

QUICK REFERENCE SHEET

CAPSICUM

Capsicum annum var frutescens



Plant Family:
Solanaceae



Extraction Method:
Steam Distilled



Part Utilized:
Fruit



**Region of
Origin:**
India

AFFINITY FOR:

digestive system, blood and circulatory system, respiratory system, muscles and joints

THERAPEUTIC PROPERTIES:

stimulant, carminative, anti-catarrhal, rubefacient, antimicrobial, anti-hemorrhoidal, anti-rheumatic

AROMATIC CONSIDERATIONS:

Capsicum has the characteristic pungent odor of chili peppers. Care should be taken with inhalation as this oil is very strong and may burn the inside of the nostrils.

APPLICATION:

Best used as a very small percentage of a blend of essential oils. ABSOLUTELY MUST be diluted very, very well if behind applied to the skin.

! CAUTIONS:

Use with caution. Avoid excessive use. Keep away from eyes and mucous membranes. Dilute very well before applying to the skin.

INGREDIENT IN:

LeFortitude, LeIntensity, LeTendaCare, LeVisibility, LeVitality

EMOTIONAL-SPIRITUAL-MENTAL ASPECTS:

Emotional aspects of this essential oil are not well documented yet but it certainly seems like an oil of moving forward toward transformation and profound change. Just as Capsicum produces a fire in the body, it seems to accentuate the fires of positive change in the soul. Initial research indicates that cayenne may help relieve anxiety and help a person feel confident and be productive even under stress.

PHYSICAL ASPECTS:

The "heat" of Capsicum essential oil can warm stiff joints, relax lower back pain and work to heal nerve damage, especially those caused by things such as shingles and sciatica. It is a great topical anesthetic as well. It may take repeated use over a period of a few weeks to begin to feel the neurological benefits. Capsicum can also improve heart function and increase poor circulation. It accomplishes this by dilating the small capillaries of the body. They may redden the skin but it is not burned by the use of the oil. Capsaicin, the main component of Capsicum, has been shown to reduce cholesterol and triglyceride levels.

Capsicum essential oil can also strengthen digestion and lessen the gas and bloating that comes from eating heavy or greasy foods. It can boost the metabolism which in turn induces the body to burn off more fat.

GENERAL INFORMATION:

Capsicum is not a true oil. It is a concentrated liquid spice or oleoresin.