

Mayo Clinic Minute: Capsaicin connection to heart

February 4 2020, by From Mayo Clinic News Network



Credit: CC0 Public Domain

An ingredient in hot peppers has long been used in topical creams to relieve muscles aches and arthritis pain. Dr. DeLisa Fairweather, a Mayo Clinic cardiovascular disease researcher, says capsaicin, when included

as part of a healthy diet, also may improve heart health.

"Hot peppers, or even green or red peppers, are able to reduce [heart disease](#) and reduce death from heart disease," says Dr. Fairweather.

Capsaicin has anti-inflammatory properties. Why is that important for [heart health](#)? Dr. Fairweather says inflammation drives plaque buildup in blood vessel walls. And since capsaicin reduces inflammation, it may help prevent that process from happening. Capsaicin also may help boost your immune system, further reducing risk.

"There really could be important benefits that you could have from eating hot chili peppers, especially in their ability to reduce some of these immune cell responses that are driving atherosclerosis and heart attacks," says Dr. Fairweather.

More research is needed to learn more about capsaicin and heart health. But Dr. Fairweather says including [hot peppers](#) in a healthy diet could be a great idea.

©2020 Mayo Foundation for Medical Education and Research
Distributed by Tribune Content Agency, LLC.

Citation: Mayo Clinic Minute: Capsaicin connection to heart (2020, February 4) retrieved 23 April 2023 from <https://medicalxpress.com/news/2020-02-mayo-clinic-minute-capsaicin-heart.html>

<p>This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.</p>
--