SISTEMA SANITARIO REGIONALE
ASL
RIETI

abbiamo a cuore la prevenzione

CURATED BY:
DIABETOLOGIA ASL RIETI
SERVIZIO IGIENE PUBBLICA ASL RIETI

www.asl.rieti.it
follow us on:
Facebook
Instagram
Twitter
LinkedIn
You Tube

Bibliographical references:

Capsaicin and Gut Microbiota in Health and Disease-Adrian Eugen Rosca, Mara Ioana Iesanu, Carmen Denise Mihaela Zahiu, Suzana Elena Voiculescu, Alexandru Catalin Paslaru, and Ana-Maria Zagrean - PMID: 33276488

Dietary capsaicin and its anti-obesity potency: from mechanism to clinical implications-Jia Zheng, Sheng Zheng, Qianyun Feng, Qian Zhang, and Xinhua Xiao - PMID: 28424369

Capsaicin: From Plants to a Cancer-Suppressing Agent-Angela M. Chapa-Oliver and Laura Mejía-Teniente - PMID: 27472308

Capsaicin in Metabolic Syndrome-Sunil K. Panchal, Edward Bliss and Lindsay Brown - PMID: 29772784

ASL RIETI

'We care about Prevention'

Known for its spicy taste, chili (Capsicum annuum) is mainly used for culinary purposes, as an added spice to various dishes and sauces. Chili is the fruit of the capsicum pepper plant, which belongs to the Solanaceae family. The fruits of the pepper are rich in capsaicin, carotenoids, flavonoids, vitamins and minerals. Capsaicin has an irritant and desensitizing effect on mucous membranes of mammals, but many studies have shown many more effects.

CARDIOVASCULAR SYSTEM EFFECTS

Chili is rich of C Vitamin and B-carotene, that have an antioxidant effect, this is why it could contribute to the benefit on cardiovascular system, reducing LDL and increasing HDL, reducing triglycerides and platelet aggregation, thus performing an antithrombotic effect. Capsaicin has a vasodilating function, so an anti-hypertensive effect.

ANTI-OBESITY EFFECTS

Chili consumption is associated with an increased energy expenditure and satiety, resulting a reduced calorie intake.

EFFECTS ON DIABETES

Chili capsaicin improves glucose tolerance and works increasing insulin sensitivity. Regular chili consumption can improve postprandial hyperinsulinaemia.

GASTROINTESTINAL SYSTEM EFFECTS

Capsaicin seems to have a gastroprotective role, reducing gastric secretion and increasing the alkaline and mucus one.

EFFECTS ON RHEUMATIC DISEASES

Chili is used in the treatment of rheumatic diseases. Capsaicin and capsaicinoids are powerful analgesics used to relieve pain. The repeated application of capsaicin has an antinociceptive effect, which reduces the sensitivity to pain.

EFFECTS IN ONCOLOGY FIELD

Capsaicin would seem to have a strong potential oncosuppressive power. Several studies on animal models have assessed how capsaicin could reduce the proliferation of different cell lines in several types of cancer borne by Colon-Rectum, Breast, Prostate, emolinfopoietic system, esophagus, pancreas, liver and skin, with specific reference to melanoma.

CHILI CONSUMPTION RESTRICTIONS

Chili consumption is not recommended in: pregnacy, breastfeeding, children and in people with history of hypersensitivity reactions.

SISTEMA SANITARIO REGIONALE
ASL
RIETI

REGIONE
LAZIO