



***Emblica officinalis* Gaertn.**

Family: Euphorbiaceae

Common names: Indian Gooseberry, Amla



Description:

Emblica officinalis is said to be the native of tropical South-Eastern Asia, particularly central and southern India. It is deciduous tree, small to medium in size. It goes up to 5.5 m in height. Leaves are simple, sub sessile and closely set along branchlets, light green, resembling pinnate leaves. The flowers are unisexual, greenish-yellow. The fruit is nearly spherical, light greenish yellow, quite smooth and hard on appearance, with six vertical stripes or furrows.

Utilization:

Amla is one of the three ingredients of the famous *Ayurvedic* preparation, *triphala*, which is given to treat chronic dysentery, biliousness and other disorders. The plant is considered to be an effective antiseptic for cleaning wounds. The fruits and the bark, are rich in tannins and are used for tanning leather by the tanners in the villages. The leaves of *amla* are used as a mouth wash and as a lotion for sore eyes. An ointment is made from the burnt seeds, and the oil obtained is applied to cure skin infections.

Part	Uses
Fruits	antioxidant, immunomodulatory, antipyretic, analgesic, cytoprotective, gastroprotective
Plant Extract	Antibacterial, Antioxidant

References:

Khan K.H;(2009) "Roles of *Emblica officinalis* in Medicine - A Review" *Botany Research International* 2 (4): 218-228.

Ahmada I, Mehmooda Z, Mohammad F; (1998) "Screening of some Indian medicinal plants for their antimicrobial properties" *Journal of Ethnopharmacology*. Volume 62, Issue 2, Pages 183–193

Rege N.N, Thatte, U.M and Dahanukar S. A; (1999), Adaptogenic properties of six rasayana herbs used in *Ayurvedic* medicine. *Phytother. Res.*, 13: 275–291. doi:10.1002/(SICI)1099-1573(199906)13:4<275::AID-PTR510>3.0.CO;2-S.