

# Amla

- **Botanical Name:** *Emblica officinalis*.
- **Family:** Euphorbiaceae
- **Synonyms:** Amalaki, Dhatri, Vayastha, Amlika, Amalaka
- **Vernacular Name:** Commonly known as "Amla" in Hindi, "Indian Gooseberry" in English, and "Nellikai" in Tamil.
- **Classification:** A deciduous tree belonging to the Phyllanthaceae family.
- **Habitat:** Native to tropical and subtropical regions of India and Southeast Asia. It thrives in well-drained soils and is often found in forests and cultivated lands.
- **Morphology:** A small-to-medium-sized tree, 8–18 meters tall, with smooth, grey-brown bark. The leaves are small, simple, and closely set along the branchlets, resembling pinnate leaves. The flowers are greenish-yellow, and the fruits are nearly spherical, light greenish-yellow, with six vertical stripes.
- **Useful Parts:** Fruits, leaves, seeds, bark, and roots.
- **Chemical Composition:** Rich in vitamin C, tannins (emblicanin A and B), gallic acid, ellagic acid, flavonoids, and polyphenols. It also contains minerals like calcium, phosphorus, and iron.
- **Pharmacological Action:** Known for its antioxidant, anti-inflammatory, immunomodulatory, hepatoprotective, and rejuvenative properties. It is used in treating digestive disorders, respiratory issues, and skin diseases, and as a general health tonic.
- **Formulation:** Used in Ayurvedic preparations like Triphala Churna, Chyawanprash, Amalaki Rasayana, and Amla juice.

**Rasa:** Pancharas (Lavanrahit)

**Guna:** Guru, Ruksha, Sheeta

**Virya:** Sheeta

**Vipaka:** Madhura