



Pippali

Kapha Pacifying Ayurvedic Herb

Also known as Long Pepper

Piper Longum

Characteristics:

- Rasa (taste): Pungent, Bitter
- Virya (energy): Mildly Heating (some authorities cite it as “hot”)
- Vipaka (post-digestive effect): Sweet
- Gunas (qualities): Oily, light, penetrating
- Doshic effect: VK-/P+