ROLE OF PIPPALI RASAYAN IN PRATISHYAY – A REVIEW ARTICLE

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ABSTRACT
Pratishyay is mentioned in detail by Acharya Sushruta under nasagatarogas, which can be correlated with rhinitis in modern science. Pippalirasayan, mentioned by Acharya Charak has been proved to possess anti-bacterial and immune modulator activity which is effective in treating rhinitis and other respiratory disorders. Hence it acts on strengthening of Pranvahastrotas. It is advised to administer pippaliin increasing manner which can mimick steroids to some extent and can prove equally effective.

KEYWORDS: Pippali, Pratishyay, Rasayan, immune-modulator.

INTRODUCTION
Rhinitis is the most frequent medical problems in this era, usually due to infections of the upper respiratory tract. It is associated with nasal discharge, sneezing, followed by nasal obstruction, edema, mucoid discharge, headache, lack of appetite.

In the arena of allergic respiratory diseases, several indigenous drugs have been successfully tested & used as conservative therapy in chronic rhinitis like trikatu, clove, ajamoda, lemongrass, haridra etc. Ayurveda refers to chronic Rhinitis as Peenus, jeernapratishyay. Ayurveda contributes several modalities of treatment for the same, among them singleherbal drug or combination, as well as nasya is popular. Pippali is one of the single drug among all these treatment modalities. Acharyacharakhas described VardhamanPippalirasayan in charaksamhita which is helpful to treat chronic rhinitis. [i]

Literature review:

Definition:
The condition in which Kapha, Pitta &Rakta move along with Vata in the same directions termed as pratishyay. Here Achayraya gives prime importance to vat dosh. Acharya Dalhana, the commentator of Sushruta Samhita, has defined it as;& [ii]

Acharya Dalhana explained Pratishyaya as a condition in which Kapha, Pitta and Rakta move along with Vata in the PratilomaGati i.e. upward direction.
Charak has defined this disease while explaining the Rajyakshma as Pratishyaya is a severe & general body debilitating condition, which manifest due to the migration of the Kapha, Rakta & Pitta from the root of the Nasapradesha, they get lodged into ShirahaPradesha, which is already forcibly titrated & vitiated by the VataDosha.\[iii\]

Bhavamishra interprets Pratishyaya as a condition in which the vitiated Doshas get accumulated in Shirah and hence called the name ‘Pratishyaya’.\[iv\]

Aetiopathogenesis:

According to AcharyaSushruta the disease process starts by the aggravation of Tridoshas by multifarious factors i.e. exogenic & endogenic. The proper functioning of Dosha, Agni, Malas & balanced status of Atma, Mana & Indriya bring about health, whereas disturbance of equilibrium leads to disease.\[v\]

While describing samprapti of Pratishyaya, AcharyaSushruta says that when Vata, Pitta, Kapha singly or together as also Rakta are accumulated in the region of the head and get vitiated due to several aggravating factors give rise to disease Pratishyaya.\[vi\]

Symptoms of Pratishyaya:

AcharyaCharaka has mentioned about the rupa of pratishyaya in the disease Rajyakshma as follows \[vii\]

Shirahashoola, Shirogaurava, Nasaviplava, Jwara, Kasa, Kaphotklesha, Swarabheda, Aruchi, Klama, IndriyaAsamarthata

According to modern Rhinitis is irritation of the mucus membrane caused by viruses, bacteria, irritants or allergens which results into the inflammation of the mucous membrane. The inflammation results in the generation of large amount of mucus, commonly producing a runny nose, as well as a stuffy nose and post nasal drip.\[viii\] Common symptoms of rhinitis are a stuffy nose, runny nose, sneezing, nasal itching, coughing, headache, fatigue, malaise and cognitive impairment. So Pratishyaya can be correlated with rhinitis.\[ix\]

PippaliRasayana:

Acharyacharak has described PippaliVardhamanaRasayan in RasayanaAdhyay (ChikitsaSthan) of CharakSamhita.\[x\]

क्रमावृद्धियां दशाहार्म दशपैपलिकं दिनम्

वययेर्त्त पयसा साध तथैवापनयेत् पुनः॥३६॥

जीण जीण च भुज्जीत षटिकं क्षीरसापणा॥
Vardhaman Pippali Rasayan:

Pippali is taken along with milk by gradually increasing the fruits of Pippalito 10 per day. After 10 days, this is gradually decreased. Thus in total the person should take one thousand Pippali fruits for the purpose of immune modulation. After the digestion of the recipe, the person should take Sastika type of rice along with milk and ghee. Depending upon the nature of Doshas and the diseases, these Pippalis should be taken in the form of paste by persons who are strong, decoction (Kashaya) by persons having moderate strength and Powder by persons having less strength.

Dosage:
- 10 Pippali fruits (as described above) – excellent,
- 6 Pippali fruits are of moderate dose and
- 3 Pippali fruits are smallest dose which is given to persons who are very weak.

**Probable mode of action of Pippali:**

**Improves metabolism:**

Pippali having carminative property helps to enhance the process of digestion. Thus it improves metabolism.[xi]

**Anti-inflammatory activity**

A marked anti-inflammatory activity of a decoction of P.longum fruits has been reported using carrageenaninduced rat oedema.[xii]

**Antibacterial activity**
The essential oil of P. longum showed antibacterial action against a number of bacterial strains although a 50% ethanolic extract of the fruits did not show any effect. Piperlonguminine was found to have potent activity against Bacillus subtilis while piperine was more effective against Staphylococcus aureus.[xiii]

**Immunomodulatory activity**

The specific and nonspecific immune-stimulatory actions of P. longum fruits have been evaluated by hem-agglutination titer, macrophage migration index, and phagocytic index in mice. A well-known Ayurvedic preparation containing long pepper (pippalirasayana) was tested in mice infected with Giardia lamblia and found to activate macrophages, as shown by an increased macrophage migration index and phagocytic index, indicating immune-stimulatory activity.[xiiii]

**Anti-allergic activity**

The piper longum effectively reduce passive cutaneous anaphylaxis in rats and protect guinea pigs against antigen included bronchospasm; a 30% protection of masts cells was observed in an in vitro study.[xv]

**Discussion:**

The cause of pratishyay is agnimandya and vat kaphaprakopa. Pippali having usna, tikshna and dipan property helps to increase the agni normalizes vat and kaphdoshas.

According to modern, pratishyay can be correlated with rhinitis which occurs because of viruses, bacteria, irritants or allergens which results into the inflammation of the mucous membrane. As pippali having properties like Anti-inflammatory, Antibacterial, Immune-modulatory and Anti-allergic which helps to deal with rhinitis (pratishyay) effectively.

**CONCLUSION**

It can be concluded that vardhaman-pippalirasayan can prove effective in the treatment of pratishyay. In modern medicine immune-suppressants are used in the form of nasal sprays as well as other oral medication which may create ample of side effects whereas pippali acts as an immune-modulator, anti-allergic, anti-microbial as well as it is feasible to take.

**REFERENCES**


