

Amalki

Botinical Name -Emblica officinalis

- **Family Name-** Euphorbiaceae
- **Common Name** – Emblic myrobalan, Indian goose berry
- **Part Used** –fruits.
- **Habitat**-India, Pakistan, Sri Lanka, Uzbekistan, Bangladesh, South East Asia, China, and Malaysia.

SYNONYMS

वयःस्था –vyastha

It has anti-aging property

धात्री -Dhatri

It takes care of the patient as a mother

अमृतफला -Amrutaphala

As good as the nectar

Plant Description

- Amla is a small- to medium-sized tree with greenish-gray or red bark, growing to a height of about 8-18 m.
- Flowering in March to May and fruiting from September to November.
- Thin light gray bark exfoliating in small thin irregular flakes.
- Small, inconspicuous, greenish-yellow flowers are borne in compact clusters in the axils of the lower leaves.
- Amla is the round-shaped, vertical-striped fibrous fruit ". It is greenish-yellow in colour.

PROPERTIES AND ACTION

RASA-Madhura, Amla, Katu, Tikta, Kashaya

GUNA-Laghu(light), Ruksha. (dry)

VIRYA-Sheeta. (cold)

VIPAK-Madhura(sweet)

KARMA-Vrishya (aphrodisiac), Rasayana(rejuvenation) Chakshushya (eye tonic)

DOSHA EFFECT-Tridosh Shamak (subside the Tridosh)

Charak Samhita

Jwarghna -Herb helpful in fever

Kasaghna -Herb helpful in cough, cold

Virechnopaga- Herb help to induce purgation

Kusthghana -Herb is helpful in skin disorders.

Vayasthapana- Antiageing

SushrutSamhita

Amalkyadi

Parushkadi

Triphala

Therapeutic use

रक्तपित्तप्रमेहघ्नं परं वृष्यं रसायनम् ॥

cure bleeding disorders (rakta pitta) and diabetes (prameha). It is aphrodisiac (virshya) and anti-ageing (rasayan).

हन्ति वातं तदम्लत्वात्पित्तं माधुर्यशैत्यतः ।

Its sour taste is used to pacify vata dosha, sweet taste and cool effects help to pacify pitta dosha

कफं रुक्षकषायत्वात्फलं धात्र्यास्त्रिदोषजित् ॥३७॥

dry (ruksh) and pungent taste pacifies kapha dosha in body. Hence this herb is used to make the equilibrium of Tridosh.

यस्य यस्य फलस्येह वीर्यं भवति यादृशम् ।

तस्य तस्यैव वीर्येण मज्जानमपि निर्दिशेत् ॥

Virya of seeds and fruits are also same.

- In Charak Samhita amla is widely used in piles chapter so amla is very good medicine for bleeding piles.

- Amla is also very useful for irritable bowel syndrome and dysentery.
- Amalki rasayan is very useful for rejuvenation purpose.
- Amal is very useful for live 1000 years of life.
- When sleep and sweat is not getting during the fever at that time amla tea should consumed with ginger, ghee and sugar.
- Amla seed powder is very good medicine for white discharge from vagina.
- When urine is painful and obstructed 160 ml amla juice should be drink.
- Amla juice with turmeric should be drink early morning on empty stomach is very useful to control the blood sugar.
- Make amla powder and process it with amla juice 21 times is highly aphrodisiac medicine.
- Apply amla powder paste on head to stop the nose bleeding.
- Amla juice is very useful for hyperacidity, anemia, vomiting, fainting, burning sensation also.
- Amla is main contain of trifla

Research on amla

Anti Dyslipidemic Activity

It was concluded that Amla may be effective for hypercholesterolemia and prevention of atherosclerosis . *Embllica officinalis* contains flavonoids which reduce the levels of lipid in serum and tissues of rats induced hyper lipidemia.

Anti-diabetic Activity:

Oral administration of the extracts (100 mg/kg body weight) reduced the blood sugar level in normal and in alloxan (120 mg/kg) diabetic rats significantly within 4 hours and also reduce the secondary development of cataract.

Antipyretic and Analgesic Activities:

Extracts of *Embllica officinalis* fruits possess potent anti-pyretic and analgesic activities.

Memory Enhancing activity:

Amlachurna produced a dose-dependent improvement in memory of young and aged rats. It reversed the amnesia induced by scopolamine and diazepam. Amlachurna may prove to be a useful remedy for the management of Alzheimer's disease due to its multifarious beneficial effects such as memory improvement and reversal of memory deficits.

Antitussive activity

Antitussive activity of amla was more effective than the non-narcotic antitussive agent dropropizine but less effective than shown by the classical narcotic antitussive drug codeine.

Food

Besides medicinal uses, *Amla* fruit is eaten raw and cooked into various dishes and it acts as herbal food supplement.

Some classical recipes that can be prepared out of *Amla* are:

Raga Shadava-

- External layer and seed are removed and made into pieces. It is mixed with 4 times of water and cooked well. After cooling pepper, elaichi, karpura powder are added and mixed well. It improves taste, nourishment and digestion and also pacifies thirst, giddiness and tiredness.

Panaka-

- Grind Amla pieces and strain the juice. To this juice add jaggery/sugar syrup and mix well. Add Jeera and pepper powder before intake. It pacifies excessive thirst, burning sensation and other Pitta related disorders.

Khada-

- Cook buttermilk with Amla and spices like Jeera, pepper etc in an earthen vessel. When the buttermilk is reduced to half, add required amount of salt. It improves digestion.

Nutrition value

Amla fruit is regularly the richest recognized normal source of vitamin C

The fruit juice involves close to 30 instances as so much nutrition C as orange juice, and a single fruit is the same as antiscorbutic value to at least one or two oranges.