

AYURVEDIC IMPORTANCE OF *PIPALLI CHURNA* AND ITS CLINICAL ROLE
IN *MUKHROGA*: A REVIEWDr. Shilpa Vaibhav Dhawale*¹, Dr. Shital R. Meshram²¹Professor, Shalaky Tantra, Dr. Rajendra Gode Ayu. College, Hospital and Research Centre, Mardi Road, Amaravati (Maharashtra) India.²Assistant Professor, Shalaky Tantra, Dr. Rajendra Gode Ayu. College, Hospital and Research Centre, Mardi Road, Amaravati (Maharashtra) India.***Corresponding Author: Dr. Shilpa Vaibhav Dhawale**Professor, Shalaky Tantra, Dr. Rajendra Gode Ayu. College, Hospital and Research Centre, Mardi Road, Amaravati (Maharashtra) India. DOI: <https://doi.org/10.5281/zenodo.20023440>**How to cite this Article:** Dr. Shilpa Vaibhav Dhawale*¹, Dr. Shital R. Meshram². (2026). Ayurvedic Importance of Pipalli Churna And Its Clinical Role In Mukhroga: A Review. European Journal of Pharmaceutical and Medical Research, 13(5), 492-494.

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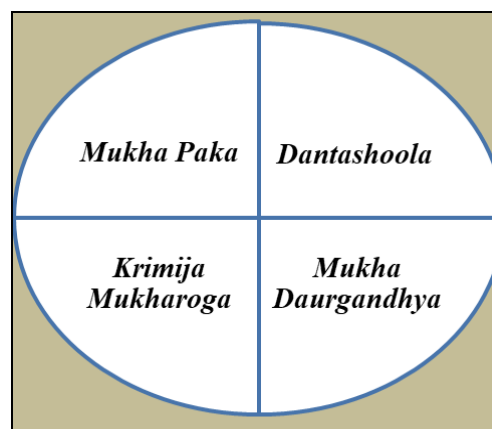
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ABSTRACT

The classic Ayurvedic drug *Pippali* or *Piper longum* has long been recognized for its beneficial properties of *Deepana*, *Pachana*, *Kaphahara* and *Rasayana*. *Pippali* offers therapeutic benefits in many conditions including oral diseases (*Mukhroga*). The common oral diseases known as *Mukhroga* such as *Mukha Paka*, *Dantashoola* and *Dantamamsa* all involve the vitiation of *Kapha* and *Vata* in addition to the creation of *Agnimandya* and *Ama*. The *Katu Rasa* and *Ushna Virya* properties of *Pippali*, combined with *Laghu-Tikshna Guna* to decrease *Kapha* accumulation and enhance the local circulation in addition to providing *Lekhana*, *Shothahara* and *Krimighna* actions. *Pippali* helps in healing oral ulcers, treating gingivitis, eliminating bad breath and treating oral infection. *Pippali* can be applied topically, retained in the mouth (*Kavala* or *Gandusha*), and/or ingested. This article highlights Ayurvedic importance of *Pipalli Churna* and its clinical role in *Mukhroga*.

KEYWORDS: *Ayurveda*, *Pippali*, *Mukhroga*, *Shalaky Tantra*.**INTRODUCTION**

According to Ayurveda, the *Mukha* is one of the *Bahirmukha Srotas* and is a major component of the *Urdhwajakutu*. As the entry point of digestion, it is an indicator of overall health of human body. Anatomically, the *Mukha* includes many parts such as: *Oshtha*, *Dantamula*, *Danta*, *Jihva*, *Talu* and *Gala*. Many disorders of the *Mukha* classified in Ayurveda, as *Muha Roga* (Figure 1). The symptoms of many of these disorders occur within or around the *Mukha*, including in the: lips; oral mucosa; gingiva; teeth; salivary glands; and tongue. Poor oral hygiene, minor injuries to the tissues from chewing or brushing teeth, injuries to the mucosa due to self-inflicted trauma can introduce microorganisms into the bloodstream through openings in the oral mucosa. One of the contributing factors to the increase in oral disorders is the impact of modern diets and lifestyles, etc. Practices such as *Gandusha*, *Kavala* and *Nasya* can enhance or maintain good oral health and prevent consequences of *Muha Roga*.^[1-5]

Figure 1: Examples of *Muha Roga*.***Pippali Churna***

Pippali is an important herb used in many Ayurvedic medicines. The roots and the fruits can be used medicinally. The fruit has a faint yellow to orange color, and has a pungent taste. *Pippali* is a very effective home

remedy particularly for cough and colds. Taking *Pippali* powder with honey after meals helps to loosen and clear mucus from the respiratory tract because of its expectorant qualities, allowing a patient to breathe easily. Taking *Pippali* can also assist with weight loss because it increases the body's metabolism. Taking *Pippali* powder can also help to regulate bowel movements and relieve constipation due to its laxative properties.^[6-8]

Classical Ayurvedic herbal powder, called "*Churna*", is composed of ground dried fruits from *Pippali*. *Churna* stimulates digestion by increasing the strength of the digestive fire or "*Agni*", which enables the body to process food fully and efficiently. It also assists in the growth of the respiratory system through the elimination of mucus, thus enhancing breathing and functioning of the respiratory organs. *Churna* enhances metabolic activity and the absorption of nutrients. Another property of *Churna* is its ability to rejuvenate the body through the enhancement of vitality and by assisting in the body's natural process of detoxification.^[5-7]

Ingredients of *Pippali Churna*

Pippali Churna typically consists of one ingredient, namely *Pippali*. Although some *Churnas* have other supportive herbs added or are combined with other Ayurvedic preparations, the classical form of the *Churna* is made up of powdered dried long pepper (*Piper longum*). To prepare *Pippali Churna*, the fruits should be fully ripe and mature, washed to eliminate dirt and other impurities, shade dried in order to preserve their medicinal properties and then ground to a powder using traditional methods before being sieved to create a uniform fine powder. *Pippali Churna* offers *Deepana*, *Pachana*, *Rasayana*, *Shwasahara*, *Kaphahara*, *Vatahara*, *Amapachana* and *Krimighna* effects thus offers health benefits in many problems.

Pippali Churna possesses *Katu Rasa* with *Laghu*, *Tikshna* and *Snigdha Guna*. The *Virya* is *Ushna* and the *Vipaka* is *Madhura*. *Pippali Churna* pacifies *Vata* and reduces *Kapha Dosha* thus considered highly effective in treating *Mukharoga* where *Kapha* is imbalanced, e.g. oral submucosa fibrosis, inflammatory conditions, and decreased mouth opening. *Pippali* increases blood flow and decreases inflammation, thus making it a great choice for providing relief from oral discomfort.^[7-9]

Role of *Pippali Churna* in *Mukharoga*

Pippali provides therapeutic support for *Mukharoga*, particularly those with *Kapha* and *Vata* predominance. *Pippali Churna* is helpful for treating various *Mukharoga* including *Mukha Paka*, *Dantashoola*, *Dantamamsa Shotha*, *Krimija Mukharoga* and *Mukha Daurgandhya*. Due to its *Ushna Virya* and *Katu Rasa*, *Pippali* reduces *Kapha* accumulation in oral cavity, enhances local circulation, act as *Lekhana* thus removes coating and plaque.

Pippali Churna has many uses in *Mukhroga*, and depending on the condition, symptoms and signs of *Mukhroga*, there are various treatment approaches available. One of the most effective treatment approaches is the practice of *Pratisarana*, or local application treatment. In this application, *Madhu* or *Ghrita* is mixed with *Pippali Churna* and it is applied directly onto the affected area of the gums, the ulcer, or the area where there is *Mukhroga* present. This allows for direct treatment of the lesions where the inflammation, pain and microbial load will be reduced in a very short period of time. Benefits of this approach can be found in gingivitis and oral ulcers.^[8-10]

Another important treatment approach for *Mukhroga* is *Kavala* or *Gandusha* treatment. In this treatment, *Pippali Churna* is mixed with warm water or various herbal decoctions and is held in the mouth for a certain amount of time. This practice improves oral hygiene; reduces bad breath; prevents infections; strengthens the oral mucosa; and enhances blood circulation in the area thus improving healing process.

While local treatment approaches are helpful, *Pippali Churna* can also be used orally to address the conditions that cause *Mukhroga*, such as the symptoms that accompany *Mukhroga*. To do this effectively, the patient consumes *Pippali Churna* in small doses with honey or warm water. Ayurveda states that *Agni Mandhya* and *Ama* are causes many types of *Mukharaog*, *Pippali* stimulates *Agni*, metabolizes food and helps to eliminate toxins, thus reducing the likelihood of recurrence of oral problems. In some instances, *Pippali* can also help to alleviate toothaches. Rubbing a *Pippali* paste and honey on the gums/teeth will reduce the pain and inflammation caused by toothaches due to *Pippali's* natural *Kapha* balancing qualities.^[8-10]

Modern Aspects

In relation to modern pharmacological properties, *Pippali* has antioxidant and antimicrobial properties against oral pathogens. It also has anti-inflammatory properties, which can help to reduce gum swelling and irritation. *Pippali* is also helpful for improving the bioavailability of other therapeutic agents. *Pippali* can be used in the management of conditions such as Oral Submucous Fibrosis by reducing stiffness, inflammation, and pain while increasing mouth opening and increasing the flexibility of the mucosa. When used on a regular basis, either through local application or gargling, *Pippali* promotes better oral hygiene and fights against bacterial infection.^[9,10]

CONCLUSION

Pippali Churna possesses impressive therapeutic value in treating *Mukhroga* because of its *Kapha-Vata*, *Agnimandya* and *Ama* properties. *Pippali* acts locally in the oral cavity and systemically in the body making this a very complete and holistic form of cure. *Pippali* reduce the symptoms of pain, swelling/inflammation, and

infection, also addresses the root causes of *Agnimandya* and *Ama* as defined in Ayurveda. *Pippali* has various routes for administration, including *Pratisarana*, *Kavala/Gandusha*, and internal use; therefore, it can be used to treat a wide variety of oral conditions, such as gingivitis, stomatitis, halitosis, and oral submucous fibrosis (OSMF). *Pippali* is considered as safe and effective drug for improving oral health and managing *Mukhroga*.

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