

# THE HERB THAT IS KRYPTONITE TO PAIN



  
**HealthGlade**

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Cayenne pepper is a traditional herbal powerhouse, known for its ability to reduce pain. It contains the active compound capsaicin, which has natural analgesic or pain-relieving properties.

It has been shown to work on many different types of pain, including diabetic neuropathy, arthritis, sports injuries, fibromyalgia, surgeries, menstrual cramps, headaches and migraines, general back, neck, joint, and muscle pain, shingles and skin disorders, and more.

The mechanism which makes cayenne pepper so effective for pain relief is that the capsaicin depletes a neuropeptide in the body with a funny name, Substance P, which acts as a neurotransmitter that modulates pain perception by altering the cellular signalling pathway.

For example, nerve endings in the skin contain receptors that sense pain, and other things, including temperature. These nerves send signals along pathways which contain Substance P, and we can block the signals because capsaicin depletes the levels of Substance P.

Interestingly, Substance P is also involved in the pathogenesis of a variety of common diseases, including cancer, diabetes, heart failure, myocarditis, thrombosis, epilepsy, rheumatoid arthritis, migraines, pruritus, depression, and anxiety. So, taking cayenne pepper will also help with these conditions as well.

There have been countless scientific studies proving that Substance P is intricately involved with pain, including [this one](#) in the peer reviewed journal, Proceedings of the National Academy of Sciences (PNAS), and [this one](#) in the scientific journal, Neuroscience Letters.

However, in relation to cayenne pepper directly influencing Substance P, [this paper](#) in the Journal of Herbal Science, and [this review](#) in the journal Molecules, [this study](#) in Neuroscience Letters, and [this study](#) in The Journal of Pain, all confirm that the capsaicin in cayenne peppers does deplete the levels of Substance P in the body.

Since it's been proven that cayenne pepper works for pain reduction, the next question is how is it best used. We can recommend a simple home-made salve, the recipe of which is contained below.

# CAYENNE PEPPER SALVE RECIPE

## INGREDIENTS

1. ½ cup coconut oil or olive oil
2. 2 tablespoon of cayenne pepper powder
3. 2-4 tablespoons of beeswax powder (depending on desired consistency)
4. (Optional) 15 drops of an essential oil (peppermint, lavender, or clove)

## EQUIPMENT

1. Saucepan
2. Glass measuring cup
3. Glass jar
4. Strainer
5. Cheesecloth
6. Storage jar or tin

## INSTRUCTIONS

1. Fill a saucepan with a few inches of water, boil then water, and then turn it down to a low heat.
2. Add the oil and cayenne pepper powder inside the glass measuring cup, and then place it inside the saucepan.
3. Let it steep for 1 hour, then turn off the heat, stir it well, and let it sit for an hour or more. Repeat this process another 2-3 times.
4. Line a strainer with a few layers of cheesecloth, and place it above a clean glass jar.
5. Pour the oil mixture through the cheesecloth and strainer, squeeze out as much as possible, and then discard the residue in the cheesecloth.
6. Place the glass jar back inside the saucepan, and add the beeswax to the jar.
7. Heat it on a medium-low heat until all of the beeswax is melted, and then stir it well.
8. Take it from the saucepan, and add the essential oils if you wish, before stirring them in well.
9. Pour it into your storage jar or tin, let it cool, and then store it.

To use the salve, simply scoop a little out with your finger, and slowly massage it into the painful area.

Apply and leave it for about 15 minutes, and then rinse it off with warm water. You can also leave it on for longer if you desire.

Depending on the type of pain, it may give immediate relief, or for conditions such as arthritis, it could take a week to see results.

For best results, use it 2 or 3 times daily until the pain is gone.

For storage, keep the salve in a cool and dark place, and use within 6 months.

Also, if the above recipe for making the cayenne pepper salve is too labourious, or if you do not have access to beeswax, you can instead make a cayenne pepper oil.

The cayenne pepper oil is made with the same exact process as above, but you obviously skip the part where you add the beeswax.

Additionally, the straining of the oil can also be skipped. Straining the solution just gives it a better texture, and it does not irritate the skin as much as having pieces of cayenne pepper on it does.

This formula can be modified to suit, but the salve in this recipe has been produced and had great reviews from those who tried it out.

One word of warning: Cayenne pepper also helps to lower your blood pressure, increase your blood circulation, and thin your blood. Hence, for patients who are already taking medications such as blood thinners, it is advisable to talk to your doctor before using a salve.

**For further information on sources of pain causes, mitigation and reversal, please visit [HealthGlade.com](https://www.healthglade.com)**