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Dry Red Chilli - for Delicious Cuisines by Johnthanmartin

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India, a country with rich cultural heritage, is known across the world for its beautiful traditions and delicious cuisines. The food items of our country are world famous due to the spices used in them. Dry Red Chilli, clove, thyme seeds and other spices not only add taste, color, flavor and aroma to various Indian delicacies but these also possess medicinal values. Indian spices such as celery, turmeric, basil, bishop's-weed, cumin, ginger, coriander, cardamom and mint are effective in treating various ailments starting from common cold, cough to cancerous tumors.

Here, in this article, we would discuss about Dry Red Chilli which is known as Chili pepper, chile pepper, chilli pepper and hot peppers in various parts of the world. Red Chillies have been a part of the human diet since a very long time; these are a versatile spice which can confer heat and red color to a cuisine without affecting it's flavor. Dry Red Chillies contain high amounts of vitamin C and carotene (provitamin A). These are also a good source of most vitamin B, vitamin B6, potassium, magnesium and iron.

Chilli is the fruit of plants from the genus Capsicum, members of the nightshade family, Solanaceae. The substance that gives dry red chillies their intensity is capsaicin (8-methyl-N-vanillyl-6-nonenamide) and several related chemicals, collectively called capsaicinoids.

When consumed, capsaicinoids bind with pain receptors in the mouth and throat which are responsible for sensing heat. When these heat receptors are activated due to the consumption of capsaicinoids, these send a message to the brain(that the person has consumed something hot); brain in return responds to the burning sensation by raising heart rate, perspiration and release of endorphins, also known as natural painkillers. Capsaicin, found in dry red chilli is a natural and highly effective topical analgesic agent in treating arthritis pain, diabetic neuropathy, headaches, herpes zoster-related pain and post mastectomy pain.

Dry Red Chilli in whole and powder form is used in almost all Indian food & curries. Five domesticated species of Chilis are Capsicum annuum, Capsicum frutescens, Capsicum chinense, Capsicum pubescens and Capsicum baccatum. Capsaicinm, found in chillies is also the primary ingredient in the pepper spray which is used as an irritant or non-lethal weapon. Red Chillies can also be used for crop defense and food defense against pests and rodents.

Indian spices, mainly Dry Red Chillies have gained immense popularity in the world owing to their wide culinary uses and medicinal properties. These are now counted as one of the most popular export items from India to other countries.

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Author is expert is Writing about a Dry Red Chilli and a Dry Red Chillies Products.

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