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## Cayenne Pepper

*Therapeutic action:* Stimulant, tonic, carminative, sialagogue, stomachic, rubefacient, pungent, alterative, astringent, antispasmodic, sudorific, emetic, antiseptic, condiment, anti-rheumatic.

Cayenne is a medicinal and nutritional herb. It is the purest and most certain stimulant.

The Herb is a great food for the circulatory system in that 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 rebuilds the tissue in the stomach and heals stomach and intestinal ulcers; in equalizing the blood circulation, cayenne produces natural warmth; and in stimulating the peristaltic motion of the intestines, it aids in assimilation and elimination.

When the venous structure becomes loaded with sticky mucus, the blood has a harder time circulating; therefore, higher pressure forces the liquid through. Cayenne regulates the flow of blood from the head to the feet so that it is equalized; it influences the heart immediately, then gradually extends its effects to the arteries, capillaries, and nerves (the frequency of the pulse is not increased, but is given more power).

*Medicinal uses:* Apoplexy, arrest gangrene or mortification, arthritis, asthma, asthmatic asphyxia, atonic gout, bleeding of the lungs, chilblains, chills, colds, cold extremities, congestion, constipation, cough, cramps, debility, delirium tremens, diphtheria, dyspepsia, emesis (strong dose), functional sluggishness, fatigue, heart trouble and heart attack, hemorrhage, hemorrhoids, high and low blood pressure, indigestion, inflammation, kidney and related problems, lethargy, low fevers, lumbago, menorrhagia, neuralgia, offensive breath, pains in the stomach, and bowels, palpitation, pleurisy, profound shock, quinsy, rheumatism, scarlet fever, strokes, tonsillitis, toothache (oil), typhoid fever, ulcers, vomiting, wounds, yellow fever, Cayenne (as a stimulant) is an activator, carrier and accentuator.

*Preparation:* Cayenne is prepared into decoctions, infusions, ointments, powder, tinctures.

Cayenne is seldom used in the vagina as in boules. If could be, but it is too uncomfortable.

Very seldom is cayenne used as a decoction, because some value is lost when it is simmered for any length of time.

In using cayenne, the most common form of preparation is an infusion, made by pouring water over the cayenne and letting it set. The infusion can be used with absolute safety.

Cayenne is used in nearly all formentations, plasters, and poultices where speed is necessary, or where quick relief (as in arthritis, rheumatism, bursitis, sore muscles and those types or cases) is necessary.

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Cayenne is most commonly used dry (on wounds), and it is used in prescriptions and formulas mixed with many other types of herbs. In using the powder in poultices, plasters, suppositories, enemas, etc., the cayenne is used 1/8 part in proportion to the other herbs that are used, according to the case.

In the liquid extract or in the tincture, it is easily kept and very valuable to have on hand. Use this moderately, as it is many times stronger than the infusion.

*Dosage:* Infusion 1/4 teaspoon 3 times daily; then after three days, increase 1/2 teaspoonful 3 times daily; then add 1/4 teaspoonful each day thereafter until the minimum recommended dosage of 1 teaspoonful 3 times daily is reached.

Heart palpitation: In acute stages, repeated dosages of one or two teaspoonfuls every 1/2 hour (more frequently when required).

Hemorrhage: 1 teaspoonful every hour until pain ceases.

Pains in stomach and bowels, constipation: 1/2 to 1 teaspoonful of powder in 1 cupful of very warm water.

Oil                    Less than 1/30 grain.

Powder                See "Infusion," (5 to 20 grains).

*Administration:* Cayenne is an old standby and is used in modern medicine yet today. It is used in counter-irritant ointments, for sore muscles, arthritis, etc.; in liniments, back plasters and in many other ways. You will see it listed as capsicum in the ingredients. Cayenne can be used in any part of the body, and the fastest remedy is in the liquid form.

### **Anal**

*Ointment:* Cayenne may be applied on hemorrhoids for it does bring relief and healing, but the patient should be warned its potency.

### **Nasal**

The mucus membrane of the nose is very delicate and cayenne is generally not used in that area.

### **Oral**

Take cayenne in the powdered or cold infusion. During the first few days of taking cayenne, it will be hot going in, and hot going out. After you get accustomed to it, it doesn't bother one, in fact, it gives a lovely glow and warmth. But each time you stop for a period of time, and then start again, the same reaction returns.

*Baby:* cayenne can be given by an eyedropper to a six-week old baby that was born with chronic asthma and made it possible for it to breathe again.

*Heart attack:* Prop up the patient and pour hot cayenne tea down, and the attack will stop immediately. A teaspoon of cayenne should bring the person out of the heart attack. In case cayenne is not around and you have a heart attack, the dosage on black pepper can be tripled and used.

*Hemorrhage:* A hemorrhage occurs in the lungs, stomach, uterus, or nose - flowing fast - just take a teaspoonful of cayenne in a glass of extra-warm water, drink it down, and 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. Whether the bleeding is internal or external, a teaspoon of cayenne taken orally in a glass of hot water will stop the bleeding quickly. For the lungs, a vapor bath, along with the warm cayenne infusion will be very beneficial.

### **Skin**

*Toothache:* Clean the cavity and place cotton saturated with oil into the cavity.

*External bleeding:* For external bleeding, the cayenne powder or tea may be taken internally, or the powder placed directly on the wound.

*Diphtheria and quinsy:* Apply tincture of cayenne around the neck, then cover with a flannel fomentation of cayenne infusion, and drink cayenne internally.

*Liniments and ointments:* Cayenne is used in some skin ointments and skin liniments because it is so powerful in bringing out toxic poisons and its healing power is terrific, but it is also used as a counter-irritant. It can be used alone without burning or blistering.

*Plaster:* Cayenne can be used in the plaster form like mustard.

*Wounds:* In wounds, though the wound is cut and exposed to the bone, that wound may be filled with cayenne pepper (and if cayenne is not available, black pepper) and it will heal and stop the bleeding. Many people, when they see the skin ruddied by cayenne, believe that the skin is irritated; but cayenne is a counter-irritant; there is no itching involved with it. What cayenne is actually doing is bringing the blood to the surface to take away any toxic poisons, or to start the healing; so the redness comes to the skin from the blood that has rushed to the surface to assist in carrying of wastes.

*Cold feet:* A few grains sprinkled in the shoes or socks (but too much here will produce too much heat and give a burning sensation).

**Other Uses**

*Formulas:*

*Apoplexy:*

1/2 teaspoonful Cayenne powder (Capsicum minimum; C. fatigiatum)

1/2 teaspoonful Mustard powder (Sinapis alba; S. nigra)

*Preparation:* Place the powder in hot bath water.

*Administration:* Soak in bath water as hot as possible until the patient sweats profusely. Watch in the case of apoplexy that they do not faint and allow the head to slide down into the water.

*Coughs, consumption, tuberculosis:*

1 teaspoonful Cayenne powder (Capsicum minimum; C. fatigiatum)

1-2 ounces Slippery elm bark, cut to match thickness of powder  
(Ulmus fulva)

1 slice Lemon (Citrus limonia)

2 tablespoonfuls Honey

*Preparation:* Infuse in 1 pint of boiling water; steep and bottle unstrained.

*Dosage:* Use from a teaspoon to a tablespoon according to age, as often as needed.

*Liniment for lung congestion, sprains, etc.:*

1 tablespoonful Cayenne powder (Capsicum minimum; C. fatigiatum)

1 pint Apple cider vinegar

*Preparation:* Simmer for 10 minutes in closed container; bottle while hot and unstrained.

*Administration:* Apply over the area where needed without too much massage.

*Liniment for wounds, bruises, burns pyorrhea, etc.:*

1 ounce Cayenne powder (Capsicum minimum; C. fatigiatum)

1 ounce Golden seal (Hydrastis canadensis)

2 ounces Myrrh gum (Commiphora molmol)

*Preparation:* Place into 1 quart of rubbing alcohol or apple cider vinegar; macerate (shake well) 3 times daily for 10 days; strain and store in coloured bottle.

*Administration:* Apply freely on area when needed

*Liniment for sprains, bruises, rheumatism and neuralgia:*

2 ounces Cayenne powder (Capsicum minimum; C. fatigiatum)

2 ounces Lobelia fluid extract (Lobelia inflata)

1 teaspoonful Oil of Wormwood (Artemisia absinthium)

1 teaspoonful Oil of Rosemary (Rosmarinus officinalis)

1 teaspoonful Oil of Spearmint (Mentha viridis)

*Preparation:* Mix ingredients thoroughly.

*Administration:* Apply as much as can be absorbed; and then to speed the action use hot formmentation with a hot water bottle on the trouble area, if possible, to drive in the influence of the liniment.

*Sore Throat:*

1 teaspoonful	Cayenne powder ( <i>Capsicum minimum</i> ; <i>C. fatigiatum</i> )
1/2 pint	Red (Garden) Sage tea ( <i>Salvia officinalis</i> )
2 teaspoonfuls	Sea salt
2 teaspoonfuls	Honey

*Preparation:* Steep the cayenne with sage tea; then mix the remaining ingredients.

*Dosage:* Mouthful, gargle 4-12 times daily. Take a tablespoonful or two orally after the gargle has been spit out.

*Congenial combinations:* Cayenne can be used with almost any other herb. It can be used by itself, as it would be in healing stomach ulcers; it can be used alone to stop hemorrhaging; it can be used alone as a daily food. And if you are brave, you can use it as an enema for obstinate constipation.

Cayenne is used with bayberry or pleurisy root to increase perspiration, and with tonics to reduce perspiration. It will take uterine agents such as holy thistle directly to the uterus; but ginger will carry all the herbs to the reproductive organs and abdominal area even faster than cayenne.

A strong dose of cayenne powder will excite vomiting; also use in combination with other emetics.

For uterine hemorrhage, combine cayenne with bayberry and take orally, it always follows the use of lobelia in order to activate the secretive organs.

For gastro-flatulence and indigestion, cayenne combines with lobelia

*Herbal Eye Wash:*

This formula is excellent for brightening and healing the eyes, and it is known to remove cataracts and heavy film from the eyes.

1 part	Bayberry bark ( <i>Myrica cerifera</i> )
1/8 part	Cayenne powder ( <i>Capsicum minimum</i> ; <i>C. fatigiatum</i> )
1 part	Eyebright herb ( <i>Euphrasia officinalis</i> )
1 part	Golden seal ( <i>Hydrastis canadensis</i> )
1 part	Red raspberry leaves ( <i>Rubus idaeus</i> )

*Preparation:* Make this into tea form and put into a glass eye cup.

*Administration:* If you feel that the cayenne might be too potent to begin with, strengthen the eye by using the four above-mentioned herbs at first, or you can use less than 1/8 teaspoon of cayenne to begin with.

There will be a slight burning sensation when using the cayenne in the eye at first, but there is nothing to be concerned about. Tip the head back and apply the eye cup to the eye. Exercise eye while doing this as though you were swimming under water. Do this morning and night. **B**

Courtesy: Dr. John Christopher