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Recent Trends in Potential Traditional Indian Herbs *Emblica officinalis* and Its Medicinal Importance

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Emblica officinalis is a natural, efficacious, an antioxidant with the richest natural source of Vitamin C. *Emblica officinalis* berries have the highest amount of naturally occurring vitamin C of any ripe fruit in the world used as a traditional food. Numerous studies conducted on *Emblica officinalis* fruit suggest that it has anti-viral properties and also functions as an anti-bacterial and anti-fungal agent. The gelatinous plum-sized Amla fruit contains naturally occurring vitamin, heat stable vitamin C. A clinical study on patients with pulmonary tuberculosis showed that the vitamin C contained in *Emblica officinalis* was better assimilated than synthetic vitamin C. Further research of contemporary and traditional medical literature indicates that *Emblica officinalis* either in combination with other herbs or alone has been useful in the amelioration of colds, warts, skin afflictions, influenza, anemia, diabetes, lung conditions, elevated cholesterol and as an immune restorative in cancer conditions. It is one of the best natural anti-ageing remedies *Emblica officinalis* is used in treatment of Acne and other skin problems. *Emblica officinalis* is amazingly effective natural anti-ageing product. *Emblica officinalis* is very effective in treatment of Acidity and Peptic ulcers. *Emblica officinalis* is rich in Vitamin C, Calcium, Iron, essential amino acids and many other vitamins and minerals and anti-oxidants. Regular Use of *Emblica officinalis* improves immunity, fights cancers, rejuvenates the body. It fights chronic diseases like hypertension, high Cholesterol, Diabetes, AIDS, influenza, Chronic cough and cold, Chronic infections, Chronic fatigue and Chronic inflammatory conditions. Ayurveda describes it as one of the best herbs for Diabetes, bleeding disorders, strength and stamina promoter.

Keyword: *Emblica officinalis*, cancers, Vitamin C, Diabetes, Natural anti-ageing.

1. Introduction

Amla which is known as *Emblica officinalis* is an Indian herb which is extensively used in ayurvedic system of medicine. Amla is a prestigious herb finds it mention in charak samhita as a rasayan. Rasayan is a thing that prevent aging and promote longevity. Extensively used herb in making ayurvedic medicines because of its miraculous actions. According to ayurvedic doctors regular usage of Amla will make you live more than 100 years like a youth. Amla is supposed to rejuvenate all the organ systems of

the body, provide strength and wellness. It keeps us away from all the diseases by boosting our immune system. It is believed by ayurvedic practitioners that if an individual regularly takes amla he can live up to an age of 100 without suffering from any type of ailments. In this article let us find out more about this magical herb and see where we can imply it in our own life. Fresh fruit is refrigerant, diuretic and laxative. Fruit is also carminative and stomachic. Dried fruit is sour and astringent. Bark is astringent. The herb is also aphrodisiac, haemostatic, nutritive tonic

and rejuvenative. It increases red blood cell count. Amalaki is one of the highest natural source of Vitamin C (3,000 mg per fruit). Amla fruit paste is main ingredient of Chyawanprash, a popular Ayurvedic tonic. Amla is known as amritphale in Sanskrit, which literally means the fruit of heaven or nectar fruit. It is so called because it is rich in many desirable properties. It was described in a 7th century Ayurvedic medical text. According to several scholars, the sage Chyawan is reputed to have restored his vitality with this fruit. Researches of modern times have proved that Regular use of Amla enhances production of Red Blood Cells, strengthens teeth, hair and nails. Regulates Blood Sugar and lipids in cell membranes has anti-inflammatory effect. It is found to be useful in hemorrhoids, gastritis and colitis. It is also proved to be effective in eye problems especially in inflammations, Improves sight and is useful for cataracts. Prevents premature graying of hair and makes them strong and free from dandruff. Improves immunity and protects heart, brain and other vital organs of body. Amla which is known as *Embllica officinalis* is an Indian herb which is extensively used in ayurvedic system of medicine. It is believed by ayurvedic practitioners that if an individual regularly takes amla he can live up to an age of 100 without suffering from any type of ailments. In this article let us find out more about this magical herb and see where we can imply it in our own life. Amla which is known as *Embllica officinalis* is an Indian herb which is extensively used in ayurvedic system of medicine. It is believed by ayurvedic practitioners that if an individual regularly takes amla he can live up to an age of 100 without suffering from any type of ailments. In this article let us find out more about this magical herb and see where we can imply it in our own life. The fruit is the richest source of Vitamin C and is a diuretic, aperient, Laxative and hair dye. It cures insomnia and is healthy for hair. It is used as the cardio protective, useful in hemorrhage, menorrhagia, leucorrhoea and discharge of blood from uterus. Amla power and oil are used traditionally in Ayurvedic applications for the treatment of scalp. Amla power improves immunity and gives physical

strength. It improves complexion and removes wrinkles. Amla is also used to treat constipation and is used as a cooling agent to reduce the effects of sun strokes and sun burns. It is the main ingredient used in the shampoo. Amla oil is used all the world. Amla is used in sauces, candy, dried chips, pickle, jellies and powder. It is even used in the dyeing industry. It extract is popularly used in the ink. Amla wood is commonly used in firework.

1.1 Biological Sources^[1-7]

Common Name:	Indian Gooseberry
Hindi Name:	Amla
Sanskrit Name:	Amalaki, Dhatri
Latin Name:	<i>Embllica officinalis</i> Gaertn.
Habit and Habitat:	Plant of Amla is found everywhere in India up to the height of 5000 feet. Fruits appear from October to April. Hybrid variety of Amla has bigger fruits than the wild variety. Fresh fruits are light green and ripe fruits turn light brown in colour.
Part Used:	Fresh fruit, Dried fruit, Seeds, Leaves, Root, Bark and Flowers. Fruits are generally used fresh, dry fruits are also used.

1.2 Common Name:

Hindi	Amla
English	Gooseberry , Emblic Myrobalam
Latin	<i>Embllica officinalis</i> Gaerte
Sanskrit	Aamalki, Dhatri Pacifies Tridoshas
Tamil	Nelli
Kannada	Nellaka
Telugu	Usirikaya
Malayalam	Nellimaram
Marathi	Amla
Bangla	Aamalki

1.3 Amla herb chemistry: This herb has many substances, including apigenin, gallic acid, ellagic acid, chebulinic acid, quercetin), chebulagic acid, corilagin, isostrictiniin, methyl gallate, and luteolin. Tannins in amla include Phyllaemblicin B, emblicanin A (37%), emblicanin B (33%), punigluconin (12%) and pedunculagin.

1.4 Chemical Constituents ^[4-8]

Amla is highly nutritious and is an important dietary source of Vitamin C, minerals and amino acids. The edible fruit tissue contains protein concentration 3-fold and ascorbic acid concentration 160-fold compared to that of the apple. The fruit also contains considerably higher concentration of most minerals and amino acids than apples. Glutamic acid, proline, aspartic acid, alanine, and lysine are 29.6%, 14.6%, 8.1%, 5.4% and 5.3% respectively of the total amino acids. The pulpy portion of fruit, dried and freed from the nuts contains: gallic acid 1.32%, tannin, gum 13.75%; albumin 13.08%; crude cellulose 17.08%; mineral matter 4.12% and moisture 3.83%. Amla fruit ash contains chromium, 2.5 ppm; zinc 4 ppm; and copper, 3 ppm.

1.5 Description:

Amla is the medium size deciduous plant. It grows to the height of 8 -18 meter. It has a crooked trunk and spreading branches. Its flower is yellow greenish in color. The fruit is spherical pale yellow with six vertical furrows. The mature fruits are hard and do not fall for the gentle touch. The average weight of the fruit is 60 -70 g. It has a gray bark and reddish wood. Its leaves are feathery, linear oblong in shape and smell like lemon. Its wood is hard in texture. It wraps and splits when exposed in the Sun or in the excessive heat.

1.6 Location:

It is planted through the deciduous of tropical India and on the hill slopes up to 2000 meter. It is commercially cultivated in the state of Uttar Pradesh in India. It is also grown in Tamil Nadu, Rajasthan and Madhya Pradesh also.

1.7 Cultivation Methods:

Amla can grow in light as well as the heavy soils. It is grown under the tropical conditions. The young plants are protected from the hot winds as they dye easily. Amla is generally propagated through seeds. It requires proper sunlight. It is irrigated during the monsoon season. It starts

bearing fruits in seven years from the day of planting.

1.8 Soil and Climate

Amla can be grown in light as well as heavy soils except purely sandy soil. Calcareous soil with rocky substratum can also be good. However, well drained fertile loamy soil is the best for higher yield. The plant have capacity for adaptation to dry regions and can also grow in moderately alkaline soils. It is grown extensively under tropical condition. Annual rainfall of 630-800 mm have given good yield. The young plants up to the age of 3 years should be protected from hot wind during May-June and from frost during winter months. The mature plants can tolerate freezing temperature as well as temperature up to 460 °C.

1.9 Planting

Amla is generally propagated through seeds, but seed propagated trees bear inferior quality fruits and have a long gestation period. Shield budding is done on one year old seedlings with buds collected from superior strains yielding big size fruits. Older trees of inferior types can be rejuvenated and easily changed into superior type by top working.

The pits of 1m³ are prepared during May-June at a distance of 4.5 m spacing and should be left for 15-20 days exposed to sunlight. Each pit should be filled with surface soil mixed with 15 kg farm yard manure and one kg of super phosphate before planting the grafted seedling.

1.10 Manures, Fertilizers and Pesticides

The medicinal plants have to be grown without chemical fertilizers and use of pesticides. Organic manures like, Farm Yard Manure (FYM), VermiCompost, Green Manure etc. may be used as per requirement of the species. To prevent diseases, bio-pesticides could be prepared (either single or mixture) from Neem (kernel, seeds & leaves), Chitrakmool, Datura, Cow's urine etc. Biofertilizers such as Azotobacter, phosphobacteria and Vesicular Arbuscular Mycorrhiza (VAM) boost the plant growth.

1.11 Irrigation

Amla plants hardly require irrigation during monsoon. Young plants require watering during summer months at 15 days interval till they have fully established. Watering of mature fruit bearing plants is advised during summer months at bi-weekly intervals to increase fruit set and to reduce fruit drop. It responds very well to drip irrigation. After the monsoon rains, during October-December about 25-30 liters of water per day per tree through drips should be given.

1.12 Harvesting/ Post Harvesting

Amla seedlings start bearing fruits in 7-8 years after planting, while the budded clones will start bearing fruits from the 5th year onwards. The fruits are light green at first, but when they mature become dull greenish yellow. Best harvesting time of Amla fruits is February when the fruits have maximum ascorbic acid content. In South India, fruits are found throughout the year. The mature fruits are hard and they do not fall for gentle touch and therefore vigorous shaking is required. For getting attractive prices fruits after harvest should be made into different grades depending on the size. Fruits can also be harvested using long bamboo poles attached with hooks.

1.13 Yield

A matured tree of about 10 years will yield 50-70 kg of fruit. The average weight of the fruits is 60-70 g. One kg contains about 15-20 number of fruits. A well maintained tree will be yielding up to an age of 70 years. The yield increases year by year up to 50 years.

1.14 Medicinal Importance of *Emblica officinalis*^[1-12]

1.14.1 Healing options:

- Amla protects cells against free radical damage and provides antioxidant protection
- Amla is used to treat skin disorders, respiratory infections, and premature aging
- Amla is useful in hemorrhage, diarrhea, dysentery, and has therapeutic value in treating diabetes

- Amla has anti-bacterial and astringent properties that help prevent infection and help in the healing of ulcers
- Amla is sometimes used as a laxative to relieve constipation in piles

1.14.2 Immunity booster: One reason for Amla's reputation as a general energy-promoting, disease-preventing tonic may be its effect on the immune system. Multiple studies have shown significant increases in white blood cell counts and other measures of strengthened immunity in rodents given Amla.

1.14.3 Respiratory Disorders: Indian gooseberry is beneficial in the treatment of respiratory disorders. It is especially valuable in tuberculosis of the lungs asthma and bronchitis.

• Diabetes:

This herb, due to its high vitamin C content, is effective in controlling diabetes. A tablespoon of its juice mixed with a cup of bitter gourd juice, taken daily for two months will stimulate the pancreas and enable it to secrete insulin, thus reducing the blood sugar in the diabetes. Diet restrictions should be strictly observed while taking this medicine. It will also prevent eye complication in diabetes.

• **Heart Disorder:** Indian gooseberry is considered an effective remedy for heart disease. It tones up the functions of all the organs of the body and builds up health by destroying the heterogeneous or harmful and disease causing elements. It also renews energy.

• **Eye disorder:** The juice of Indian Gooseberry with honey is useful in preserving eyesight. It is beneficial in the treatment of conjunctivitis and glaucoma. It reduces intraocular tension in a remarkable manner. Juice mixed with honey can be taken twice daily for this condition.

• **Scurvy:** As an extremely rich source of vitamin C, Indian gooseberry is one of the best remedies for scurvy. Powder of the dry herb, mixed with an equal quantity of sugar,

can be taken in doses of 1 teaspoon, thrice daily with milk.

- **Ageing:** Indian gooseberry has revitalizing effects, as it contains an element which is very valuable in preventing ageing and in maintaining strength in old age. It improves body resistance and protect the body against infection. It strengthens the heart, hair and different gland in the body.

1.14.4 Other uses:

- **Hair Tonic:** Indian gooseberry is an accepted hair tonic in traditional recipes for enriching hair growth and pigmentation. The fruit, cut into pieces is dried preferably in the shade. These pieces are boiled in coconut oil till the solid matter becomes charres. This darkish oil is excellent in preventing graying .The water is which dried Amla pieces are soaked overnight is also nourishing to hair and can be used for the last rinse while washing the hair. Indian gooseberry is used in various ways. The best way to take it with the least loss vitamin C, is to eat it raw with a little salt. It is often used in the form of pickles and it is dried and powdered. The berry may also be used as a vegetable. It is boiled in a small amount of water till soft and taken with a little salt.

1.15 Health Benefits and Curative Properties *Emblica officinalis* [1-7]

Many medicinal virtues have been attributed to Indian gooseberry. The fresh fruit is light, laxative and diuretic. A tablespoonful each of fresh gooseberry juice and honey mixed together forms a very valuable medicine for the treatment of several ailments. It should be taken every morning. Its regular use will promote vigor in the body within a few days. When fresh fruit is not available, dry powder can be mixed with honey

- **Respiratory Disorders:** - This medicinal tonic is highly beneficial in the treatment of respiratory disorders. It is especially valuable in tuberculosis of the lungs, asthma and bronchitis.

- **Diabetes :-**

Indian gooseberry, with its high vitamin C content, is considered valuable in diabetes. A tablespoonful of its juice, mixed with a cup of fresh bitter gourd juice, taken daily for two months will stimulate the islets of Langerhans i.e. -the isolated group of cells that the secrete hormone insulin. It thus reduces the blood sugar in diabetes. Diet restrictions should be strictly observed while taking this medicine. It will also prevent eye complications in diabetes. Equal quantity of amla powder, jamun powder and bitter gourd powder also make a very useful food remedy for diabetics. A teaspoonful of this mixture once or twice a day would be effective in checking the progress of the disease.

- **Heart Disease :-**

Indian gooseberry is considered an effective remedy for heart disease. It tones up the functions of all the organs of the body and builds up health by destroying the heterogeneous elements and renewing the body energy.

- **Eye Disorders :-**

The juice of Indian gooseberry, mixed with honey, is useful in preserving eye sight. It will also be beneficial in the treatment of conjunctivitis and glaucoma. It reduces intra ocular tension ill a remarkable manner. A cupful of this juice should be taken mixed with honey twice daily in such cases.

- **Rheumatism :-**

The Indian gooseberry is useful in the treatment of rheumatism. One teaspoonful of powder of the dry fruit mixed with two teaspoon full of jaggery should be taken twice daily for a month in this disease.

- **Scurvy :-**

As an extremely rich source of vitamin C. Indian gooseberry is one of the best remedies for scurvy. Powder of dry gooseberry .mixed with equal quantity of sugar should be taken in doses of one teaspoonful three times daily with milk.

- **Diarrhea and Dysentery :-**
The dried fruit is valuable in diarrhea and dysentery. A drink made from amla mixed with lemon juice and misri is considered highly beneficial in controlling acute ancillary dysentery. One tablespoonful of the paste of leaves mixed with honey or butter-milk also makes an effective Medicare in the treatment of diarrhea and dysentery.
- **Prevents Ageing :-**
Indian gooseberry has revitalizing effects. It contains an element which is very valuable in preventing ageing and in maintaining strength in old age. It improves body resistance and protects against infection. It strengthens the heart, hair and Different glands in the body. It is said that the great ancient sage Muni Chyawan rejuvenated himself in his late 70s and regained his virility by the use of amla.
- **Hair Tonic**
Indian gooseberry is an accepted hair tonic in traditional recipes for enriching hair growth and hair pigmentation. The fruit, cut into pieces, is dried preferably in shade. These pieces are boiled in coconut oil till the solid matter becomes like charred dust. This darkish oil is an excellent oil to prevent graying. The water in which dried amla pieces are soaked overnight is also nourishing to hair. This water should be used for the last rinse while washing the hair.

1.16 Home Remedies of *Emblica officinalis*^[11,12]

It is used to treat the following conditions:

- **Amla/ Stabilizes Blood Sugar**
One teaspoon of Amla juice mixed with a cup of bitter gourd juice is prescribed by naturopaths as it stimulates the Pancreas and it will secrete enough insulin for reducing blood sugar. Amla seeds or dried amla powder in the form of capsules is equally invaluable for the control of Diabetes.
- **Natural Cholesterol Remedy**
In laboratory studies, amla has been proven to effective for high cholesterol and prevention of atherosclerosis. It strengthens the heart muscles and causes a significant decrease in

total cholesterol, LDL cholesterol, VLDL cholesterol and triglycerides. A 500 mg capsule of dried Amla powder can be added to your daily routine after consulting with your doctor.

- **Amla/ Treats Hypertension**
Amla is rich in vitamin C and helps control blood pressure. You can have it as amla churna (powder) or in the form of triphala tablets or decoction. Triphala, a combination of amla and two other herbs is an excellent medication for high blood pressure.
- **Natural Cure for Anemia**
Amla is rich in Vitamin C or ascorbic acid, an essential ingredient that helps in the absorption of Iron. Supplements of Amla can be very beneficial to patients suffering from Iron deficiency Anaemia.
- **Amla/is Anti-Ageing**
Amla has revitalizing effect on the body as it contains several nutrients and helps in preserving the stamina in aged people. It strengthens the heart, hair and different glands in the body. It improves the body's immunity to resist infection and diseases.
- **Herbal Cough Remedy**
Add a tsp of Amla juice or powder to a glass of warm milk and drink this thrice a day. This will clear an unpleasant throat, adding some ghee to this decoction will clear a cough. Mix amla powder with honey and suck this mixture twice a day to cure a chronic dry cough. Amla is invaluable in the treatment of tuberculosis, asthma and bronchitis.
- **Amla/Nellikai Treats Diarrhea and Dysentery**
Amla has a strong, cooling property on the body and is an excellent remedy for diarrhea. Squeeze the juice out of a handful of Amla leaves into a glass of milk. Add some honey and ghee to this milk and drink it to stop loose motions that are accompanied with mucous and/or blood.
- **A Natural Eye Tonic**
Fresh Amla juice or dried Amla capsules are a good supplement to improve nearsightedness,

cataract and glaucoma. It reduces intra ocular tension and corrects the vision.

- **Amla/Nellikai Promotes Hair Growth**
Dried amla fruits are boiled in coconut oil and then ground to form amla oil. This is a very effective conditioner and prevents balding and graying of hair. For oily hair, mix half a cup of Amla juice, half a cup of lime juice and some water. Apply this to make an anti-grease hair wash.
- **A Pitta Pacifier**
Gooseberries are boiled in coconut water and the ground mixture is applied to the scalp. Amla oil is an excellent way to reduce heat associated with summer season. It is a good remedy to pacify pitta conditions.
- **Amla/ Nellikai Treats White Spots on the Nails**
Gooseberry is an excellent source of Vitamin C and so serves as an effective remedy in vitamin deficit condition. Add Amla juice/powder in your diet to overcome this condition.
- **Remedy for Menstrual Disorders**
White discharge can be relieved with powdered and dried Amla Seeds. Make a mixture of this with honey and saunf or mix it with squished banana and consume it.

1.17 Traditional Uses of *Emblica officinalis* [1-8]

Emblica officinalis scientifically, is the most widely used herb in the Ayurvedic system of medicine. It effectively controls digestive problems, strengthens heart, builds up and sustains defense mechanism, improves eye sight, imparts a natural glow to hair and body and a store house of Vitamin C, a powerful anti-oxidant that prevents premature ageing. Amla fruit is acrid, cooling, refrigerant, diuretic, laxative, antipyretic, aphrodisiac, tonic. It is the richest natural source of Vitamin C. In addition to Vitamin C, it also contains calcium, iron, protein and tannic acids, sugar, phosphorus, carbohydrates etc. The juice of fresh Amla fruit is given as tonic, diuretic and anti-bilious remedy. It is also helpful in burning sensation, over thirst, dyspepsia and other complaints of digestive system. The powder of the dried Amla fruit is an

effective remedy of hyperacidity, ulcers and blood impurities. It is also used both internally and externally as a decoction and paste. Some of the common uses of Amla fruit are as under: Amla strengthens the body, expel toxins from the body and improves defense mechanism of the body. Weakness of body, heart and mind are dispelled by taking fresh Amla juice in between meals. Massaging the head with amla oil, induces sound sleep and is good for hair and prevents premature graying of hair. Wash eyes daily, in the morning with Amla water, soaked in water and drink the water to improve the eyesight and remove constipation. Insert 2-4 amla juice drops into each nostril to cure bleeding for nose. Fresh fruit of Amla (*Emblica officinalis*) is refrigerant, diuretic and laxative. Green fruit is exceedingly acid. Fruit is also carminative and stomachic. Dried fruit is sour and astringent. Flowers are cooling and aperient. Bark is astringent. The herb is also aphrodisiac, hemostatic, nutritive tonic, rejuvenative (for Pitta). It increases red blood cell count. It is one of the highest natural source of Vitamin C (3,000 mg per fruit). Amla is used in the following forms: Decoction and Infusion of leaves and seeds; liquor, essential oil; confection; powder; paste and pickles. An astringent extract equal to catechu is prepared from the root by decoction and evaporation.

- **As a vermifuge:** Juice of the fruit with honey is used. The recommended dose is from 1 to 3 drachms.
- **To stimulate appetite:** Use pickles and preserves made from the green fruits.
- **For irritability of the bladder, in retention of urine and to the forehead in cephalgia**
Use a paste of the fruit alone or with *Nelumbium speciosum*, Saffron and rose water. Apply it over the affected region.
- **As a febrifuge and in diabetes:** Use an infusion of the seeds
- **For hiccup and for painful respiration:** Use juice or extract of the fruit combined with honey and pipli.
- **For hemorrhage, diarrhea and dysentery**
Use dried fruit. A decoction prepared from

the fruit combined with T. chebula and T. belerica is useful in chronic dysentery and biliousness, in doses of 1 oz. once or twice daily.

- **For diarrhea of children:** A compound powder of the emblic seed, Chitrak root, chebulicmyrobalan, pipili and pallone is given in suitable doses, according to age, in warm water twice daily, morning and at bed time. Tender shoots given in butter-milk cure indigestion and diarrhea; green fresh leaves combined with curds have a similar effect. Leaves are used as infusion with fenugreek seeds in chronic dysentery and as a bitter tonic. Soak one tola of the seeds in a tinned vessel during the night. Grind it. Add cow's milk and take. This is a good remedy for biliousness.
- **For anemia, jaundice and dyspepsia:** Use dried fruit with iron. A fermented liquor prepared from the root is used in jaundice, dyspepsia, cough, etc. Take 20 to 40 grains of Dhatri Leha for anemia, jaundice and dyspepsia. Dhatri Arista is used for jaundice, dyspepsia, indigestion, and cough.
- **For burning in the vagina:** A mixture of the fruit juice and sugar is prescribed as a remedy for burning in the vagina. Juice of the bark combined with honey and turmeric is a remedy for gonorrhoea.
- **To stop nausea and vomiting:** A powder of the emblic seed and red sandalwood is given with honey. to stop.
- **For bleeding of the nose:** Seed fried in ghee and ground in congee is applied as Lep to the forehead to stop bleeding from the nose.
- **For scabies or itch:** Apply the seed burnt, powdered and mixed in oil for scabies or itch.
- **As a restorative invigorator:** Make a powder from an equal quantity of emblic seed and root of Withaniasomnifera. Add ghee and honey. Mix well. This is a restorative invigorator, especially in winter days. Combine half a drachm each of emblic seed and gokhru. Grind and make them into a powder. Mix with 15 grains of essence of

Gulantha. Give this in early morning with ghee and sugar. This is a nutrient tonic.

1.17.1 Other uses: It helps in regulating blood sugar. It is very powerful anti-inflammatory herb, a wonderful antioxidant and a natural Source of Vitamin C. Amla helps scavenge free radicals. Amla is powerful food for the brain. Studies show that Amla helps lower cholesterol. Amla also helps maintain the functioning of the liver, increases hemoglobin, red blood cell count. It is useful for Cough, Bronchitis, and Asthma. Amla cleanses the mouth, strengthens the teeth. Its decoction is used in hyperacidity and with honey as an anthelmintic. The presence of Amla results in an enhanced cell survival, decreased free radical production and higher antioxidant levels. There are various classic Ayurvedic preparations, such as Chyawanprash in which Amla is used as a chief ingredient. It help improve intelligence and memory power. Triphala and Brahm rasayana are other classic medicine in which Amla is being used since time immemorial.

2. Conclusion

Amla is one of the richest natural sources of vitamin C, its fresh juice containing nearly twenty times as much vitamin C as orange juice. A single tiny Amla is equivalent in vitamin C content to two oranges. Clinical tests on patients suffering from pulmonary tuberculosis have shown that this high concentrate is more quickly assimilated than the synthetic vitamin. It is an ingredient of many Ayurvedic medicines and tonics, as it removes excessive salivation, nausea, vomiting, giddiness, spermatorrhoea, internal body heat and menstrual disorders. Because it is also cooling, it increases sattwa, and is an excellent liver tonic. Research has been done with amla evaluating its role as an antioxidant, in ulcer prevention, for people with diabetes, for mental and memory effects, and its anti-inflammatory benefits. Amla extract supplements be helpful in those undergoing radiation therapy or would it also protect the cancer cells that the radiation is trying to destroy. Amla Tonic has a haematinic and lipolytic function useful in Scurvy and Jaundice, prevents

Indigestion and controls acidity as well as it is a natural source of anti-ageing.

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