

**A REVIEW OF AMALAKI (*EMBLICA OFFICINALIS* GAERTN.)****\*Dr. Shaival Mishra, \*\*Dr. Ram Kumar Agarwal and \*\*\*Dr. Sharda Mishra**

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Jabalpur, M.P.**ABSTRACT**

Amalaki is one of the oldest Indian fruits, The word Amalaki may be derived from the word Amlaki (free from impurities), which occurs in Vedic literature. It is so called Amalaki because it holds the body all means or pacifies all dosas or predominant in amla rasa it is purifying [amala], rasayana [amritphala, amrita] maintains youthfulness [vayastha], sustains and promotes dhatus [dhatri]. The action of Amalaki are described as vrsya, Rasayana, chakshusya, sophagna, visanasak, Jwarahara etc.

**KEYWORDS:** Amalaki, Deciduous, Rasayana.**INTRODUCTION**

In Atharvaveda, Amalaki has been suggested as a useful remedy for ustharoga (Atharvaveda/chhand4/chapt.7/12).

In Charaka Samhita it is mentioned in kusthaghna, virechanopaga, kasahara and jwarahara mahakasaya. It is also described among samgrahaniyaadravyas, always pathyakaradravyas and phalasavas. It is praised as the best among the vayasthapanadravyas and mentioned as an ingredient of various rasayana and vajikarana preparations.

In Susruta Samhita it is mentioned in amlavarga, mustadigana and amalkyadigana, It is also an important ingredient of Triphala which is kaphapidipana, pramehaghna, kusthaghna and vishamajwarahara.

In Astanghridaya amalaki is mentioned in panusakadi, muskakadi, mustadigana and amlavarga. It is an ingredient of atisthauyahara yoga. Dhatri is best among pramehaharadravyas. (A.H.U.T. 40/48). It is praised as the best drug for vayasthapana (A.H.U.T. 40/56)

**Botanical name** – *Phyllanthus emblica* Gaertn/Emblica officinalis

**Family** –Euphorbiaceae

**Eng. Name**- Emblic myrobalan

**Vernacular names**- Sans.-Amalak,Amlaki Guj - Ambala, Amala, Hindi-Amla, Mal- Nelli Mar-Avala, Kan -Amalaka,Nelli. Tam - Nelli Tel-Usirikai, Usirika.

**Morphological description**:- A deciduous tree, small to medium in size, the average height being 5.5 meters; Leaves 10 to 13 mm long, 3 mm wide, closely set in pinnate fashion. Making the branches feathery in general app Flowers unisexual, pale 4 to 5 mm in length, borne in leaf axils in clusters of 6 to 10: staminate green flowers, tubular at the base, having a very small stalk, gamosepalous, having 6 lobes the top; stamens 1 to 3, polyandrous, filaments 2 mm long: Fruits fleshy, almost depressed to globose. 2.14 cm in diameter, 5.68 gm in weight.

The flowering season was observed to occur from the middle of April to the week of May under Sanwara(H. P.) conditions. The flowering reached its peak in the end of April.

**The Aurvedic description of amalaki**- it has ruksha,sara guna ,alavana, pancharasa,sadrasa (nighantu sesa),madhura vipaka,and sita virya and most of the nighantu karas written it as tridosahara.

**Contraindication**:- As Emblica officinalis has mild laxative activity, it is contraindicated in patient suffering from ulcerative colitis and diarrhoea.

**Drug interactions**:- It may help to enhance absorption of Iron salts due to its high contents of vit C.

**Dosage and Uses:**

Powder : 3-6gm

**Amalaki is used in the following forms:** Decoction and Infusion of leaves and seeds: liquor, essential oil; confection; powder; paste and pickles.

### **Identity, purity and strength**

Limits for quality parameters-

Foreign matter	:	Not more than 3.0%
Total ash	:	Not more than 5.0%
Acid insoluble as	:	Not more than 2.0%
Alcohol soluble extractive	:	Not less than 4.0%
Water soluble extractive	:	Not less than 4.0%

**Therapeutic uses:** - Medical studies conducted on amla fruit suggest following therapeutic properties.

Antibacterial, antifungal (Treadway), antiviral (Udupa) Antioxidant (Bhattacharya Chaudhuri) Aphrodisiac Amla is believed to increase ojas, and is considered to be one of the strongest rejuvenative herbs in Ayurvedic medicine. Constipation [Drury]

**Diabetes-** The fruits are used in the treatment of diabetes (Drury) and in other references infusion of the seeds are also used( Nadkarni & Nadkarni).

**Diarrhoea** - Fruit decoction mixed with sour milk [Drury].

**Diuretic-**The fresh fruit diuretic [Nadkarni& Nadkarni]. Fevers [Nadkarni& Nadkarni]Hair growth [ Thakur et al].

### **DISCUSSION AND CONCLUSION**

Amalaki is mentioned in all samhitas. Most of the nighantukas have been described the synonyms, Properties action indication of amalaki. Synonyms are mainly based on action and properties such as it is so called amalaki because it holds the body all means or pacifies all dosas or predominant in amla rasa. It is ruksha, saraguna, alavana, pancharasa, sadrasa(nighantu sesa) madhura vipaka and sita virya and most of the nighantukas written it as tridosahara, but the writer of madanadi nighantu considered it to have kaphapittahara. Regarding its tridosaharakarma it is said that it pacifies vata due to amla rasa, pitta due to madhura rasa and sita virya, kapha due to ruksha guna and kasaya rasa.

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