



Sri Satya Sai Murlidhar Ayurvedic College & Hospital
Moga (Punjab) -142001

PIPPALI

Botanical Name : *Piper longum*

Family : Piperaceae

Introduction :

Pippali used as rasayana & treatment of piles, kasa. In Indian mythology reveals that Pippali has its origin during Samduramathana along with Amrta (elixir).

Names in different Indian languages :

Hindi : Pipala, papal

Tamil : Tippili, pippili, Arisithippili

Bengali : pipali

Panjabi : Maghaun

Malayalam : Tippali

Unani : FilfilDaraaz, Daarfilfil

Telugu : pippallu

English : Long pepper

Marathi : pipali

Kannada : Hipli

Sanskrit : Pippali, magadhi

Synonyms :

Maagadhi, Maagadha, Maagadhaa, Maagadhikaa, Magadhodbhavaa, Vaidehi, Upkulyaa, Pippalikam, Chapalaa, Kanaa, Krishnaa. Uushnaa, Shaundi, Kolaa, Tikshna-tandulaa

Classification according to Charaka, Susruta & Vagbhata :

Charaka : DipaniyaKanthya, Asthapanopaga, sirovirecanopaga, sitaprasamana, sūlaprasamana, Kāсахara, Hikkani-grahana, Trptighna, Vamana.

Susruta : Pippalyādi, urdhvabhagahana, Tryusana (Trikatu) Amalakāyādi, sirovirecana

Vagbhata : Pippalyādi (A.S.)

Varieties & adulterants – (CV – controversy, AD – adulterants) :

1. Pippali – *P. longum*
2. Gaja Pippali -*P. chaba*
3. Simhali Pippali – Cylone variety
4. Vana Pippali.
5. Assam pippali
6. Piper salvelous

Morphology :

An aromatic slender climber.

Stems— Creeping, jointed, attached to other plants while climbing. swollen at nodes

Leaves— alternate, 6-10 cm x 3-5 cm, subacute, entire, glabrous, reticulate venation, cordate at the base. Lower one broadly ovate, cordate, upper one oblong, oval

Flowers— in pendulate spikes. straight; male larger and slender; female 1.5-2.5 cm x 4-5 mm dia.

Fruits— yellowish orange berries, aboid, sunk in fleshy spike.

Flowers in rainy season and fruits in autumn.



**Distribution & Habitat :**

Found in the hotter parts of India, from central



Himalayas to Assam, Khasi and Mikir hills. Also found in forests of western ghats from Konkan to Kerala.

**Chemical constituents :**

Piperine, aristolactams, dioxoaporphines, isobutyl amide, longamide, besides guineensine, the lignans, pluviatilol, methyl pluviatilol (fargesin), sesamin, asarinine, Essential oil, mono- and sesquiterpenes, caryophyllene (mainly). pipartine, piperlongumine, pipericide. sesamin, – four aristolactams (cepharanone B. aristolactum All. piperlactum A and piperolactam B.)

**Properties :**

Rasa :Katu

Guna : Laghu. Snigdha. Tikсна (Ardra—Guru)

Virya : Usna (Ardra-Sita)

Vipāka : Madhura



Karma : (Ardra-Kapha vardhaka), Dipana, Vrsya, Rasayana
digestive, appetizer, carminative, haematinic, expectorant, sedative

**Indication :**

Udara. Pliharoga, jvara, Kustha, Prameha, Gulma, Arsas, sula, Amavata .cough, bronchitis, asthma



Roots are bitter, thermogenic, diuretic, purgative, expectorant, digestive. Useful in gout, splenopathy, lumbago



Pipali are thermogenic, laxative, carminative, digestive, anti septic. Useful in anorexia, colic, fever, epilepsy, haemorrhoids, gout



Part used : Fruit, root



Dosage :- Powder 1-2 g.

**Important Yogas or Formulations :**

Pippalyādighrta, Pippalyasava, Vyosādi



Vati, Yakritplihāriloha, Yākrtaippali yoga, Causastapraharapippali, Pippalyādileha.

**Important research work going on :**

- (1) Antitubercular activity
- (2) Anti-inflammatory activity
- (3) Antifertility effect
- (4) Suppression of cough reflex
- (5) Respiratory stimulation
- (6) Serum proteins level
- (7) Central stimulant activity
- (8) Antipyretic activity
- (9) Anthelmintic activity

**Therapeutic Uses :**

- (1) Kamala— Pippali is used as Nasya and Añjana (G.N.)
- (2) Rasayana— Ghee prepared with Pippali & milk will be useful (V.S.).

