Bath

- Infant to 3 months - *not recommended*
- 3 months to 3 years - *not recommended*
- 3 to 5 years - 3 drops in ¼ cup Pink Himalayan Salt
- 5 to 10 years - 6 drops in ¼ cup Pink Himalayan Salt or Clay Vitality
- Pregnancy - *safe when used as directed starting in the 2<sup>nd</sup> trimester*

Remember that blends, because of the smaller percentage of the stronger oils, are usually safer than single oils; especially during pregnancy, while nursing, and when using with children or the elderly.

## availability

### 10ml Bottle



### QUALITY ASSURANCE

All oils from goDesana Organics are 100% pure and therapeutic, meaning they are sourced and approved by Alexandria Brighton to the **highest standards possible**. Our Essential Oils are chosen for their integrity (all chemical constituents important for use are intact), ecological 'soundness' (all are organic or wildcrafted), and the specific chemical constituent percentages that Alexandria Brighton insists upon for efficacy and safety.

### DISCLAIMER

goDesana Organics products have not been evaluated by the FDA and are not intended to treat, diagnose, cure, or prevent any disease. They are not intended as a substitute for the advice or medical care of a qualified health care professional. Seek the advice of your health care professional before undertaking any dietary or lifestyle changes.