ABSTRACT
Amalaki a nature’s gift to human beings which provides a free healthy lifestyle. The traditional Indian healthcare system many medicinal plants are available and among them is awla which is poised for their interesting anti-oxidant activities Emblica Officinalis commonly known as Indian gooseberry or awla and in Sanskrit Amalaki is used as an medicine and is important source of vitamin C minerals and amino acids.it contains many compounds to fight against many chronic aids. All parts of the plant are used as an important Rasayana in traditional Indian medicine for treatment. Here we want to project various aspects and study the traditional herb and try to incorporate them in our daily lives to stay away from diseases and balancing of doshas.

Key words- Amalaki,Vitamin C,Rasayan.

INTRODUCTION
Amla literally means “sour”; it is the Hindi word for a fruit tree (Emblica Officinalis or Phyllanthus Emblica) that grows throughout India and bears sour-tasting gooseberry-like fruits. Amla is also known by the Sanskrit name “Amalaki.” Other Sanskrit nicknames for Amla—names meaning “mother,” “nurse,” and “immortality”—are a testament to the healing capacity of its fruits. Amla has been used in Ayurveda and other Asian medicinal practices for thousands of years. Because Sanskrit is the first language of Ayurveda, Banyan tends to offer herbs according to their Sanskrit names and therefore offers Amla as Amalaki.

Of all the Rasayanas — Ayurvedic formulations revered for their positive influence on the physiology — Amalaki is considered one of the most potent and nourishing. The Charaka Samhita says, "Amalaki is the best among rejuvenated herbs."

IMPORTANCE OF AMLA

There are many benefits that Amla Berry, found in Organic Premium Amla Berry tablets, imparts that are mentioned in Ayurvedic texts and experienced by people in India for thousands of years and now by people in the West as well. Here is a list of some of them:

1. **Excellent source of Vitamin C.** Amla Berry is rich in Vitamin C, containing about 720 to 921 mg of Vitamin C for every hundred grams of edible material. It is the most concentrated form of Vitamin C found in the plant kingdom, and because the whole fruit is used rather than an active ingredient, it is easily assimilated by the human body. The Vitamin C in the Amalaki fruit is bonded with tannins that protect it from being destroyed by heat or light.

2. **Enhances food absorption.** The regular use of Maharishi Ayurveda
Organic Premium Amla Berry tablets can strengthen digestion, absorption and assimilation of food. People taking it notice that they enjoy the taste of food better. It enhances all thirteen digestive fires (Agni’s). But it works more slowly and gently than ginger or other digestion-enhancing herbs, so it can be taken by people with a lot of Pitta without fear of creating excess stomach acid. In addition, it improves assimilation of iron for healthy blood.

3. Balances stomach acids. Because it improves digestion but does not heat the body, Organic Premium Amla Berry is ideal for calming mild-to-moderate hyperacidity and other Pitta-related digestive problems. It should always be taken with food in this case.

4. Fortifies the liver. Organic Premium Amla Berry helps purify the Rasa Dhatus (nutrient fluid) and Rakta Dhatus (blood), supporting the functions of the liver. It also stimulates the liver, helping it in eliminating toxins from the body. Research shows that it helps lower cholesterol.

5. Nourishes the brain and mental functioning. Amla Berry is good for the brain. It is medhya, nurturing and enhancing coordination among dhi (acquisition), dhriti (retention), and smriti (recall); and sharpening the intellect and mental functioning. It supports the nervous system and strengthens the senses.

6. Supports the heart. It is Hridaya, which means it nurtures the heart, blood and circulation. It supports the cardiovascular system. On the other hand, it sometimes acts as a cardiac stimulant. For this reason, if you have a heart condition, you should check with a medical doctor before using Amla tablets.

7. Strengthens the lungs. The Amla Berry tablets help pacifies Kapha dosha as well. Therefore, Amla Berry is a wonderful tonic for strengthening and nourishing the lungs (which are a major seat of Kapha dosha in the body), and the entire respiratory tract. It also pacifies Shleshaka Kapha, which among other things governs moisture balance in the lungs.

8. Regulates elimination. Organic Premium Amla Berry tablets also pacify Apana Vata, thus helping with the downward flow of energy in the body. They keep the function of elimination regular and ease constipation.

9. Enhances fertility. By balancing Apana Vata and by nurturing all the Dhatus (body tissues), Organic Premium Amla Berry also helps keep menstruation regular and healthy. Amla Berry supports the reproductive systems of both men and women and can help overcome difficulty in conceiving. It is a Vrishya herb, which means that it enhances all the seven tissues (Dhatus), including the reproductive tissue. This herb nurtures the ovaries and sperm, and it has a property called garbhapanapana, which means it enhances fertility and the possibility of conception. It is especially nurturing for women, strengthening the uterus and supporting reproductive health.

10. Helps the urinary system. Because it enhances all the thirteen Agni’s (digestive fires) and supports Apana Vata, Amla Berry is especially supportive to the urinary system and can be helpful if you experience a mild burning sensation while urinating. It supports natural diuretic action, but does not force water from the body like diuretic pills. In other words, it helps eliminate waste from the body but does not over-stimulate the urinary system.

11. Good for the skin. Because Amla Berry strengthens digestion, helps the liver detoxify and is rich in Vitamin C and other nutrients, it is very good for the complexion. Amla Berry moisturizes the skin, cleanses the tissues of toxins, and supports
immunity of the skin against bacterial infection. It helps enhance glow and luster.

12. **Promotes healthier hair.** Amla Berry boosts absorption of calcium, thus creating healthier bones, teeth, nails and hair. It also helps maintain youthful hair color and retards premature graying, and supports the strength of the hair follicles, so there is less thinning with age.

13. **Acts as a body coolant.** Although Amla Berry is good for all doshas and seasons, it is especially effective in the hot season to cool Pitta dosha. It is an especially good Rasayana for people with Pitta and Vata body types.

14. **Flushes out toxins.** Individuals who have been eating "junk" food for a while tend to have accumulated deposits of preservatives and additives in the liver. Amla Berry helps support the liver in flushing out chemicals and additives from the physiology.

15. **Increases vitality.** Because it has five tastes and supports all the doshas and many body functions, and cleanses the blood and the micro channels of the body, Amla Berry increases energy and removes fatigue. It supports regeneration of cells — the process by which tired, old cells are replaced by vital, new ones.

16. **Strengthens the eyes.** Amla Berry is called *Chakshushya*, which means "strengthening the eyes" (*Chakshu* means "eye" and *ayushya* means *Rasayana*, so it is literally a "Rasayana for the eyes"). It supports the health of the eye by enhancing both *Ranjaka Pitta* (the subdosha of Pitta that governs liver function and the blood plasma) and *Alochaka Pitta* (the subdosha of Pitta that governs the eyes and vision). The tridoshic nature of Amalaki also makes it a good tonic for the eyes.

17. **Improves muscle tone.** Amla Berry enhances protein synthesis, which is why it is good for strengthening muscles and building lean muscle mass. Its unique Ayurvedic action offers athletes and bodybuilders a natural way to tone muscles and build lean mass.

18. **Acts as an antioxidant.** Organic Premium Amla Berry tablets, and other Rasayanas that contain Amalaki such as the Amrit Nectar and Ambrosia, are effective broad-spectrum antioxidants and free radical scavengers, helping to reduce disease and slow the aging process.

19. **Enhances immunity.** All of the benefits already mentioned make Amla Berry, found in Organic Premium Amla Berry tablets, a strong immunity booster.

**USEFULNESS OF AMLA**

The plant is used in many forms. One of the most popular uses is as a decoction and infusion of leaves and seeds. However, it is also used as liquor, a fixed and an essential oil; in confection; as a powder and also in paste and pickles. It makes an astringent extract equal to catechu, which is prepared from the root by de-coction and evaporations. The fresh juice of the round, acidulous fruit is used in combination with that of other Myrobalans -cheb-lic (Terminalia chebula) and Beleric (Terminalia belerica) in the form of a decoction known as Triphala (three fruits). It is used as a cooling and refrigerant sherbet, and as an astringent medicine in diarrhea, hemoptysis (spitting blood), hematemesis (vomiting blood) and other similar conditions.\[2\]

Indian gooseberry has been used as a valuable ingredient of various medicines in India and Middle East from time immemorial. [3]

1. Aperient
2. Antibacterial, antifungal, antiviral
3. Antioxidant
4. Chelating Agent
EO (Amla) has been called the first-rate of the Ayurvedic rejuvenating herb, considering by way of the usual stability of tastes (sweet, sour, pungent, bitter, and astringent) multifunction fruit and is well identified for its dietary characteristics. EO (Amla) fruit is regularly the richest recognized normal source of vitamin C (200-900 mg per a hundred g of safe to eat component). The fruit juice involves close to 30 instances as so much nutrition C as orange juice, and a single fruit is the same as antiscorbutic value to at least one or two oranges. It also involves minerals and amino acids akin to calcium, phosphorus, iron, niacin, carotene, thiamine, riboflavin, and nicotinic acid.
NUTRITION

100 grams of raw Amla (Indian Gooseberry) contains 478 mg vitamin C and 5 grams of fiber content. The following values are approximate values, which may differ according to variety, season and type of Indian Gooseberry. The percentage of recommended daily allowance is based on 2000 calories per day.

Vitamin C content also varies from 440 mg/100g to 800 mg/100g. We have listed most acceptable values according to analysis report. [7, 8]

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<th>MAJOR NUTRIENT</th>
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<tr>
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<tr>
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<td>Gallic acid</td>
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CARBOHYDRATES

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<tbody>
<tr>
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ROUTE OF ADMINISTRATION OF AMLA

Amla is an Ayurvedic plant with many purported benefits. People traditionally use it to reduce inflammation and support blood sugar control. Its high vitamin C content gives it antioxidant activity. [9]

INTERNAL USES | EXTERNAL USES
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<tr>
<td>High cholesterol</td>
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<td>Skins rashes &amp; health</td>
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<td>Hair health</td>
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<td>Memory</td>
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<td>Immune defense</td>
<td>Kidney health</td>
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<tr>
<td>Antioxidant defense</td>
<td>Cancer prevention</td>
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DISCUSSION & CONCLUSION

The natural source of vitamin c comes from the magical fruit Amla containing as much as 20 times of vitamin c then oranges. A single tiny Amla is equivalent to 2 oranges. Studies have shown that people suffering from TB had this high volume is most quickly absorbed than any other synthetic vitamins. Because it is cooling in nature it increases sattva an excellent liver tonic. Researches have repeatedly proven its role as an anti-oxidant in ulcer prevention for people suffering from diabetes, mental and memory effects and also have anti-inflammatory benefits. Amla extracts have proven to be protective against cancer cells. Amla is an ingredient of many Ayurvedic, medicines and tonics which keeps many diseases at bay.

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