

A REVIEW ARTICLE ON PIPPALI (PIPER LONGUM LINN)

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ABSTRACT

Piper longum linn is one of the important medicinal plant of the family piperaceae. being one among the constituent of *trikatu*, *panchakola* etc, very widely used in *Ayurveda* for the treatment of various disorders. The *nirukti* of word *Pippali* signifies its action in maintaining total health and also in *dhatu poshana and poorana*.¹ *Pirpathi paalayathi purusham purayathi cha ksheenana dhatunithi prupalanapurana*. (Bh. N) In the Ayurvedic Formulary of India, *Pippali* is being used in 324 formulation. It is used as *prakshepaka dravya* in many formulations. It is highly valued from time immemorial because of its vast medicinal properties. It is extensively used as Antiinflammatory, cough suppressor, antibacterial, insecticidal, antimalarial, CNS stimulant, antitubercular, anti-helminthic, hypoglycaemic, antispasmodic, anti-giardial, immunostimulatory, hepatoprotective, analeptic, antinarcotic, antiulcerogenic activity. The present article provides all necessary information regarding its classical literature.

Keywords: *piper longum* linn, *pippali*

INTRODUCTION

Being the most intelligent and developed animal humans are the most dominating species in this world but that is not the end of the story. However, we are best but we are not safe. The world is a deadly war battle. Surviving here is a major agenda to all species. Nevertheless, numerous gifts from God in the name of Herbs gives us plenty ways to survive. *Pippali* or *Piper longum* is one of them, with hundreds of benefits. So let us explore it.

Long pepper reached Greece in the 6th or 5th century BC through Hippocrates, who was the first person to mention it, and has discussed it as a medicament and as a spice. Among the Greeks and Romans and prior to the European discovery of the New World,

long pepper was an important and well-known spice.²³

Long pepper, which tastes pungent and sweet at the same time, probably came to Europe much before the now dominant black pepper. It is believed that during the Roman Empire, it was priced about three times more than black pepper, as it was perfect for Roman cookery, which especially favored these two taste sensations. It's hot-and-sweet taste goes well with spicy cheese specialties or wine sauces. In India, the long pepper is mainly used in pickles.

A scandent perennial aromatic shrub with jointed branches, the entire plant is pungent. The leaves are many and cordate, while the flowers grow on solitary spikes. The male and female spikes are produced on different

plants, and while the male spikes are slender with narrow bracts, the female ones are 1.3-2.5cm, with circular flat palate bracts. The fruit, which is very small, is sunk inside the fleshy spike, and is blackish green and shining. Long pepper is the unripe spike of the plant. It is that part of the plant that is used in medicines. The root, which is thick and branched, is also medically important and is called *pippali-moolam*.

CLASSICAL REVEIW OF PIPPALI

Historical reveiw of *pippali*^{2, 3, 4, 56, 7, 8}

The earliest known documentation of plant treatments in Indian literature is found in *Vedas*, the sacred literature of Hindus. About 300 plants are described here; '*pippali*' the drug taken for the study is one among them. In Vedic period there is a reference that,

1. *Pippali* was originated during the time of *Samudra Manthan*.
2. When Vasisthamuni's son was ceased, he was depressed so he wished to have more progeny and he consumed *Pippali* fruit by which he had more progeny. So, the name *Pippali* came to that fruit. (Jaimini Brahmana 3/149)
3. Various Synonyms have been used for *Pippali* viz. *Atividhabhaishaja*, *Kshipta bhaishaja*.

The use of *Pippali* was more extensive in Purana period in comparison to vedic

Table 1: Name of the *samhitha Gana/varga*^{6, 7, 8, 9}

Sl no	<i>Samhita</i>	<i>Gana/varga</i>
1	<i>Charaka Samhita</i>	<i>Shirovirechan, Vamana, Dipaniya, Kanthya, Truptighna, Asthapanopaga, Shirovirechanopag, Hikkaniyagrahana, Kasahara, Shoolaprashamana</i>
2	<i>Sushutra Samhita</i>	<i>PippalyadiGana, Trikatu, Urdhwabhagahara, Shirovirechana. Amalakyadi varga</i>
3	<i>Astang Sangraha</i>	<i>Shirovirechan, Vamana, Dipaniya, Kanthya, Truptighna,</i>

period. The references traced out in Puranas are as follows.

Pippali was one of the plants, which was growing in forest, has antitoxic drug, grouped under *Katurasa Varga*, is having Sleshmahara property, decoction form is good for *Amavata* Patients, reported as aphrodisiac.

Agni Purana mentions *Trikatu* in many places. This *Trikatu* includes *pippali* as an Ingredient, useful for the patients of *Rajayakshma*, *Trikatu* was used in *medoroga, tarunya pidaka* and *Gulma*.

The drug *Pippali* finds it's mentioning in *Atharvaveda* in the context of *rasayana* and *vataroga beshaja*.

According to Saayana, *kana* is its synonym and *hasti pippali* one of its type and useful in the treatment of *Dhanurvata, Akshepaka*.

Samhita kala: the exhaustive information of *pippali* in this period is seen.

In *Charaka Samhita* Su.4, frequency index of *Pippali* is 9 times next to *Yastimadhu* (11 times).

Acharya Charaka in *Vimanasthana* has elucidated *Yogavahi karma* of *pippali* due to this special property it is used in various formulations as a medicine and adjuvant.

In Su.S.Ch.26 where *Dravyas* of *Virudha Virya* are mentioned, *Katu Rasa dravyas* are described as *Avrishya Dravya* but *Pippali* and *Sunthi* are exception to them.

		Asthapanopaga, Shirovirechanopaga, Hikkani-grahana, Kasahara, Shoolaprasmana, Sheetashamana, Pippalyadi Gana.
4	Astang Hridaya	Vamanapayogi Dravya, Vatsakadi Gana

Table 2: Name of Nighantu and Varga :^{15,16, 17, 18, 19}

1	Dhanvatari Nighantu	Shatapushpadi varga
2	Shodhala Nighantu	Shatapushpadi Varga
3	Hridaya Dipaka Nighantu	Catuspada Varga
4	Madanapala Nighantu	Shunthyadi Varga
5	Raja Nighantu	Pippalyadi Varga
6	Bhavaprakasha Nighantu	Haritakyadi Varga
7	Saraswati Nighantu	Chandanadi Varga
8	Nighantu Adarsha	Pippalyadi Varga
9	Shaligrama Nighantu	Haritakyadi Varga
10	Priya Nighantu	Pippalyadi Varga
11	Guna Ratnamala	Haritakyadi Varga
12	Yadavji Trikamaji Acharya	Pippalyadi Varga

PARYAYA AND ITS MEANINGS:^{1, 2, 20, 21}

Pippali: One can maintain total health by its intake.

Maghadhi: That which is largely grown in the country Magadha.

vaidehi: Grown in Videha desha.

Upakul : That which grows near water or alongside water Stream

Ushana: That which gives burning sensation or pain to the tongue.

Kana: It has fruit of many Kana's or fruits are small berries.

Chapala: that which consoles.

Krishna: Black in colour or which scrape out the vitiated doshas.

shoundy: That which is used with condiments in drinking liquors.

It is used in distilleries. Or Fruits are berries adhered in solid fleshy spike like elephants trunk.

Kola: Its fruit weighs about one kola pramana.

Tikshna: Very potent drug.

Katuvalli: It is predominant of pungent taste.

Vishwa: Used widely.

Shyamahva: have black coloured fruit when dried.

Katubija: the fruit have pungent taste.

Krishna phala: it has black coloured fruits.

vrishya: it is used as aphrodisiac

Table no 3: Vernacular names^{20,23}

Sl.no	Language	Vernacular names
1	Sanskrit	Pippali, Magadhi, Kana, Usana, etc.
2	English	Indian long pepper, Long pepper

3	Hindi	Pipal, Pipli,
4	Gujarati	Lindipipal, Pipli
5	Marathi	Pimpli
6	Bengali	Pipul, Pipli
7	Sindhi	Tippali
8	Malyalam	Pimpli, Tippali, Magadhi, Lada, Mulagu,
9	Punjabi	Maghs- pipal, Pipal, Filfildaras, Drafilfil.
10	Telagu	Pippallu, pipili, Pippali katte.
11	Tamil	Pippili, Tippili, Kundan, tippili, Sirumulam, Pippallu.
12	Kannada	Tipili, Hipli, yippali
13	Arabian	Dra-filfil.
14	Oriya	Baihehi, Krykola, Mogodha, Pippoli.
15	Persi	Filfilidray, Pipal, Filfil-i-daras.
16	Santhal	Ralli
17	Urdu	Pipul

Table 4: showing pharmacological properties of *ardhra pippali*^{1,6,7,8,9,15,16,17,18,19}

	<i>Ardhra Pippali</i>	cs	SS	AS	AH	DN	RN	BPN	MPN	KN
<i>RASA</i>	<i>Madhura</i>	+	+	+	+	-	-	+	-	+
<i>GUNA</i>	<i>Guru</i>	+	+	-	+	-	-	+	-	+
	<i>Snigdha</i>	+	-	-	+	-	-	+	-	+
<i>VEERYA</i>	<i>sheeta</i>	-	+	-	+	-	-	+	-	+

Table no 5: showing pharmacological properties of *shuska pippali*

	<i>Shuskha pippali</i>	CS	SS	AS	AH	DN	RN	BPN	MPN	KN
<i>Rasa</i>	<i>Katu</i>	+	+	+	-	+	+	+	+	+
	<i>Tikta</i>	-	-	-	-	-	+	-	-	-
<i>Guna</i>	<i>Snigdha</i>	-	-	-	-	-	+	+	+	+
	<i>Nati snigdha</i>	+	-	-	-	-	-	-	-	-
	<i>Laghu</i>	-	--	--	-	-	-	-	+	+
<i>Veerya</i>	<i>Ushna</i>	-	-	-	-	+	-	-	-	-
	<i>Sheeta</i>	-	-	-	-	+	-	-	-	-
	<i>Anushna</i>	-	-	-	-	-	--	+	-	-
	<i>Nati snigdha</i>	+	-	-	-	-	-	-	-	-
<i>Vipaka</i>	<i>Madhura</i>	+		+	+			+	+	+
<i>Doshagnata</i>	<i>Vata</i>	-	-	-	-	+	+	+	-	+
	<i>Pitta</i>	-	-	-	-	+	-	-	+	-
	<i>kapha</i>	+	-	+	+	+	+	+	+	+

Table 6: showing different *rogagnatha* and *karma* mentioned in different ayurvedic texts ^{1,6, 7, 8, 9, 15,16, 17, 18, 19}

ROGAS	CS	SS	AS	AH	DN	RN	BPN	MPN	KN
<i>Agnimandhya</i>	+	-	+	+	-	-	+	-	+
<i>Apasmara</i>	+	-	-	-	-	-	-	-	
<i>Arshas</i>	+	+	+	+	-	-	+	+	+
<i>Aruchi</i>	+	+	+	+	-	-	-	-	+
<i>Atisara</i>	+	-	+	+	-	-	-	+	-
<i>Chardi</i>	+	-	-	-	-	-	-	-	-
<i>Galaamaya</i>	+	+	+	+	-	-	-	-	-
<i>Granthi</i>	-	+	-	-	-	-	-	-	-
<i>Grahani</i>	+	-	+	+	-	-	-	-	-
<i>Gulma</i>	+	-	+	+	-	-	+	+	+
<i>Hikka</i>	+	+	+	+	-	-	-	-	-
<i>Hrudroga</i>	+	+	+						+
<i>Jwara</i>	+	+	+	+	+	+	+	+	+
<i>Kamala</i>	+	+	+	+	-	-	-	-	-
<i>Kapha vridhhi</i>	+	+	+	+	+	+	+	+	+
<i>Kasa</i>	+	+	+	+	-	+	+	+	+
<i>Krimi</i>	+	+	+	+	+	-	+	-	-
<i>Kshataksheena</i>	+	+	+	+	+	-	-	-	-
<i>Kushta</i>	+	+	+	+	-	+ -	+	+	-
<i>Pandu</i>	+	+	+	+	-	-	-	-	+
<i>Parshvashoola</i>	+	+	+	+	-	-	-	-	-
<i>Peenasa</i>	+	+	+	+	-	-	-	-	-
<i>Pleeha</i>	+	+	+	+	-	-	+	-	+
<i>Prameha</i>	+	+	+	+	- -	-	+	+	+
<i>Rajyakshma</i>	+	+	+	+	-	-	-	-	-
<i>Shopha</i>	+	+	-	-	-	-	-	-	-
<i>Stanya</i>	-	-	-	-	-	-	+	-	-
<i>Shosha</i>	+	+	+	+	-	-	-	-	-
<i>Shirashula</i>	+	+	+	+	-	-	-	-	-
<i>Shwitram</i>	-	-	-	-	+	-	-	-	-
<i>Udara</i>	+	+	+	+	-	-	+	-	+
<i>Udavarta</i>	+	+	+	+	-	-	-	-	-
<i>Vibandha</i>	-	-	+	+	-	-	+	-	-
<i>Vatavyadhi</i>	+	+	+	+	-	+	-	-	-
<i>Visarpa</i>	+	-	+	+	-	-	-	-	-

<i>Vishamajwara</i>	+	+	+	-	-	-	-	-	-
<i>Vatarakta</i>	+	+	-	-	-	-	-	-	-
<i>Yonishula</i>	+	+	-	-	-	-	-	-	-
<i>Yonivyapath</i>	+	-	-	-	-	-	-	-	-
<i>Rasayana</i>	+	+	+	+	+	-	+	+	-
<i>Krimi</i>	+	+	+	+	+	-	+	-	-
<i>Trishna</i>	-	-	-	-	+	-	-	-	-
<i>Rechana</i>	-	-	+	+	-	-	+	-	-
<i>Shwasa</i>	+		+	+	-	+	-	+	+
<i>Raktapitta</i>	-	-	+	+	-	-	-	-	-
<i>Shoola</i>	+	-	+	+	-	-	+	+	-
<i>Medoroga</i>	+	+	+	+	-	-	-	-	-

Table 7: showing ekamoolika prayoga ^{1,7,9,11}

<u><i>Bhesaja swarupa</i></u>	<u><i>Anupana</i></u>	<u><i>Indication</i></u>	<u><i>Reference</i></u>
<i>Pippali churna</i>	<i>Guda</i>	<i>Pandu krimi roga ajeerna aruchi</i>	<i>B.P.N haritakyadi varga 55-58</i>
<i>Pippali churna</i>	<i>Ksheera</i>	<i>Pandu</i>	<i>Su utt 44/22</i>
<i>Pippali churna</i>	<i>Naga kesar, yasti, guda, ghrutha</i>	<i>Pandu</i>	<i>A .Hr.ci 16/38</i>
<i>Pippali churna</i>	<i>Guda, ksheera</i>	<i>Kasa</i>	<i>A .Hr.ci 3/166</i>
<i>Pippali churna</i>	<i>Madhu</i>	<i>Kasa jwara pleeha roga</i>	<i>Sh.sam madhyama khanda 6/8</i>
<i>Pippali churna</i>	<i>guda</i>	<i>Ajeerna</i>	<i>Sh.sam madhyama khanda7/24</i>

YOGAS ^{1, 6, 7,8,9,11,12,13,14,21}

Table 8: Showing Important yogas of Pippali

Sl no	<i>Name of the Yoga</i>	<i>Indication</i>	<i>Reference</i>
1	<i>Amalaka Rasayana</i>	<i>Rasayana</i>	<i>C.Chi.1.2/7</i>
2	<i>Brumhani Gutika</i>	<i>Vrishya, Bruhmana</i>	<i>C.Chi.2.1/27</i>
3	<i>Pippalyadi Ghrita</i>	<i>Jeernajwara, Kshaya, Kasa, Parshwa shoola</i>	<i>C.Chi.3/219</i>
4	<i>Sitopaladi Choorna</i>	<i>Kasa, Shwasa</i>	<i>C.Chi.8/103</i>
5	<i>Panchakola Ghrita</i>	<i>Udara, Gulma, Arsha</i>	<i>C.Chi.13/112</i>
6	<i>Phalarishta</i>	<i>Gulma, Kasa, Vibandha</i>	<i>C.Chi.14/155</i>
7	<i>Pippalyadi Yavagu</i>	<i>Yoni, shoola, Hrudroga</i>	<i>C.Chi.30/54</i>
8	<i>Kalyanakara lavana</i>	<i>Vataroga, Gulma, Ajeerna, Kasa</i>	<i>S.Chi.4/32</i>
9	<i>Tiktaka ghrita</i>	<i>Kushta, Vishama jwara, Arsha</i>	<i>S.Chi.6/12</i>
10	<i>Tilwaka ghrita</i>	<i>Udara, Gulma, Vidradhi, Unmada</i>	<i>S.Chi.14/7</i>
11	<i>Mustakadi kavala</i>	<i>Shirovirechana</i>	<i>S.Ka.17/27</i>

12	<i>Gutikanjana</i>	<i>Abhishyandha</i>	<i>S.Chi.14/14</i>
13	<i>Gomootra rasakriya</i>	<i>Netra roga</i>	<i>S.Ka.17/17</i>
14	<i>Mustadi yoga</i>	<i>Amatisara</i>	<i>S.Ka.40/49</i>
15	<i>Amruta prasha ghrita</i>	<i>Trishna</i>	<i>A.H.Chi.3/80</i>
16	<i>Jeevantyadi choorna</i>	<i>Kasa,Hikka,Jwara</i>	<i>A.H.Chi.3/160</i>
17	<i>Soorana gutika</i>	<i>Arsha</i>	<i>A.H.Chi.5/33</i>
18	<i>Dhanwantari ghrita</i>	<i>Prameha,Shwasa,Pandu</i>	<i>A.H.Chi.8/157</i>
19	<i>Dadimadhya ghrita</i>	<i>Hrudhya,Pandu,Gulma</i>	<i>A.H.Chi.15/40</i>
20	<i>Pippali rasayana</i>	<i>Shwasa, kasa</i>	<i>A.H.U.39/96</i>
21	<i>Chaturbhadrika avaleha</i>	<i>Kasa,shwasa</i>	<i>B.P.S.1/378</i>
22	<i>Jathiphaladi choorna</i>	<i>Grahani</i>	<i>B.P.S.4/48-51</i>
23	<i>Samasharkara choorna</i>	<i>Arsha</i>	<i>B.P.S.5/63</i>
24	<i>Ashtakatvara taila</i>	<i>Urusthamba</i>	<i>B.P.S.25/36-37</i>
25	<i>Abhayadi kwatha</i>	<i>Shotha</i>	<i>C.D.39/6</i>
26	<i>Ksharadi gutika</i>	<i>Shotha</i>	<i>C.D.39/26-30</i>
27	<i>Krishnadya modaka</i>	<i>Shleepada</i>	<i>C.D.42/23</i>
28	<i>Nidigdikadi kwatha</i>	<i>Jeerna jwara</i>	<i>C.D.1/205</i>
29	<i>Chukkam tippalyadi kashaya</i>	<i>Phiranga</i>	<i>S.Y.Ka.pra./12</i>
30	<i>Snuhi Pippali choorna</i>	<i>Udara roga</i>	<i>S.Y.Chu.pra/58</i>
31	<i>Pippalyasava</i>	<i>Kshaya,Gulma,Udara</i>	<i>S.Y.aa.pra/1</i>
32	<i>Pulim kulambu</i>	<i>All 8 types of Gulma</i>	<i>S.Y.Le.pra/13</i>
33	<i>Brungalarkadi taila</i>	<i>Kasa, Shwasa</i>	<i>S.Y.Tai.pra/23</i>
34	<i>Pippalyaadi kwatha</i>	<i>Udavarta</i>	<i>B.R</i>
35	<i>Vachaadi kwatha</i>	<i>Gulma roga</i>	<i>B.R</i>
36	<i>Pashaanabedadi kwata</i>	<i>Mutrakricchra</i>	<i>B.R</i>
37	<i>Pippali khanda</i>	<i>Amlapitta</i>	<i>B.R.53/121-125</i>
38	<i>Pippalyadyalouha</i>	<i>Hikka,Svasa</i>	<i>B.R.16/42-43</i>
39	<i>Pippalyadi varti</i>	<i>Yoniroga</i>	<i>B.R.64/180</i>
40	<i>Alambooshadi choorna</i>	<i>Amavata</i>	<i>B.R.29/39-41</i>
41	<i>Katutrikadi kwatha</i>	<i>Kaphajvara</i>	<i>B.R.5/136</i>
42	<i>Vidangadi louha</i>	<i>Pandu</i>	<i>B.R.12/32-33</i>
43	<i>Sagudakanabhaya prayoga</i>	<i>Arsha</i>	<i>B.R.9/24-25</i>
44	<i>Bhunimbadi khwata</i>	<i>Kaphajwara</i>	<i>Sha.M.K.2/18-19</i>
45	<i>Dashamoola khwata</i>	<i>Vatashleshma jwara</i>	<i>Sha.M.K.2/28-31</i>
46	<i>Renukadi khwata</i>	<i>Hikka</i>	<i>Sha.M.K.2/82-83</i>
47	<i>Shrungi choorna</i>	<i>Kasa,Jwara,Chardi</i>	<i>Sha.M.K.6/43</i>

48	<i>Kapittashtaka choorna</i>	<i>Grahani</i>	<i>Sha.M.K.6/54-57</i>
49	<i>Triphala guggulu</i>	<i>Bhagandara, Gulma</i>	<i>Sha.M.K.7/82-83</i>
51	<i>Changeri ghruta</i>	<i>Atisara, Grahani</i>	<i>Sha.M.K.9/21-24</i>

CONCLUSION

In a nutshell, the present review is indicative of multiple uses of *pippali* in clinical conditions, however the exact mechanism of drug action and ADR if any needs to be evaluated

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