

## A Detailed Description on Pippalyadi Gana - A Review Article

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### ABSTRACT

Medicinal substances are classified in *Ayurveda* in many ways for convenient learning, understanding and applications. *Acharya Sushrut* categorised medicinal ingredients under the *gana*, and these are to be used in the text's later *sthana* (such as the *chikitsasthan*, *sharirasthan* and *uttar tantra*, etc.) in accordance with ayurvedic principles. *Acharya Sushrut* described 37 *ganasin* in his *Samhita*. *Pippalyadiganais* one out of them which contains 22 drugs. Most of the Herbs in this *Gana* are with *Katu rasa* (pungent) and *Ushnaveerya* (hot potency). They are indicated in *Kapha* diseases, *Pratishyaya* (cold), *vatavikara* (disorders), *Aruchi* (anorexia) *Gulma*, *Shool* (pain), *Aampacahna*. The Herbs from *Pippalyadigana* even though having many indications in *Ayurveda*, the specific action is on Digestive and Respiratory system. In this article a small effort is made to express the utility and importance of selected herbs.

**KEYWORD:** *Pippalyadi, Gana, Aam, Sushrut Samhita, Kaphahara*

### I. INTRODUCTION

*Ayurveda* states that any substance of this world can be used as medicine when applied with proper rationale and in correct indication. *Pippalyadi* is the *Sanskrit* name for a group of medicinal plants, classified as acting as a good appetiser, and is an absorbent of intestinal mucous and unassimilated lymph chyle. Herbs that share similar pharmacological characteristics are featured

in each group here. Despite the fact that *Acharya Sushrut* has mentioned several indications for each category, but they designated the group based on the first herb element in the list, which is considered to be the most important e.g. *Vidarigandhadi*, *Aragwadhadi*, *Surasadietc*. It was originally composed by *Sushrutain* his *SushrutaamhitāSūtrasthāna XXXVIII*. The name is derived from the words *Pippalī* (*Piper longm*) and *ādi*, translating to “first” or “commencement”. Examples of plants pertaining to this category include *Pippalī*, *Pippalimool*, *Chavya*, *Chitrak*, *Shrungber*, *Maricha*, *Hastipippali*, *Harena*, *Elā*, *Ajmoda*, *Indryava*, *Patha*, *Jeerak*, *Sarshap*, *Mahanimb*, *Hingu*, *Bharangi*, *madhurasa*, *Ativiṣha*, *Vacha*, *Vidanga*, *Katurohini* etc. The collection of herbs named *Pippalyādi* is one of the thirty-seven *ganās* (‘sections’) of such groups. The present group acts as a good appetise and is an absorbant of intestinal mucous and unassimilated lymph chyle. The range of its therapeutical application includes catarrh, deranged *Kaphamand Vātam*, non-relish for food, abdominal glands, colic and gastralgia.

### AIMS-

To enlist the *dravyas* mentioned in *Sushrutokta Pippalyadigana* and also classify the *dravyas* on the basis of *Rasadiproperties*, *Doshaghata* and also specific pharmacological action as

## MATERIAL-

1. *Sushrut Samhita – Ayurved Tattva SandipikaVyakhya* Writer – Dr. Ambika Datta Shastri Foreword – Dr. P. M. Mehata Published by – *Chaukhambha SanskritSansthan*, Varanasi Edition – 2012

## II. METHODOLOGY

One by one each detail of *SushrutoktaPippalyadigana* from *Sushrut-Samhita* will be studied according to following points:

1) Drugs and its properties described in *SushrutoktaPippalyadigana*.  
2) The review of the selected *SushrutoktaPippalyadigana* dravyas from *BhavaprakashNighantu* for their *Rasadi* properties,

2. *Ashtanga Sangraha – with Indu Teeka* Editor – Vd. Anant Damodar Athavale Published by – *Shrimad Atreya Prakashan* Edition – 1980

3. *Bhavaprakasha Nighantu* with Chunekar commentary.

*Doshagnata*, part used, *Sanskrit name*, Latin names and its activity were taken.

3) The PubMed and Google web search of enlisted *dravyas* was done.

4) Critical analysis of these *dravyas* was done to enlist the type wise effective *SushrutoktaPippalyadigana* on the basis of their *Rasadi* properties, *Doshagnata*, and review of *Karma*.

**Table:1 Botanical identity and Rasapanchaka of Dravyaof Pippalyadigana [1-22].**

S.N.	Dravya	Latin Name	Family	Ras	Guna	Veeyra	Vipaka	Karma
1.	Pippali	<i>Piper longum</i>	<i>Piperaceae</i>	Katu	Laghu	Anushna	Madhura	Vatakaphashamak
2.	Pippalimoola	<i>Piper longum</i>	<i>Piperaceae</i>	Katu	Laghu, Ruksha	Ushna	Katu	Kaphavataashamak
3.	Chavya	<i>Piper retrofractum</i>	<i>Piperaceae</i>	Katu	Laghu, Ruksha	Ushna	Katu	Kaphavataashamak
4.	Chitrak	<i>Plumbago</i>	<i>Plumbagenaceae</i>	Katu	Laghu	Ushna	Katu	Vatakaphapittashamak
5.	Shringber	<i>Zingiber officinale</i>	<i>Zingiberaceae</i>	Katu	Guru, Tikshna	Ushna	Katu	Vatkaphashamak
6.	Maricha	<i>Piper nigrum</i>	<i>Piperaceae</i>	Katu	Ruksha, Tikshna	Ushna	Katu	Kaphavataashamak, Pittakarak
7.	Hastipipali	<i>Scindeapsus officinalis</i>	<i>Araceae</i>	Katu	Laghu	Ushna	Madhura	Vatakaphashamak
8.	Harenuka	<i>Vitex nigundo</i>	<i>Leguminosae</i>	Katu, Tikta	Laghu, Ruksha	Ushna	Katu	Kaphavataashamak
9.	Ela	<i>Elettaria cardamomum</i>	<i>Zingiberaceae</i>	Katu	Laghu,	Sheeta	Madhura	Vatanashak
10.	Ajmoda	<i>Apium graveolens</i>	<i>Umbellifereae</i>	Katu	Tikshna	Ushna	Katu	Kaphavataashamak
11.	Indrayava	<i>Citrullus colocynthis</i>	<i>Cucurbitaceae</i>	Tikta	Laghu	Ushna	Katu	Pittakaphashamak
12.	Pathha	<i>Cissampelos paeira</i>	<i>Menispermaceae</i>	Katu	Tikshna Laghu	Ushna	Katu	Vatakaphashamak
13.	Jeerak	<i>Cuminum cyminum</i>	<i>Umbelliferae</i>	Katu	Laghu, Ruksha	Ushna	Katu	Vatakaphashamak
14.	Sarshapa	<i>Brasicacampestries</i>	<i>Braceaceae</i>	Katu	Snigdha, Tikshna	Ushna	Katu	Kaphavataashamak
15.	Mahanimba	<i>Melia azaderach</i>	<i>Meliaceae</i>	Tikta	Ruksha,	Sheeta	Katu	Kaphapitashamak
16.	Hingu	<i>Ferula foetida</i> ,	<i>Apiaceae</i>	Katu	Tikshna	Ushna	Katu	Vatakaphanashak
17.	Bharangi	<i>Clerodendron serratum</i>	<i>Verbenaceae</i>	Katu, Tikta, Kashaya	Ruksha, Laghu	Ushna	Katu	Kaphvatashamak
18.	Madhuras (Murva)	<i>Marsdenia tenacissima</i>	<i>Asclepiadaceae</i>	Madhura, tikta	Guru, Ruksha	Ushna	Katu	Tridosahara
19.	Ativisha	<i>Aconitum heterophyllum</i>	<i>Ranunculaceae</i>	Katu, Tikta	Laghu, Ruksha	Ushna	Katu	Kaphapittashamak
20.	Vacha	<i>Acorus calamus</i>	<i>Araceae</i>	Katu, Tikta	Laghu,	Ushna	Katu	Kaphvatashama
21.	Vidanga	<i>Emblicaribes</i>	<i>Myrsinaceae</i>	Katu	Laghu, Ruksh	Ushna	Katu	Kaphavataashamak
22.	Katurohini	<i>Picrorhizakurroa</i>	<i>Scrophulariaceae</i>	Tikta	Ruksh, Laghu	Sheeta	Katu	Kaphaptashamak

Table 2. Indication of *Pippalyadigana* related to diseases<sup>[6]</sup>

S.N.	DRAVYA	CHEMICAL CONSTITUTES	PARTS USED
1.	<i>Pippali</i>	Piperine, piperlonguminine	Fruit
2.	<i>Pippalimoola</i>	Piperine, piperlonguminine	Root
3.	<i>Chavya</i>	Piperrine, Sitosterol-Piplartine	Root and Fruit
4.	<i>Chitrak</i>	Chitranone, plumbagin,3-chlorplumbagin,zeylanone, zeylinone	Root and Root bark
5.	<i>Shringber</i>	Shogol, Gingerol, Gingerine	Rhizome
6.	<i>Maricha</i>	Piperide, Trichostachnine, Methylenedioxcycinnamic,Piperettine, Citronellol,Piperonal, Camphene, Pipecolic acid, Cryptone,	Fruit,
7.	<i>Hastipippali</i>	Scindapsin A and B	Fruit
8.	<i>Harenuka</i>	Vanillin, glycin, alanin, vallin, leucine, camphene,cariyophylin	Seeds
9.	<i>Ela</i>	Volatile oil(cineol, terpinylacetate,terpineol, borneol, terpanine, camphene,p- cynene), Starch, Protein	Seeds
10.	<i>Ajmoda</i>	Fruit-Anthoxanthins, Graveobioside A\$B, Lutrolin, Myristic acid, and Lineonene and Bergapten	Fruit
11.	<i>Indrayava</i>	Cucurbitacin	Roots and Fruit
12.	<i>Pathha</i>	Root-Hayatine&Hayatidine, quercitol,saponins Leaves- Cycleanine,1- bebeerine, Hyatidine,Hyatinin and d- quercitol	Root
13.	<i>Jeerak</i>	Volatile oil(cumin aldehyde, hydrocuminincuminic alcohol), fixed oil, Cunic aldehyde,	Seeds
14.	<i>Sarshapa</i>	Seed oil- steric acid, Oleic acid. Linoleic acid, ecosenic acid, Crucic acid, Singein and Indole	Seeds
15.	<i>Mahanimba</i>	Stem bark and Root bark –Azardinr, sterols and tannins Leaves- Parasine, flavonoid Rutin.Seeds- Steric, Palmitic, Oleic and Linoleic acid	Bark, Root, and Seeds
16.	<i>Hingu</i>	Asaresino-tannol,Asaresinol ferulicacid, ester	Exudate ( <i>Niryas</i> )
17.	<i>Bharangi</i>	Root Bark- D- mannitol, g- Sitosterol, Glucose, Stigmasterol, saponins, serratagenic acid, oleanoilic acid, queretaroic acid,b -sitosterol Leaves- spinasterol, catechin, leluteolin, apigenen, baicalein, caffeic acid, ferulic acid, glucuronic acid	Bark, Leaves. Root,
18.	<i>Madhuras</i> ( <i>Murva</i> )	Marsedenin, D- cymarose, Saponin, Cissogenin,Tenasogenin and Glycoside like Tenacissoside A,B,C,D&F	Root
19.	<i>Ativisha</i>	Atisine,Aconitic acid, Atidine, Atodine,Dortipene, Hestisine, Heterophyllin	Tuberous root
20.	<i>Vacha</i>	Acorin, Acoretin, Calamene, Iso-atisine	Rhizome
21.	<i>Vidanga</i>	Embelic acid, Embelin, Quercitol, tannin, Christembine, iodoembiolin, bromoembelin, Vilangin	Fruit
22.	<i>Katurohini</i>	Picoside I, Picrorhizin II.,Picrorhizetin, Kutkin ,	Kanda (Rhizome)

	Kurrin, vanillic acid, Kutkiol, D- mannitol	
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### III. DISCUSSION-

These drugs are mainly carminative. Because of carminative property helps to facilitate the digestion of the food and drug action. Most of the drugs of this group are *Ushna* (Hot in potency) and *Katu* (Spicy in nature), *Uttejaka* (Stimulant) and *Teekshna* (Penetrative) action. Therefore it is contraindicated pregnancy, puerperal period, constipation, haemorrhoids, history of abortions, *Pittaja Vikaras* (Diseases of *Pitta Dosha*). Acharya *Sushrut* mentioned the *Pippalyadigana* of drugs viz; *Pippali*, *Pippalimoola*, *Chavya*, *Chitraka*, *Shringavera* (*Ardraka*), *Maricha*, *Ajamoda*, *jeerak*, etc. These drugs are predominant of *Vayu* and *Agni Mahabhutas*. The *Vayu Mahabhuta* helps to stimulate the digestive fire whereas the *Agni Mahabhuta* helps to digest the food. The *Deepana* and *Pachana* are have one action but different stage. Here an attempt is made to highlight the pharmacological actions and therapeutic applications. Such drugs which can be used as appetite stimulant as well as nutritional deficiencies.

### IV. CONCLUSION-

*Acharya Sushrut* have aggregated some ingredients into one *gana* based upon their commonality in morphology, properties, actions, The above discussion concludes that the drugs mentioned in this group are carminative property helps to facilitate the digestion of the food and drug and action. The drugs of this group are *Ushna* (Hot in potency) and *Katu* (Spicy in nature), *Uttejaka* (Stimulant) *Tikshna* (Penetrating) action. Major of the drugs helps to relieve the worms infestations, spasmodic pain, and helps to digestion and easy evacuation of flatus and stool. All these drugs can be used in preparation of food and also as taste promoter and also due to *kaphashamak* properties these can be used in Respiratory disorders.

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