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Role Of *Pippali* In The Management Of *Udarshul*

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ABSTRACT: In the ancient treatises of *Ayurveda* different painful condition of abdomen described in *udara roga nidan* and *chikitsa*. *Mandagni* causes improper digestion of ingested food which leads to *Udara roga*. It is one among the *Ashtamahagada*. *Udarshool* seems to be simple but it affects the regular activities. *Vata* is predominant in *Udarshool* which can be counteracted by *Shoolghna* and *Vataghna* property. Effect of *Pippali* in the management of *shool* is beneficial due to its property like *vatashaman & dipan* etc.

Materials And Methods - The literature related to *udara roga* and *pippali* available in *Charak Samhita*, *Sushrut Samhita & Astanga Samgraha*, *Astanga Hridaya*, *Madhav Nidan*, various *nighantu* etc. with commentaries have been collected in this study.

Result- The treatment of *udarshool* through *Ayurvedic* approach is incredible and results are amazing.

Conclusion- Effect of *Pippali Churn* in *Udarshool* is very effective.

Keyword:- *Udarshool, Shool, Pippali*

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INTRODUCTION:

Due to Modern life style, peoples are suffering from many disorders, Abdominal colic is one of them. Abdominal colic is originate, mainly due to the irregular food habits, not taking food on time and taking food with out prior digestion.

Abdominal colic is referred to 'UDARSHOOL' in *Ayurveda*. *Pippali* can be considered as a drug for udar shoola.

As it is said by **Acharya Bhavprakash** :-

'*Pippali dipani vrashya swadupaka rasayani* |

Anushna katuka snigdha vatshleshmahari laghu ||'(Bha.p.ni.6/54)¹

Due to its property of *Deepan* and *Snigdha Guna* .It declines the action of *Vaat-Kaph*. Also have gread action on *ajirn, raktalpata, pipasa, jirn jwar* and *udarshool* etc.

Nirukti of shool :-

'*Shankusfotanavatasya yasmantivrashch vedna* |

Shoola saktsya lakshyante tasmachhashoolmihoocchyate ||'

(su.u.42/81)²

Origin of shool:-

It is considered as *shool* have origin from *Gulm* but it may occure in *Gulm sthan* like *Hridaya, Parshva, Nabhi* and *Basti* Also in nearby regions like *Trik Prastha* without having main origin from *Gulm* .

Acharya Madhav has taken *shool* as a individual chapter.

'*Vayupravridhojanyedhyeeshoolmhritpars hvapristhatribhubastideshm* '(ma.26/4)³

Shool is symptoms of many disease so can be considered as a part of all those

disease. But many from of *shool* are present which are due to *Dosha–Dushti*.

The descent of *shool* is due to forcible arrest the *Vatadi vega* . As the main cause of pain is *Vayu*.

Nidan of shool :-

(Reference – su.u.42/78-79)⁴

1. Indigestion
2. Food allergies
3. Fecal impaction
4. Diverticulitis
5. Irritable bowel syndrome
6. Food poisoning
7. Intake of dry meat Etc.

Samprapti /pathogenesis:- (Reference – su.u.42/80)⁵

-By stoping the *Apan- Vayu* and *Mala-Mutra*

-*Ajirn* and *Adhyashan*

-Intake of dry meat



-out break of *Vata* in the cost



-Acute colic (*Udarshool*)

All type of *shool* are considered under colic in modern medicine. In Ayurveda *shool* are devided as *Vata*, *Pitta*, *Kapha* ,*Vata-pitta*,*Vata-kapha*, *Pitta-kaphaj*, *Sannipataj* and *Aamdoshaj*. All such classification is not accepted by modern science. They only consider the theory of

‘*Sarveshveteshu shooleshu prayen pavanah prabhuh*’(ma.26/1)⁶

Therefore all types of *shool* are caused by *vata*. *Shool* roga is always co-related with *Vata-Naadi*.

Types:-*Vataj, Pittaj, Kaphaj, Vata-pittaj, Vata-kaphaj, Pitta-kaphaj, Sannipataj and Aamdoshaj.* In Ayurveda all types of *shool* are comes under the *udar shool*.

General treatment of shool:-

“*Vamanam langhanam swedah pachanam falvartayah| Ksharchurnascha gutikah shasyante shulshantaye*”|| (Yogratnakar)⁷

“*Vamanam karyet atra pippaliwarini bhishak*”(su.u.42/109)⁸

Pippali decoction or *Pippali* Powder is used as emetic agent to cure *shool*. *Pippali* can be used as a single drug in *shool*.

Description of *pippali*⁹:-

Botanical Name :- *Piper Longum* Linn.

Family :- *PIPERACEAE*

Vernakular Name :-

Hindi Name :- *Pipal, Pipli*
 English Name:- *Indian long pepper*
 Kannad :- *Hipli*
 Malayalam :- *Tipli*
 Marathi :- *Pimpali*
 Sanskrit :- *Pippali*

Tamil :- *Pippali*

Telugu:- *Pippallu*

Kulam :- *Pippali kulam*

Guna¹⁰:-

Charak:-

kasahara, Hikkani-grahana, Vaman, Shirovir echan, Triptighna, Dipaniya, Sulaprasaman.

Sushruta:- *Pippalyadi, Urdhvabhaghara, Shirovirechana.*

Chemical Composition¹¹:-

-Essential oil
 -Mono and sesquiterpenes caryphyllence
 -Piperine
 -Piplartine
 -Piperlongeumine
 -Pepericide
 -Sesamine
 -B-sitosterol four aristolactams
 (Cepharanone-B, aristolactum-A, piperlactum-A and piperolactum B)

Rasapanchaka:-

| <i>Samhita/Nighantu</i> | <i>Guna</i> | <i>Rasa</i> | <i>Veerya</i> | <i>Vipaka</i> |
|--|----------------------------------|--------------------|------------------|---------------|
| <i>Carak Samhita</i> | <i>Laghu</i> | <i>Katu</i> | <i>Ushna</i> | <i>Madhur</i> |
| <i>Ashtang Hridaya</i> | <i>Laghu, Snigdha, Ushna</i> | <i>Katu</i> | <i>Ushna</i> | <i>Madhur</i> |
| <i>Bhavprakash nighantu¹¹</i> | <i>Snigdha,</i> | <i>Katu</i> | <i>Madhushna</i> | <i>Madhur</i> |
| <i>Raj Nighantu¹²</i> | <i>Snigdha, Ushna</i> | <i>Katu, Tikta</i> | <i>Ushna</i> | <i>Madhur</i> |
| <i>Dhanwantari Nighantu¹³</i> | <i>Snigdha</i> | <i>Katu</i> | <i>Sheeta</i> | <i>Madhur</i> |
| <i>Nighantu Adarsh¹⁴</i> | <i>Snigdha</i> | <i>Katu</i> | <i>Sheeta</i> | <i>Madhur</i> |

Part used:-Phala, Root.

Dosage:- Churna-0.5-1 gm

Action and uses of pippali¹⁵ :-

The study of piper longum root for opioid type analgesia using rat tail flick method and for NSAID type analgesia using acetic acid writhing method pentazoline and

ibuprofen are used as respective drug controls .An aqueous suspension of P.Longum root powder is given orally to mice and the rat in dose 200,400,800mg/kg . The delay in reaction time for thermal stimulus in rates and the number of writhing

to chemical stimulua in mice are determind in each group. The result are analysed statistically. The 400mg/kg and 800mg/kg doses of P.Longum show significant NSAID type of analgesia ($p < 0.001$). Both Ibuprofan (400mg/kg) and P.Longum (800mg/kg) show 50% protection against writhing. The delay in reaction time to thermal stimulus was less than 6% for different doses of P.Longum 100% for pentazonic . This indicates that P.Longum root has weak opioid but patent NSAID type of analgesic activity. It is clear from several researches that piperlongumin is also antispasmodic work by relieving pain

Pathya Apathya in shoola:-
Kashara-Alkalis

-*Laghu padartha* –Foods which are easy and light to digest .

-*Gomutra* –Urin of cow

-*Ushna jala* –Hot water

-*Shigru*- Drumstick

-*Lashuna* –Garlic

Apathya :-

-*Ruksha*-Dry foods

-*Kashaya* -Astringent food in excess

-*Madhya*- Alcohol

-*Guru*- Heavy to digest food

-*Ratri jagarana*-Awakening till late night

DISCUSSION :-

-*Shool* is a *vatananatmaj Vyadhi* and *pippali* is *Vata Shamak*. due to its *Snigdha Guna*.

-Presence of *Deepan Guna* in *pippali*, its suppresses colic pain.

-Presence of *Ashukari Guna* in *pippali*, its helps in fast extinguishing of colic pain.

-Above all these *Gunas*, make *pippali* as main *Aushadha* in *shool*.

CONCLUSION :-

According to this study drug *pippali* can use as a single drug preparation in *udarshool*. *Shool* is a *vatananatmaj Vyadhi*, so that *pippali* have all the *vata shamak* properties . In animal study, *pippali* is useful in NSAID type analgesic. *Pippali* is safe and cost effective drug in *udarshool roga*

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