Health Benefits:
Taste buds Stimulator: Black pepper (Piper nigrum) stimulates the taste buds in such a way that an alert is sent to the stomach to increase hydrochloric acid secretion, thereby improving digestion. Hydrochloric acid is necessary for the digestion of proteins and other food components in the stomach. When the body's production of hydrochloric acid is insufficient, food may sit in the stomach for an extended period of time, leading to heartburn or indigestion, or it may pass into the intestines, where it can be used as a food source for unfriendly gut bacteria, whose activities produce gas, irritation, and/or diarrhea or constipation.

Problems with digestion are increasing in frequency, and black pepper seems to be effective in improving the digestion, probably due to the way in which black pepper stimulates the taste buds. This stimulation of the taste buds notifies the stomach to increase its secretion of hydrochloric acid, improving the digestion of food once it reaches the stomach. Insufficient production of stomach acid can lead to heartburn, indigestion, and other eating problems. Black pepper may help to alleviate this dilemma.

In addition, black pepper is known to reduce the formation of intestinal gas, thus providing a natural solution to an embarrassing problem. This ability is most likely also the result of the stimulation of hydrochloric acid production.

Black pepper has also been shown to have significant antioxidant and antibacterial properties, which are important for fighting disease and maintaining overall good health.

Carminitive:
Black pepper has long been recognized as a carminitive, (a substance that helps prevent the formation of intestinal gas), a property likely due to its beneficial effect of stimulating hydrochloric acid production. In addition, black pepper has diaphoretic (promotes sweating), and diuretic (promotes urination) properties.

Antioxidant and Antibacterial effects:
Black pepper has demonstrated impressive antioxidant and antibacterial effects—yet another way in which this wonderful seasoning promotes the health of the digestive tract. And not only does black pepper help you derive the most benefit from your food, the outer layer of the peppercorn stimulates the breakdown of fat cells, keeping you slim while giving you energy to burn.

Medicinal Action and Uses:
Aromatic, stimulant, carminative; is said to possess febrifuge properties. Its action as a stimulant is specially evident on the mucous membrane of the rectum, and so is good for constipation, also on the urinary organs; externally it is a rubefacient, useful in relaxed conditions of the rectum when prolapsed; sometimes used in place of cubeb for gonorrhoea; given in combination with aperients to facilitate their action, and to prevent griping. As a gargle it is valued for relaxed uvula, paralysis of the tongue. On account of its stimulant action it aids digestion and is specially useful in atonic dyspepsia and torpid condition of the stomach. It will correct flatulence and nausea. It has also been used in vertigo, paralytic and arthritic disorders. It is sometimes added to quinine when the stomach will not respond to quinine alone. It has also been advised in diarrhoea, cholera, scarlatina, and in solution for a wash for tinea capitis. Piperine should not be combined with astringents, as it renders them inert. Black pepper also helps prevent the formation of intestinal gas, promotes urination, and promotes sweating. It is full of manganese, and it also has a good amount of iron and dietary fiber, as well.
Black pepper's aromatic, slightly musty odor comes from the volatile oils found largely in the flesh and skin; its pungent bite comes from the alkaloids- piperine and piperidine-and resins found mostly in the seeds. The oils go into perfumes and flavorings. The searing substances have served many purposes: they have gone into liniments and gargles; they have been used as carminatives, reducing stomach and intestinal gas; and they have been found to stimulate the activity of the heart and kidneys. Piperine is also an effective insecticide against houseflies, and gardeners use pepper sprays against several kinds of pests.

Appetite Stimulants: Black pepper has long been recognized as a stimulant to appetite as well as an aid in the relief of nausea. In India it is being used since time immemorial as a medicine for a number of health problems.

**Medicinal Properties:**
The main flavor is from piperine, but other essential oils, including terpenes, contribute to the aroma. Its alkaloids include the pungent tasting chavicine and piperidine. Alleviates hemorrhoids, Alleviates gas, Alleviates constipation, Alleviates loss of appetite, Improves digestion, Promotes sweating, Promotes urination, Anti-bacterial effect, Anti-oxidant effect, Stimulates the breakdown of fat cells.

**Culinary Use:**
It is used in processed meats and in applications where dark specking is not desired. Black pepper is added to fruit cakes and gingerbread and is also used as a light seasoning on fresh fruit. Black pepper oleoresin is also used for similar purposes.

**Medicinal virtues:**
It dissolves wind in the stomach or bowels, provokes urine, helps the cough and other chest diseases and stirs up the appetite. The White Pepper, made from the ripe fruits after the rind has been removed, is sharper and more aromatic than the Black, which is made from the unripe berries. The White is used for agues, to warm the stomach, before the coming of the fit. All can be used against quinsy, being mixed with honey and taken inwardly or applied outwardly to disperse the kernels in the throat.