



AMLA

Botanical name: *Emblica officinalis*

"Prime herb among Vayasthapana - Anti aging herbs"

Charaka



Amla is a tropical gooseberry and one of the most important herbs in Ayurvedic medicine. It is the main ingredient in many formulas including the two best-selling formulations in history: the rejuvenative jam Chyawanprash and the cleansing formula Triphala. Amla is a superb antioxidant. It is also radioprotective, antitumoral, and analgesic. It is cardioprotective, hepatoprotective, and immune enhancing.

Contents: *Emblica officinalis* fruit extract, 1:4, in distilled water, organic alcohol, and vegetable glycerin.

Alcohol: 24-26%

Dosage: 15-20 drops two to three times per day.

Chemical constituents: Alkaloids; phyllantine, phyllantidine, zeatin nucleotide, zeatin riboside, Benzenoid; ellagic acid, amlaic acid, corilagin, 3-6-di-O-galloyl-glucose, 1,6-di-O-galloyl- β -Dglucose, phyllemblic acid, emblicol, Furanolactones; ascorbic acid, Triterpenes; lupeol, Flavonoids; kaempherol-3-O- β -Dglucoside, quercetin-3-O- β -Dglucoside

Pharmacological uses:

Antioxidant, rejuvenative, neuroprotective, adaptogenic, hepatoprotective, cardioprotective, antiulcerogenic, hypolipidemic, antiproliferative, antimicrobial, antiviral, anti-inflammatory, immunomodulatory, chemopreventive, radioprotective.

Therapeutic uses:

- Hyperglycemia
- Hyperlipidemia
- Infertility
- Premature aging
- Neurodegenerative diseases
- Nervous exhaustion
- Insomnia
- Gastric ulcers
- Vomiting
- Jaundice
- Cough



Image credit: http://www.kalpa herbs.com/shop_kalpa herbs/aml a.php

Doshas: *Vata-Pitta-Kapha*

Taste: Sweet, Sour, Pungent, Bitter, Astringent

Properties: Heavy, Dry

Traditional uses:

- Urinary diseases
- Emaciation
- Weakness of the eyes
- Memory disorders
- Bloody Diarrhea
- Vaginitis
- Menorrhagia/ Leucorrhea
- Skin diseases
- Diseases related to hair and scalp e.g. grey hair, brittle hair, dandruff etc.



Image credit: <http://wildwans.wordpress.com/india/saharia-aml a-farm/pb151960/>

Toxicity: None known

Research:

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11. Tiwari V, Kuhad A, Chopra K. [Emblica officinalis corrects functional, biochemical and molecular deficits in experimental diabetic neuropathy by targeting the oxido-nitrosative stress mediated inflammatory cascade](#). Phytother Res. 2011 Oct;25(10):1527-36. doi: 10.1002/ptr.3440. Epub 2011 Mar 11.
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