Role Of Pippali In The Management Of Udarshul

Dr. Lokendra Rawat¹, Dr. Sunita D Ram², Dr. Rinku Chouhan³

¹- PG Scholar, Department of Dravyaguna Vigyan, Govt.(Auto) Dhanwantri Ayurvedic college and Hospital Ujjain, Madhya Pradesh,
²- Reader, Department of Dravyaguna Vigyan, Govt.(Auto) Dhanwantri Ayurvedic college and Hospital Ujjain, Madhya Pradesh,
³- Pg scholar, Department of swasthavritta ,AIIA New Delhi.

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 Method - The literature related to udara roga and pippali available in Charak Samhita, Sushrut Samhia & 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
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 rasyani |
Amushna 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 great action on ajirn, raktalpata, pipasa, jirn jvar and udarshool etc.

Nirukti of shool :-
‘Shankusfotanavatasya yasmaniuvrascheh vedna |
Shoolo saktsya lakhyante 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 Also in nearby regions like Trik Prastha without having main origin from Gulm .
Acharya Madhav has taken shool as a individual chapter.
‘Vayupravridhojanedyeesholmhritpars 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

**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, Sanipatay and Aamdosaj. All such classification is not accepted by modern science. They only consider the theory of

‘Sarveshveteshu shooleshu prayen pavanah prabhu’ (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 pippali⁹:-

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,Hikkanigrahana,Vaman,Shirovir echan,Triptighna,Dipaniya, Sulaprasaman.
Sushruta:- Pippalyadi , Urdbhavaghara, Shirovirechana.

Chemical Composition¹¹ :-

-Essential oil
-Mono and sesquiterpenes caryphyllence
-Piperine
-Piplartine
-Piperlongeumine

-Pepercide
-Sesamine

-B-sitosterol four aristolactums
(Cepharanone-B,aristolactum-A,piperlactum-A and piperolactum B)
**Rasapanchaka:-**

<table>
<thead>
<tr>
<th>Samhita/Nighantu</th>
<th>Guna</th>
<th>Rasa</th>
<th>Veerya</th>
<th>Vipaka</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carak Samhita</td>
<td>Laghu</td>
<td>Katu</td>
<td>Ushna</td>
<td>Madhur</td>
</tr>
<tr>
<td>Ashtang Hridaya</td>
<td>Laghu, Snigdha, Ushna</td>
<td>Katu</td>
<td>Ushna</td>
<td>Madhur</td>
</tr>
<tr>
<td>Bhavprakash nighantu¹¹</td>
<td>Snigdha,</td>
<td>Katu</td>
<td>Madhushna</td>
<td>Madhur</td>
</tr>
<tr>
<td>Raj Nighantu¹²</td>
<td>Snigdha, Ushna</td>
<td>Katu, Tikta</td>
<td>Ushna</td>
<td>Madhur</td>
</tr>
<tr>
<td>Dhanwantari Nighantu¹³</td>
<td>Snigdha</td>
<td>Katu</td>
<td>Sheeta</td>
<td>Madhur</td>
</tr>
<tr>
<td>Nighantu Adarsh¹⁴</td>
<td>Snigdha</td>
<td>Katu</td>
<td>Sheeta</td>
<td>Madhur</td>
</tr>
</tbody>
</table>

**Part used:-** Phala, Root.

**Dosage:-** Churna-0.5-1 gm

**Action and uses of pippadi¹⁵ :-**

The study of pipper 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, 800 mg/kg. The delay in reaction time for thermal stimulus in rats and the number of writhing...
to chemical stimuli in mice are determined in each group. The results are analysed statistically. The 400mg/kg and 800mg/kg doses of P. Longum show significant NSAID type of analgesia (p<0.001). Both Ibuprofen (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 shool:**
- 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

**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 vatashamak properties. In animal study, pippali is useful in NSAID type analgesic. Pippali is safe and cost effective drug in udarshool roga.

**Acknowledgement:**
- Nil

**Financial Assistant:**
- Nil

**Conflict of interest:**
- Nil
REFERENCES


9. Prof. P. V. SHARMA, DRAVYAGUN- VIJNANA vol-II,( vegetable drugs), Chaukhambha Bharti Academy, Varanasi, Ed. Reprint,2012, Chapter 4, p.n. 275
10. Prof. P. V. SHARMA, DRAVYAGUN- VIJNANA vol-II,( vegetable drugs), Chaukhambha Bharti Academy, Varanasi, Ed. Reprint,2012, Chapter 4, p.n. 275
11. Prof. P. V. SHARMA, DRAVYAGUN- VIJNANA vol-II,( vegetable drugs), Chaukhambha Bharti Academy, Varanasi, Ed. Reprint,2012, Chapter 4, p.n. 277
16. Research-NISCAIR-CSIR.India