

# *Piper longum*

*Piper longum*, commonly known as "Thippali" or "Long Pepper," belongs to the Piperaceae family, which includes other well-known plants like black pepper (*Piper nigrum*) and betel leaf (*Piper betle*). Thippali is native to India and other parts of South Asia and has been used for centuries in traditional medicine systems such as Ayurveda and Siddha for its various medicinal properties. The roots and fruits of Thippali are used for its medicinal purposes.

## **Piper longum**

<b>Kingdom:</b>	Plantae
<b>Order:</b>	Piperales
<b>Family:</b>	Piperaceae
<b>Genus:</b>	Piper
<b>Species:</b>	P. betle



## **Name of Piper longum in Indian languages:**

1. Hindi: Pippali, Kali mirch
2. Sanskrit: Pippali, Chavya
3. Tamil: Tippili, Thippili ver
4. Telugu: Pippallu
5. Kannada: Hippali, Kana
6. Malayalam: Tippali, Tippali moolam
7. Bengali: Pippoli
8. Gujarati: Pipli
9. Marathi: Pimpli
10. Punjabi: Pippal, Pipal
11. Urdu: Filfil daraz, Pipli



## Medicinal Property of Piper longum

**1. Digestive Health:** Thippali is widely used in traditional medicine to improve digestion and alleviate gastrointestinal issues such as indigestion, bloating, and flatulence. It stimulates the production of digestive enzymes and promotes healthy digestion. Consuming Tippali powder might be useful in managing constipation by promoting bowel movements due to its laxative property.

**2. Respiratory Health:** Thippali has expectorant properties and is often used to relieve respiratory conditions such as coughs, colds, bronchitis, and asthma. It helps loosen and expel mucus from the respiratory tract, making it easier to breathe. Tippali is an effective home remedy in managing cough and cold. Swallowing Tippali powder along with honey after lunch and dinner helps release mucus from the air passages due to its expectorant property, thus allowing the patient to breathe easily.

**3. Anti-inflammatory:** Thippali contains bioactive compounds with anti-inflammatory properties, which may help reduce inflammation in the body and alleviate symptoms of inflammatory conditions such as arthritis, rheumatism, and inflammatory bowel disease. Rubbing a paste of Tippali powder along with honey on the gums and teeth reduces pain and inflammation in the teeth due to its Kapha balancing nature.

**4. Antimicrobial:** Thippali has antimicrobial properties and has been used to inhibit the growth of bacteria, fungi, and parasites. It may help treat infections and promote overall immune health.

**5. Analgesic:** Thippali has analgesic properties and has been traditionally used to relieve pain associated with conditions such as headaches, migraines, toothaches, and joint pain.

**6. Antioxidant:** Thippali contains antioxidants such as flavonoids and polyphenols, which help neutralize harmful free radicals in the body and protect cells from oxidative damage.

**7. Menstrual Disorders:** Thippali is used in traditional medicine to regulate menstrual cycles and alleviate symptoms of menstrual disorders such as irregular periods, menstrual cramps, and excessive bleeding.

**8. Aphrodisiac:** In some traditional medicine practices, Thippali is considered to have aphrodisiac properties and is used to improve libido and sexual performance.

**9. Brain Health:** Thippali may have neuroprotective effects and support brain health. Some studies suggest that it may help improve memory, cognitive function, and overall mental clarity.

**10. Weight Loss:** Thippali is believed to have thermogenic properties, which may help boost metabolism and aid in weight loss. It is sometimes included in herbal weight loss supplements for its potential fat-burning effects.

Thippali is a versatile herb with a wide range of potential medicinal properties. Fruits of this plant are slight yellow to orange in color and pungent in taste. It is important to use it cautiously and under the guidance of a qualified healthcare professional, especially in higher doses or for prolonged periods, as it may interact with certain medications or have side effects in some individuals.

