

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+