



PEPPER CANDY

(This formulation combines *Piper longum*, *Anacyclus pyrethrum*, ginger, and peppermint—each contributing distinct bioactive compounds such as piperine, pellitorine, gingerols, and menthol, which exhibit analgesic, mucolytic, and anti-inflammatory properties. Boiling these botanicals in sugar syrup allows efficient extraction and dispersion of volatile and alkaloid constituents into a stable candy matrix. Piperine and gingerols support respiratory clearance and gastric motility, while menthol provides cooling, antitussive, and mild anesthetic effects. The synergistic profile of these phytochemicals may help alleviate headaches, dental discomfort, bronchial irritation, and functional dyspepsia.)

Ingredients	#	Name of Ingredients	Botanical Name	Qty
	1	Thippili (Long pepper)	Piper longum	300 gms
	2	Agrakaram	Anacyclus Pyretheum	100 grams
	3	Inji (Ginger)	Zingiber Officinale	50 grams
	4	Pudhina (Menthall)	Mentha Piperita	50 grams
Preparation Time	45 mins			
Preparation Method	<p>Dissolve the sugar well in water add the above ingredients to the broth and boil it.</p> <p>It starts to burn well and finally, when the heat decreases a little, it is time to mix it and roll it into small balls.</p>			
Benefits	<ul style="list-style-type: none"> ▲ Helps relieve chronic headaches and toothache. ▲ Helps in bronchitis and asthma. ▲ Good for stomach aches. 			
Reference	Pathaarth Guna Chintamani. Chennai: Department of Indian Medicine and Homeopathy; 2022. p.370, stanza 936.			



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3. George A, Nagendrappa PB, Payyappallimana U, Hu XY, Zhang X, Wali S, Willcox M. Safety and efficacy of *Piper longum* L. for acute respiratory infections: a systematic review. *Eur J Integr Med.* 2025;79:102559. doi:10.1016/j.eujim.2025.102559.
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