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Pippali

This small shrub grows all over the tropical forests of India. It is a fine rejuvenative to the respiratory system; its sweet post-digestive effect is very nourishing to the deeper reproductive tissues of the body.

Common Name
Long pepper (E), Pipal (H), Pimpli (H)

Latin Name
Piper longum – Fructus (Piperacea)

Sanskrit
Pippali

Bio-medical Action
Digestive stimulant, carminative, expectorant, bronchodilator, anthelmintic, analgesic, circulatory stimulant, aphrodisiac

Dosage
1–5g/day powder or 5–15ml of a 1:5 @ 60% tincture. Due to safety issues do not use at a high dose (more than 5g/day) for long periods of time. Low dose is safe for long-term use as attested to by the vast amount of Ayurvedic formulas containing Pippali.

Notes
- Pippali thrives in more temperate conditions than Black pepper.
- Its sweetness gives it rejuvenative properties and its oilyness make it less drying and not as excessively heating as Black pepper.
- The fresh green Pippali reduces pitta and increases kapha.
- Often boiled with milk for deficient lungs. Pippali vardhanam is a cumulative treatment where 1 long pepper is boiled in a glass of milk and water (1:1 reduced to 1) and drunk daily. 1 long pepper is added daily for 14 days (up to 14 Pippali!) and then re
- Pippalimoola, Piper longum radix is also used in Ayurveda. It has similar properties as the fruit, but is a more 'condensed' heat. Combining it with Trikatu makes Chaturushna, The Four Pungents. It has the same properties as Trikatu but is slightly strong

Contraindications
In excess pitta and other inflammations of the intestines.

Shatavari is a cooling and nourishing herb from the asparagus family. It contains precursors to female hormones that help tonify and balance the reproductive system. A natural alternative to HRT, Shatavari is clinically proven to alleviate many symptoms of the menopause including dryness and hot sweats.

Aloe Vera is renowned for maintaining youthful looks, healthy skin and balanced digestion. It's particularly good for women's health and tonifies the reproductive system. It has cooling properties to help alleviate menopausal symptoms and also works well to support gentle detoxification of the liver.

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