

Cayenne

Latin name: *Capsicum frutescens*, *C. annum*

Family: Solanaceae

Miscellaneous:

- a.k.a. capsicum, red pepper, chili pepper.
- Effectiveness will vary depending on species of plant used (hybrids are common) and its respective content of capsaicin.

Uses:

Analgesic for a variety of pain including muscular, dermal, and skeletal.

Mechanism:

Capsaicin, the active ingredient, induces depletion of a specific neuropeptide that plays an integral part in the transmission of pain impulses to the spinal cord from peripheral nerves.

Dosage:

Oral = available, but not as common. Refer to package directions.

Topical = 0.025-0.075% capsaicin applied 4-5 times/day for at least 4 weeks.

Contraindications/Side effects:

Thoroughly wash hands after usage and avoid contact with eyes or any mucosal membranes. Due to irritability, apply to a small area of skin to test sensitivity prior to application to entire area.

Citation References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 171-172.

General References:

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 171-172.
2. Facts And Comparisons: *Guide To Popular Natural Products*: 1999, pp. 39-40.
3. Duke, J.: *The Green Pharmacy*: 1997, pp. 71, 90-91, 517-518.