

Pippali

- **Botanical Name-** Piper Longum Linn.
- **Family-** PIPERACEAE.
- **English Name-** Long Pepper
- **Spanish name** – Pimentera larga
- **Part used-** Fruit, root
- **Habitat-**central Himalayas to Assam, Khasi and Mikir hills. Also found in forest of western ghats from Konkan to Kerala.

Synonyms

- **पिप्पली Pippali**

Because it takes care of the health of the patient and it nourishes.

- **कणा Kana**

Fruit has granular appearance

- **वैदिही Vaidehi**

Long peppers usually grown in Videha region

- **मागधी Magadhi**

Found in Magadha region

- **कृष्णा Krushna**

Dry fruit is black colored

- **चपला Chapala**

Because of its hot nature.

- **तीक्ष्णा Teekshna, तीक्ष्ण तंडुल Teeksna Tandula**

Strong, piercing

- **कोल Kola**

Each fruit weighs around six grams

- **उष्णा Ushana**

Dry fruit is hot in potency, relieves pain.\

- **उपकुल्या Upakulya**

Found near marsh places

Medicinal properties

Piper longum medicinal Properties

Rasa (taste) – Katu (pungent)

Guna (QUALITIES)- Laghu, Teekshna (lite, strong, piercing)

Vipaka (Undergoes conversion after digestion) -Madhura (sweet taste)

Virya (potency) – Ushna (Hot). (wet variety has cold potency)

Effect on Tridosh – Balances Vata and Kapha Doshas. (wet variety increases Kapha Dosha).

Varieties of Pippali

There are found 4 Varieties of pippali

1. Pippali (Piper Longum)
2. Gaja Pippali (piper chava)
3. Saimhali (Piper retrofractum)
4. Vana Pippali (piper sylvaticum/P. peepuloides)

The third and fourth varieties are from Sri Lanka.

Charaka Samhita

- Dipaniya – Group of herbs that improve digestion strength
- Kanthya – group of herbs that is good for throat disorders,
- Asthapanopaga – group of herbs useful in decoction enema (Asthapana Basti)
- Shiro Virechnopaga – Group of herbs useful in expelling Doshas from head and neck.
- Sheeta Prashamana – Group of herbs that suppress cold, cough.
- Shoola Prashamana – Group of herbs useful in pain, abdominal colic,
- Kasahara – Group of herbs useful against cough
- Hikkanigraha – Group of herbs that help to control hiccups
- Truptighna – Group of herbs that relieves pseudo-satiation.
- Vamanopaga – Group of herbs useful in Vamana Panchakarma (emesis treatment.)

Sushruta Samhita

- Pippalyadi gana
- Urdhvabhagahara – Group of herbs useful in expelling imbalanced Dosha through oral and nasal route through Vamana and Nasya treatments.
- Amalkyadi gana

- Shiro Virechana – group of herbs useful in Nasya treatment.

Therapeutic use

Long pepper for splenic disorder

Fine powder of pippali (Piper longum) is taken in the dose of 3-4 gram along with warm water.

Long pepper for obesity

Pippali is administered along with honey to treat obesity, Kapha imbalance disorders like cold, cough, asthma, fever. This combination improves digestion strength, acts as aphrodisiac and Medhya – improves intelligence.

Long pepper for Asthma, Anemia

Long pepper powder one part and jaggery two part is mixed and administered to relieve cough, asthma, anaemia, cardiac disorders, anaemia and intestinal worm infestation.

Pippali for tuberculosis:

Long pepper is very useful to improve lung strength, because it is rejuvenative and anti-ageing, and because it improves appetite, it helps to avoid weight loss associated with tuberculosis and its treatment. It also helps to prevent liver damage that sometimes results from the medicines used in tuberculosis management.

For rheumatoid arthritis

Root decoction (Moola Kashaya) of an herb called Patala Garudi (Cocculus hirsutus) is administered along with Pippali (long pepper) in treating Amavata – rheumatoid arthritis.

For Blotting

Intake of boiled barley along with half a teaspoon of long pepper + a teaspoon of ghee is useful to relieve bloating and gaseous distention of abdomen.

Rasayan use of Pippali

Vrishya Pippali-Long pepper for sexual strength

30 Pippali fruits are made to a fine paste and fried with 1 Prakuncha (Pala = 48 ml) of oil and ghee.

This is added with sugar and honey and milk is poured directly from the cow udder.

Dosage: 3 – 5 grams, once or twice a day, 10 minutes before food.

Pathya: By taking Shastika rice along with the milk and ghee.

पञ्चाष्टौ सप्त दश वा पिप्पलीर्मधुसर्पिषा ।

रसायन गुणान्वेषी समामेकां प्रयोजयेत् ॥

A person desirous of rejuvenation should take five, eight, seven or ten Pippali – Long pepper fruits, along with honey and ghee for one year

तिस्रस्त्रिस्तु पूर्वाह्ने भुक्त्वाऽग्रे भोजनस्य च ।

पिप्पल्यः किंशुक क्षारभाविता घृतमर्जिताः ॥३३॥

Pippali should be impregnated with Palasha (Kimshuka) Kshara and fried with ghee.

प्रयोज्या मधु सम्मिश्रा रसायन गुणैषिणा ।

जेतुं कासं क्षयं शोषं श्वासं हिक्कां गलामयान् ॥३४॥

अर्शांसि ग्रहणीदोषं पाण्डुतां विषमज्वरम् ।

वैस्वर्यं पीनसं शोफं गुल्मं वातबलासकम् ॥३५॥

Three such Pippali is mixed with honey is taken in the morning twice- one before food and second time after food by a person who desires to be rejuvenated.

Indication

Bronchitis – Kasa

Pthisis – Ksaya

Consumption – Sosa

Asthma – Shvasa

Hiccup – Hikka

Diseases on Neck – Galamaya

Piles – Arshas

Sprue syndrome – Grahani Dosha

Anemia – Pandu

Intermittent fever – Vishama Jvara

Hoarseness of voice – Vaisvarya

Chronic rhinitis – Pinasa

Edema – Sopha

Phantom tumor- Gulma

A type of fever – Vata Balasaka

Pippali Vardhamana Rasayan

– Charaka Samhita Chikitsa Sthana 1.3/36-40

क्रमवृद्ध्या दशाहानि दशपैप्पलिकं दिनम्।

वर्धयेत् पयसा सार्धं तथैवापनयेत् पुनः॥३६॥

जीर्णे जीर्णे च भुञ्जीत षष्टिकं क्षीरसर्पिषा।

पिप्पलीनां सहस्रस्य प्रयोगोऽयं रसायनम्॥३७॥

पिष्टास्ता बलिभिः सेव्याः, शृता मध्यबलैर्नरैः।

चूर्णीकृता ह्रस्वबलैर्योज्या दोषामयान् प्रति॥३८॥

दशपैप्पलिकः श्रेष्ठो मध्यमः षट् प्रकीर्तितः।

प्रयोगो यस्त्रिपर्यन्तः स कनीयान् स चाबलैः॥३९॥

बृहणं स्वर्यमायुष्यं प्लीहोदरविनाशनम्।

वयसः स्थापनं मेध्यं पिप्पलीनां रसायनम्॥४०॥

Vardhaman Pippali Rasayan:

Pippali is taken along with milk by gradually increasing the fruits of Pippali's to 10 per day.

After 10 days, this is gradually decreased.

Thus in total the person should take one thousand Pippali fruits for the purpose of rejuvenation.

After the digestion of the recipe, the person should take Sastika type of rice along with milk and ghee.

Depending upon the nature of Doshas and the diseases, these Pippalis should be taken in the form of –

paste by persons who are strong.

decoction (Kashaya) by persons having moderate strength and

Powder by persons having less strength.

Dosage

10 Pippali fruits (as described above) – excellent,

6 Pippali fruits are of moderate dose and

3 Pippali fruits are smallest dose is given to persons who are very weak.

Benefits

The rejuvenation therapy through the recipe of Pippali

Is nourishing and promoter of voice and longevity

It cures Pliha (Splenic disorders) and Udara (obstinate abdominal diseases including ascites).

It restores youth and promotes intellect.

Side effects

Long pepper should not be used in excess or for a very long period of time, without Panchakarma and Rasayana procedure. If used in excess without precaution, because of its heaviness (Guru) and liquefying properties (Prakledini), it causes Kapha increase. Because of its hotness, it increases Pitta Dosha and because of its less oiliness (Alpasneha) and hotness, it does not contribute to Vata balance. Hence, overall, it contributes to increase of Tridosha. Hence, not ideal for long term / excess consumption without Panchakarma procedure (like staying away from Sunlight, excess wind, with good amount of milk and ghee consumption etc).

Not ideal for people with Pitta Prakruti persons.