

**Allspice**  
**Jamaica pepper**  
**myrtle pepper**  
**Pimenta-pimento**  
***Pimenta Dioica***



Allspice is a **spice made from the dried berries of a plant known as *Pimenta dioica***, which is a member of the myrtle family. The flavor of allspice brings to mind cinnamon, cloves, nutmeg, and pepper. Allspice is used in Caribbean, Middle Eastern, and Latin American cuisines, among others.

*If you thought allspice was a premade blend of spices, you're not alone.*

*Allspice — also known as Jamaican pepper, pimienta, or newspice — is a single spice with a unique flavor profile described as a blend of up to four different spices, hence the name.*

***Since it's a spice, it's usually consumed in small amounts. However, allspice has also been used in folk medicine due to its potential health benefits.***

### ***What is allspice?***

***Allspice is the dried, unripe berries of *Pimenta dioica*, a plant that belongs to the *Myrtaceae* family .***



***It's native to Jamaica, the tropical forests of South and Central America, and Southern Mexico, but it's commercially grown in Honduras, Cuba, and Trinidad as well.***

***However, the name "allspice" comes from the British, who said that its flavor resembles that of cloves, pepper, cinnamon, and nutmeg combined.***

***Allspice is produced by picking the berries from the plant's small flowers and then drying them in the sun until they're browned. It may be sold both ground or whole.***

***Today, allspice is mostly used as a seasoning for meats, desserts, and even liqueurs. Nevertheless, it has a history of use as a home remedy for colds, menstrual cramps, indigestion, headache, fatigue, and nasal congestion.***



***Its essential oil is also used in cosmetic manufacturing, perfumery, and candle making due to its pleasant aroma .***

### ***Allspice health benefits***

***Allspice is known for its many potential health benefits. Here are some of the most popular ones, which are all backed by science.***

### ***Menopause treatment***

***Menopause is the termination of the menstrual cycle in people ages 45–52.***



***It's characterized by hormonal changes, namely a decline in estrogen and progesterone levels, that lead to symptoms like hot flashes, night sweats, sleep disturbances, mood disorders, and unintentional weight gain .***

***While hormone therapy has traditionally been the primary treatment for menopause symptoms, complementary therapies are becoming more popular, especially herbal remedies.***

***Studies show that allspice extract binds to estrogen receptors. As such, it may trick your body into believing that its estrogen levels are up, thus helping manage symptoms .***

### ***Cancer-fighting properties***

***Most of allspice's beneficial plant compounds have potential cancer-fighting properties.***

***For instance, test-tube and animal studies show that eugenol, quercetin, gallic acid, and ericifolin may prevent the spread of tumors, decrease tumor growth, and promote apoptosis — the programmed death of cancerous cells.***

***Allspice's anticancer effects have been studied on breast, prostate, gastric, duodenal, and colon cancers, and interestingly, its effect varies depending on the type of cancer .***

***For example, studies on breast cancer cell lines suggest that allspice extract leads to autophagy. Autophagy is your body's way of clearing unnecessary or damaged cells, including cancerous cells, by degrading them .***

***Prostate cancer cells also tended to be eliminated through apoptosis, while gastric cancer cell lines were affected by allspice extracts' ability to inhibit the growth of Helicobacter pylori — a bacterium that's considered carcinogenic.***



***Nevertheless, keep in mind that while research is promising, studies in humans are lacking. More research is needed.***

#### ***Antimicrobial and antifungal effects***

***The eugenol and ericifolin in allspice may also provide antimicrobial and antifungal effects.***

***Research on essential oils extracted from allspice berries shows antifungal properties against Candida albicans, a yeast that's resistant to certain antifungal drugs .***

***Similarly, the essential oil shows antibacterial properties against E. coli, Listeria monocytogenes, S. aureus, and Salmonella. Its effects are mainly attributed to its eugenol content, which may damage bacterial membranes.***

#### ***Other potential benefits***

***Allspice is a popular home treatment for multiple health conditions, including:***

***Aches and pains. Allspice is used to combat headaches, muscle cramps, and tooth pain. Research suggests that this may be due to its eugenol content, which is an analgesic or pain relief agent commonly used in dentistry. In addition, allspice essential oil may alleviate muscle pain and strains by promoting circulation .***

***Anti-inflammatory effects. Allspice may help reduce inflammation by inhibiting inflammatory markers .***

***Weight management. Research shows that allspice extract may activate Takeda G protein-coupled receptor 5, a protein responsible for the secretion of hunger-reducing hormones glucagon-like peptide 1 and peptide YY. These hormones help reduce your appetite by increasing feelings of fullness .***

***Gas and bloating. The eugenol in allspice may help treat indigestion by stimulating digestive enzymes and inhibiting H. pylori, the bacteria responsible for indigestion. It's also associated with stomach ulcers .***

***Blood sugar management. The eugenol in allspice may protect pancreatic islets — the cells responsible for insulin production — and improve their function, thus helping manage blood sugar levels and early stages of type 2 diabetes .***

### **SUMMARY**

***Allspice may provide numerous health benefits, including complementary menopause therapy, anticancer, antifungal, antimicrobial, and anti-inflammatory properties, as well as blood sugar and weight management.***

### ***Downsides and dosages***

***When used as a spice in small amounts, allspice is considered safe. Nevertheless, older research suggests that people with hand dermatitis may develop allergic reactions when cooking with it.***

***While anecdotal evidence suggests that larger quantities of allspice may trigger potential gastrointestinal issues, such as nausea or vomiting, no evidence backs these claims.***

***Similarly, drug interactions are not well documented. However, anecdotal evidence indicates a potentially negative effect when large amounts of allspice are consumed while taking blood clotting medication.***

***Given the lack of human studies on allspice's health benefits, an appropriate dosage has yet to be determined.***

