PLANTS & HERBS

Black Pepper Is Awesome, but White Pepper Has Amazing Health Benefits too

By bestfolkmedicine · 20/03/2020 · 2 min read



Although both black and white pepper come from the same pepper wine shrub, they differ in their taste, aroma, and health benefits.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

The health benefits of black pepper, one of the most popular spices in the world, are numerous.

There's also lot of information about why it should be a part of our regular diet online. But, white pepper has some pretty great health advantages to offer.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

The main differences between black pepper and white pepper are several. Namely, black pepper is hotter and has a stronger flavour whereas white pepper is milder, earthy, and simple.

The latter is a great choice for people who like a boost of flavour of their meals, yet don't want it too hot.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

If you still have doubts about adding this seasoning to your diet, make sure you check out its best health benefits below- you'll certainly think twice when you're in the supermarket next time!

White Pepper & Its Best Health Advantages

- **Alleviates nasal congestion**

The heat that white pepper consumption causes will help cleanse your nose and alleviate any congestion.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

It also cleanses the air ducts and may help relieve your breathing.

- **Relieves coughing**

If you're dealing with coughing and sore throat, mix white pepper and a bit of honey and consume it to reduce the pressure.

The antibiotic properties of white pepper and its heat will help you get some relief from the symptoms of flu and cold.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

- **Helps balance the blood pressure**

As it's abundant in flavonoids and vitamins A and C, white pepper can help you balance your blood pressure.

This can be good for people with hypertension or other related health problems.

- **Boosts your digestion**

White pepper can stimulate your taste buds and signal the stomach to secrete hydrochloric acid that's pivotal for the food digestion processes.

ezstandalone.cmd.push(function () { ezstandalone.showAds(134); });
Therefore, if you have problems with indigestion, white pepper can be a good choice for a seasoning to consume regularly.

- **Averts flatulence**

White pepper and other types of peppers have carminative properties that help reduce the formation of intestinal gas.

This is because they boost the hydrochloric acid production and improves the numerous digestive processes.

ezstandalone.cmd.push(function () { ezstandalone.showAds(135); });

- **Can be used for DIY skin exfoliation**

You can use white pepper to make your own scrub for exfoliating your skin and removing dead skin cells.

Opt for freshly crushed white pepper for a softer and more radiant skin. White pepper will boost your blood flow and oxygen in the skin and energize it.

Sources:

STYLE CRAZE

NDTV

Read online: https://bestfolkmedicine.com/2020/03/black-pepper-is-awesome-but-white-pepper-has-amazing-health-benefits-too/
Downloaded on 28/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.