

Phyllanthus Emblica

(Gooseberry)



Phyllanthus emblica, also known as emblica, emblica myrobalan, myrobalan, Indian gooseberry, Malacca tree, or amla, from the Sanskrit amalaki, is a deciduous tree of the family Phyllanthaceae.

Plant morphology and harvesting-

The tree is small to medium in size, reaching 1–8 m (3 ft 3 in – 26 ft 3 in) in height. The branchlets are not glabrous or finely pubescent, 10–20 cm (3.9–7.9 in) long, usually deciduous; the leaves are simple, subsessile 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.

Ripening in autumn, the berries are harvested by hand after climbing to upper branches bearing the fruits. The taste of Indian emblic is sour, bitter, and astringent, and it is quite fibrous.

Traditional uses

The amla fruit is eaten raw or cooked into various dishes, such as dal (a lentil preparation) and amle ka murabbah, a sweet dish made by soaking the berries in sugar syrup until they are candied. It is traditionally consumed after meals.

Indian gooseberry pickle

In the Batak area of Sumatra, Indonesia, the inner bark is used to impart an astringent, bitter taste to the broth of a traditional fish soup known as holat.

Traditional medicine

In Ayurveda, dried and fresh fruits of the plant are used as a common constituent. Chemical constituents

These fruits contain high amounts of ascorbic acid (vitamin C) and have a bitter taste that may derive from a high density of ellagitannins, such as emblicanin A (37%), emblicanin B (33%), punigluconin (12%), and pedunculagin (14%). Amla also contains punicafolin and phyllanemblinin A, phyllanemblinin other polyphenols, such as flavonoids, kaempferol, ellagic acid, and gallic acid.

Phyllanthus emblica Linn. (syn. Emblica officinalis), commonly known as Indian gooseberry or amla, family Euphorbiaceae, is an important herbal drug used in unani (Graceo - Arab) and ayurvedic systems of medicine. The plant is used both as a medicine and as a tonic to build up lost vitality and vigor

Various studies show that Amla possesses anti-diabetic, hypolipidemic, anti-microbial, anti-inflammatory, antioxidant, hepatoprotective and anti-emetic activities. The drug is used as single and as ingredient in various compound formulations like Chyavanaprasa, Dhatri-loha, Amalaki Rasayana, Dhatriyarishta etc.

Emblica oil

Amla oil is a natural remedy prepared from the fruit of the Indian gooseberry tree, Phyllanthus emblica. ... Amla fruits have been eaten, or made into tonics and oils, for thousands of years and used both as a therapeutic and preventative medicine

officinalis extracts, the treated group showed significantly alleviated SNI-induced hypersensitivity and reduced pro-inflammatory cytokine levels. Thus, E. officinalis extracts have potential analgesic effects in both postoperative and neuropathic pain models in vivo Improves kidney health. Likely due to amla juice's antioxidant content, research shows that it may support kidney health. For instance, one animal study showed that administering amla extract to rats helped protect against kidney damage and preserve kidney function



References-

- https://en.wikipedia.org/wiki/Phyllanthus_emblica