

Amalaki

(*Emblica officinalis*)



Amalaki is highly valued by nutritionists and Ayurvedic practitioners alike. For those of you who haven't heard about Ayurveda, it's a 5000 year old natural healing system of medicine that is indigenous to India. According to the accounts in the Charaka Samhita, by consuming a rasayana made with *Amalaki* as the main ingredient, one will "live for a hundred years without any sign of decrepitude."

Amalaki also known as emblic, emblic myrobalan, myrobalan, Indian gooseberry, Malacca tree, or Amala from Sanskrit Amalika, is a deciduous tree of the family Phyllanthaceae. The tree is small to medium in size, reaching 8 to 18 m in height, with a crooked trunk and spreading branches. The branchlets are glabrous or finely pubescent, 10–20 cm long, usually deciduous; the leaves are simple, sub sessile and closely set along branchlets, light green, resembling pinnate leaves. The flowers are greenish-yellow. The fruit is nearly spherical, light greenish yellow, quite smooth and hard on appearance, with six vertical stripes or furrows.

Active contents:

Fruits are reputed to contain high amounts of Vitamin-C¹, ellagitannins², such as emblicanin- A (37%), emblicanin- B (33%), punigluconin (12%) and pedunculagin (14%).³ It also contains punicafofin and phyllanemblin A, phyllanemblin other polyphenols: flavonoids, kaempferol, ellagic acid and gallic acid.^{2,4} These all active contents effectively enhances immunity, rejuvenate skin, checks pre-mature aging and hyperacidity.

Herb actions:

Immunomodulator: The herb helps in building the body's immune system and provides resistance against many diseases, especially those of the respiratory tract.

Anti-aging: *Amalaki* prevents health-related hyperlipidaemia by reducing the amount of free radicals in the body through its antioxidant qualities. Free radicals are associated with signs of aging like wrinkles and age spots.

Diabetes: *Amalaki* maintains chromium, which has a therapeutic value for diabetic patients. It stimulates β -cells that secrete the hormone insulin, thereby reducing blood sugar in diabetic patients and keeping their body balanced and healthy.

Hair care: *Amalaki* is used in many hair tonics because it enriches hair growth

Eye care: Drinking *Amalaki* juice with honey is good for improving eyesight, and studies have shown it to improve nearsightedness and cataracts, while reducing intra-ocular tension.

Diuretic activity: *Amalaki* is also slightly diuretic in nature. This means that it increases the frequency and volume of urination. Urination helps our body eliminate unwanted toxins and excess levels of water, salts, and uric acid.

Digestion: *Amalaki* is very high in fiber content. Fiber adds bulk to the stool and helps food move through the bowels and keeps your bowel movements regular.

Infection: Due to its antibacterial and astringent attributes, Indian Gooseberries protect the body against infection and improves the body's immune response. They are also a very good source of vitamin C, which is famous for its impressive antioxidant abilities and its stimulation of the immune system.

Indications : Lack of immunity, Dyspepsia, Hyperacidity, Skin diseases, Cough and Cold.

Contraindication:None

Dose: 1 Capsule two to three times a day or as advised by the Physician.

Composition: Each capsule contains 400 mg standardized extract of *Amalaki* (*Emblica officinalis*).

References:

1. Tarwadi K, Agte V (Aug 2007). "Antioxidant and micronutrient potential of common fruits available in the Indian subcontinent". *Int J Food Sci Nutr* 58 (5): 341–9.
2. Dharmananda S. Emblic Myrobalans: Amla, Institute of Traditional Medicine .
3. Bhattacharya, A.; Chatterjee, A.; Ghosal, S.; Bhattacharya, S. K. (1999). "Antioxidant activity of active tannoid principles of *Emblica officinalis* (amla)". *Indian journal of experimental biology* 37 (7): 676–680. PMID 10522157.
4. Habib-ur-Rehman, Yasin KA, Choudhary MA et al. (Jul 2007). "Studies on the chemical constituents of *Phyllanthus emblica*". *Nat. Prod. Res.* 21 (9): 775–81.