

Benefits of Chilli

Chillis are excellent source of Vitamin, A, B, C and E with minerals like molybdenum, manganese, folate, potassium, thiamin, and copper. Chilli contains seven times more vitamin C than orange.

Ever since its introduction to India in 1498, chillies have been included in Ayurvedic medicines and used as tonic to ward off many diseases. Chillies are good for slimming down as it burns the calorie easily. Chillis stimulate the appetite, help to clear the lungs, and stimulate digestive system.

- **Capsaicin:** Chillis have vitamin C and Vitamin A containing beta-carotenoids which are powerful antioxidant. These antioxidants destroy free radical bodies. Usually, these radical bodies may travel in the body and cause huge amounts of damage to cells. These radical bodies could damage nerve and blood vessel in diabetes.

The antioxidants present in the chilli wipe out the radical bodies that could build up cholesterol causing major heart diseases such as atherosclerosis.

Chillis have antioxidants that can destroy cholesterol which could cause major disease like atherosclerosis and other heart diseases. Other disease like cataract and arthritis like osteoarthritis and rheumatoid arthritis. It also dilates airway of lungs which reduces asthma and wheezing.

- **Detoxicants:** Chillis acts as detoxifiers as they remove waste products from our body and increases supply nutrients to the tissues. It also acts as gastrointestinal detoxicants helping in digestion of food.
- **Pain killer:** Chillis stimulates the release of endorphins that are natural pain killers. It relieves pain caused due to shingles (Herpes Zoster), bursitis, diabetic neuropathy and muscle spasm in shoulders, and extremities. It also helps in relieving arthritic pains in the extremities.
- **Antibiotic:** Chillis brings fresh blood to the site of the infection. The fresh blood fights infection. The white blood cells and leukocytes present in the fresh blood fights viruses.
- **Brain:** Capsaicin stimulates brain to excrete endorphin and gives a sense of pleasure when ingested. This is the reason people get addicted to chilli.
- **Cancer:** It has been noted that vitamin C, beta-carotene and folic acid found in chilli reduces the risk of colon cancer. Chillis such as red pepper have carotenoid lycopene, which prevents cancer disease.
- **Heart Attack:** Chillis have vitamin B6 and folic acid. The vitamin B reduces high homocysteine level. High homocysteine levels have been shown to cause damage to blood vessels and are associated with a greatly increased risk of heart attack and stroke. It also converts homocysteine into other molecules which is beneficial to lower cholesterol level.
- **Lung disease:** Chillis gives relief from nasal congestion by increasing the metabolism. It also dilates airway of lungs which reduces asthma and wheezing. It relieves chronic congestion in people who are heavy drinkers.

Cigarette smoke contains benzopyrene which destroys the vitamin A in the body. The vitamin A present in chilli reduces inflammation of lungs and emphysema caused due to cigarette smoking.

