



Therapeutic Uses Of *Pippali* (*Piper longum* Linn) A Scientific And Experiential View.

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Abstract

In the Ayurveda system of medicine, various herbs, minerals and animal products are used as medicine in the management of various disorders. Medicines made up of herbs are usually safe and produce less adverse drug reactions. *Pippali* (*Piper longum*) is one such drug which is used commonly in the management of respiratory disorders and the diseases pertaining to the digestive system. *Trikatu* is made up of three ingredients - *Shunthi*, *Pippali* and *Maricha*. It is a common ingredient in most of the Ayurveda formulations. *Pippali* is *Katu rasayukta*, *Anushna sheeta*, *Madhura vipaka*, *Kaphavatahara*, *Dipana*, *Pachana*, *Amahara*, *Pliharoga nashaka*, thermogenic and emmenagogue. It is useful mainly in Respiratory disorders like *Kasa*, *Shwasa*, Chronic bronchitis, Bronchiectasis, Bronchial asthma, emphysema of the lungs, Cirrhosis of the liver, *Ajirna*, *Agnimandya*, *Atisara*, *Grahani*, *Pratishyaya* and *Pliha roga*. Formulations like *Pippali Kshirapaka*, *Pippalyasava*, *Trikatu choorna*, *Guda pippali*, *Pippali Khanda*, and *Kalyanavaleha* contain *Pippali* as an important ingredient.

In this paper, therapeutic uses of *Pippali* (*Piper longum*) in scientific and experiential view is discussed.

Key words: *Pippali*, Bronchitis, *Dipana*, *Pachana*.

Aim and Objectives : To study the therapeutic uses of *Pippali* (*Piper longum*) in a scientific and experiential view.

Materials And Methods :

Subject materials are compiled from various research monographs, research papers from scientific journals, contemporary literature, *Sangraha granthas*, *Samhita granthas*, internet and from personal clinical experiences.

Introduction:

Herbs, minerals and animal products are used as medicines for the management of various disorders. *Pippali* (*Piper longum*) is a plant drug which is mainly used in the management of respiratory and gastro intestinal disorders. *Pippali* fruits and roots are used in the formulations. *Pippali* is *Katu rasayukta*, *Ushna*, *Madhura vipaka* and *Kapha vata shamaka* in action. It is also *Dipana*, *Pachana*, *Amahara*, *Rasayana*, *Kasahara*, *Shwasahara* and used in *Agnimandya*, *Ajirna*, *Atisara*, *Kasa*, *Shwasa*, *Yakrit* and *Pliha roga*.

Synonyms - *Pippali, Krishna, Kana, Magadhi, Upakulya, Ushana, Shoundi, Tikshna tandula, Vaidehi.*

English - Long pepper. Hindi - Pipli, Pipal, Pipulmul.

Rasapanchaka of Pippali:

Rasa : *Katu*

Guna : *Laghu, Tikshna, Snigdha.*

Virya : *Anushna sheeta*

Vipaka : *Madhura*

Doshagnata : *Kaphavatahara*

Rogagnata : *Aruchi, Agnimandya, Ajirna, Vibandha, Gulma, Udarashoola, Arsha, Kasa, Shwasa, Hikka, Kshaya, Yakrit vikara, Pliha vruddhi, Amavata, Vatarakta, Kushtha, Jeerna jwara, Vishama jwara, Rajodosh, Kashta prasava, Samanya dourbalya, Hrit dourbalya and Krimi.*

Karma : *Shirovirechana, Medhya, Dipana, Vatanulomana, Plihavruddhihara, Yakrit uttejaka, Mrudu virechana, Shoola prashamana, Krimighna, Uttejaka, Rakta shodhaka, Rakta vardhaka, Mootrala, Kasa Shwasahsra, Jwaraghna, Vishamajwara pratibandhaka, Rasayana, Balya, Garbhashaya sankochaka, Vrishya, Shoola prashamana and Kushthaghna.*

Chemical constituents : Essential oil, piperine, Piplartine, Alkaloids, sesamin, piplasterol, Piperlonguminin, glycoside and sterols are present.

Pharmacology:

Antibacterial, antitubercular, anti-inflammatory, CNS stimulant, antimalarial, anthelmintic, hypoglycemic, antispasmodic, anti-giardial, immunostimulatory, cough suppressive, hepatoprotective, antinarcotic, analeptic, and antiulcerogenic.1,2,3.

Formulations:

Pippali Khanda, Pippali Kshirapaka, Pippalyasava, Gudapippali, Kalyanavaleha, Vyaghri haritaki avaleha.

Action and uses:

- The root is bitter, purgative, thermogenic, tonic, expectorant, stomachic, digestive, anthelmintic and emmenagogue. 4,5.
- It is useful in lumbago, dyspepsia, gout, apoplexy, gastralgia and spleenopathy.
- Dried spikes are acrid, mildly thermogenic, vermifuge, stomachic, aphrodisiac, expectorant, carminative, febrifuge, laxative, tonic, digestive, emollient and antiseptic.6,7.
- It is useful in Asthma, bronchitis, coryza, hiccough, consumption, anorexia, dyspepsia, vomiting, flatulence, colic, diarrhea, dysentery, cholera, gastric disorders, epilepsy, insomnia, fever, gonorrhoea, hemorrhoids, lumbago and gout. 8,9,10.
- Fruits are used as a cholagogue in bile duct and gall bladder obstruction.
- It is also used after child birth to check post partem hemorrhage.
- A decoction of immature fruits is effective in palsy, rheumatism, gout and lumbago.

Other clinical indications: 11,12,13.

1. Chronic bronchitis
2. Bronchial asthma

3. Bronchiectasis
4. Emphysema of the lungs
5. Rhinitis
6. Coryza
7. Pharyngitis
8. Laryngitis
9. Tracheitis
10. Pneumonia
11. Indigestion
12. Diarrhea
13. Irritable bowel syndrome
14. Alcoholic liver disease
15. Cirrhosis of the liver
16. *Shokatisara*
17. *Sangraha grahani*
18. *Agnimandya*
19. *Ajirna*
20. *Atisara*
21. Ascites
22. *Kaphaja kasa*
23. *Tamaka shwasa*

Amayika prayoga: 14, 15,16.

When *Pippali* containing formulations are given with specific disease specific adjuvant drugs or proper add on therapy, it shows desired outcomes. It is known as *Amayika prayoga*.

- In patients of Chronic bronchitis: Pippalyasava is given with Talisa Patra Vataka, Mrityunjaya rasa and Pushkaramoolasava.
- In patients of Bronchial asthma: Pippalyasava is given with Piyushkaradi kashaya, and a mixture of Poornachandrodaya rasa, Shataputi Abhraka bhasma, Godanti bhasma and Talisadi choorna.
- In Bronchiectasis patients: Agasthya haritaki leha, Mrityunjaya rasa, and a mixture of Siddha makaradhwaaja, Shataputi Abhraka bhasma, Godanti bhasma and Talisadi choorna are given with Pippalyasava.
- In Emphysema of the lungs, similar medicines are effective.
- In patients of Rhinitis: Naradiya Laxmivilasa rasa is given with Pippalyasava with good results.
- In Coryza patients: Hinguleshwara rasa is given with Naga guti and Guda pippali.
- In patients of Pharyngitis: Vrinapahari rasa is given with Pippalyasava and Amrittottara kashaya.
- In Laryngitis patients: Sheetamshu rasa is given with Khadiradi vati and Pippalyasava.
- In patients of Tracheitis: Kanakasava and Kaphaketu rasa are given with Pippalyasava.
- In Pneumonia patients: proper antibiotic coverage should be given along with Pippalyasava, Hinguleshwara rasa, Sheetamshu rasa and Talisadi choorna.
- In indigestion, Pippalyasava is given with Hingwashtaka choorna or Lashunadi vati.
- In patients with diarrhea, Pippalyasava is given with Bilvadi vati or Lashunadi vati.
- In patients of Irritable bowel syndrome: Trikatu choorna is given with Madhu along with Kutaja ghana vati, Medhya vati and Bilvavaleha.
- In Alcoholic liver disease according to stages, medicines are selected. In Alcoholic steatosis, Pippali choorna is given with Madhu and Patola katurohinyadi kashaya.
- In Alcoholic hepatitis, Pippali choorna is given with Madhu and Phalatrikadi kashaya and Guduchi kashaya.

- In patients of Alcoholic cirrhosis, Pippali kshirapaka is given with Arogyavardhini vati, Punarnavadi mandoora, Pravala panchamrita rasa and high protein diet.
- In Cirrhosis of the liver, due to other causative factors also, similar medicines are given. In such conditions avoidance or treatment of other causative factor should be addressed.
- In patients of Shokatisara, Medhya Vati, Guda pippali, Kutaja ghana vati, and Kutajarishta are effective.
- In Sangraha grahani patients, similar medicines are effective.
- In Agnimandya patients, Hingwashtaka choorna is given Pippalyasava. I
- n patients of Atisara, Lavana Bhaskara choorna is given alongwith Pippalyasava found effective.
- In patients of Ascites the cause is to be identified. If it is due to Cirrhosis of the liver, Pippali kshirapaka given alongwith Arogyavardhini vati, Phalatrikadi kashaya, Punarnavadi mandoora and high protein diet are effective.
- In patients of Kaphaja kasa, Guda pippali given with Sitopaladi choorna was found effective.
- In Tamaka Shwasa patients, Pippalyasava given along with Pushkaramoolasava, Mrityunjaya rasa and Talisadi choorna is effective.

Conclusion:

1. *Pippali* (*Piper longum*) is usually given in Respiratory disorders and diseases pertaining to the digestive system with good outcome.
2. *Pippali* can be given either singly or in the form of formulations.
3. There are least adverse drug reactions after the administration of the drug.

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