



BOTANICAL NAME-

Phyllanthus emblica

ENGLISH NAME- India

Gooseberry, malacca tree,

HINDI NAME – Amla

FAMILY - Euphorbiaceae

Description :

- ❖ Amla is the medium size deciduous plant.
- ❖ Bark thin, grey, flaking off to expose yellow brown under bark.
- ❖ Leaves only 8-12 mm long, narrow, tiny point at apex.
- ❖ Flowers also small, with 6 pink or greenish petal- like flower-cup segments but no petals; in clusters or naked twigs below the leaves; male and female flowers separate.
- ❖ Fruit nearly round, 2-4 cm in diameter; smooth, yellow-green with thin, translucent skin; 6-8 faint lines from base to apex; flesh crisp, extremely sour.

USES:

- ❖ 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.