AML

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-ß-Dglucose, phylemblic acid, emblicol, Furanolactones; ascorbic acid, Triterpenes; lupeol, Flavonoids; kaempherol-3-O-ß-Dglucoside, quercetin-3-O-ß-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

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.

Toxicity: None known
Research: