

AMALAKI - A REVIEW**Soniya Makar^{1*}, Laxmikant B. Patil², Ranjeet Z. Patil³ and Yuvraj Devane⁴**P.G. Scholar¹, Professor and HOD², Associate Professor^{3,4}

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R. C. Kodoli, Tal. Panhala,
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India-416114.**INTRODUCTION**

Ayurved the ancient medical science which is been practiced in India and various parts of world since very long time. In Sanskrit, Ayurveda means "The Science of Life." Ayurvedic knowledge originated in India more than 5,000 years ago and is often called the "Mother of All Healing." It stems from the ancient Vedic culture and was taught for many thousands of years in an oral tradition from accomplished masters to their disciples. Ayurveda believes that there is no such plant found in nature which has no medicinal value. Ayurveda is considered by many scholars to be the oldest healing science. Some of this knowledge was set to print a few thousand years ago, but much of it is inaccessible. Amalaki (*Emblica officinalis*) (EO) has a hallowed position in Ayurveda- an Indian indigenous system of medicine.

Amalaki is commonly known as "Indian gooseberry." According to belief in Indian mythology, Amla is the first tree to be created in the universe; which belongs to the family of Euphorbiaceae and is also known as *Phyllanthus emblica* or Indian gooseberry. Amla is native to India and also grows in tropical and subtropical regions of Pakistan, Uzbekistan, Sri Lanka, South East Asia, China and Malaysia. The fruits of Amla are widely used in the Ayurvedic preparation and are believed to increase defence against diseases. It has a beneficial role in degenerative diseases like cancer, diabetes, liver treatment, ulcer, anemia, heart trouble and also is an important constituent in hepatoprotective formulas available². Amla is highly nutritious and is one of the richest sources of vitamin-C, amino acids and minerals, to possess biological activity. Almost all parts possess medicinal properties, particularly fruit, which has been used in Ayurveda as a powerful rasayana and in customary medicine in the treatment of diarrhoea, jaundice, inflammation and several other ailments. Amla: fruit is widely used in the

Indian system of medicine as alone or in combination with other plants and is used to treat common cold and fever, as diuretic, laxative, liver tonic, refrigerant, stomachic, restorative, anti-pyretic, hair tonic; to prevent ulcer and dyspepsia.

The Atharva Veda mentions many plants and also mentions many families. For example (Asikin, Prisni, Stambini etc.) as well as plant classification is done keeping in view the factors like its place of origin, properties etc. The use of the drug in medicine is then described in detail in Samhita Kama. Fifty classes are mentioned in Fifty classes are mentioned in sequence in Charak Samhita Sutra Chapter 4 and about 500 plants are mentioned in them.

The study of medicinal plants is also described in other Samhita and Nighantu. The principles of many of the natural healing systems now familiar in the West have their roots in Ayurveda, including Homeopathy and Polarity Therapy.

The subject of Dravyaguna is not included in Ashtanga Ayurveda but it is a pillar of Ashtanga a. Dravygun subject Mentioned in Rugveda. In Rigveda many plants were used for healing. It was later mentioned in other Vedas.

The word medicine is defined as follows in one of the verses of Atharva Veda.

There are various text of Ayurved, out of which three major texts are called as Brihatrayi and the minor ones are called Laghutrayi.

Dravyaguna Vigyan stands on the foundation of Tridoshas, , Saptadhatu. Panchamahabhutas are Prithvi (earth), Aap (water), Tej (fire), Vayu (air), Akash (ether). Rasa, Rakta, Mansa, Meda, Asthi, Majja, Shukra are the Saptadhatus present in the body. Tridoshas are the three fundamental principle which governs the function of our body on the physical and emotional level they are Vata, Pitta and Kapha.

Amlaki is mentioned in various ayurvedic text.

KEYWORDS:– Amalaki, Rasayan.

Table no. 1: Amalaki Raspanchak according to aurveda.

Drug Name	Latin name	Family	Rasa	Vipak	Virya
Amalaki	<i>Emblica Officinalis Gaertn.</i>	Euphorbiaceae	Amla Pradhan Madhur, Katu, TiktaKashay Ras Except Lavan	Madhura	Shita

Drug details**Classification According to Modern**

- **Kingdom:** Plantae
- **Division:** Angiospermae (Charak)
- **Class:** Dicotyledonae
- **Order:** Geraniales
- **Family:** Euphorbiaceae
- **Species:** officinalis Gaertn.

Classification According to Ayurveda

- **Gan** – Virechanopag, Vay- Sthapan Parushakadi, Triphala (Sushrut)

Vernacular names

- **Genus:** Emblica
- **English:** Emblic myrobalan
- **Sanskrit:** Aamalaki
- **Hindi:** Amla
- **Marathi:** Amla



Description - Amalaki tree- It is a small to medium sized deciduous tree with an average height of 8-18 m, with thin light grey bark exfoliating in small thin irregular flakes. The average girth of the main stem is 70 cm. The main trunk is divided into 2 to 7 scaffolds very near to the base. Leaves are 10-13 mm long, 3 mm wide, closely set in pinnate fashion which makes the branches.

Flowers – Flowers Greenish-yellow, in axillary fascicles on the leaf bearing branchlets, often on the naked portion below the leaves. Flowers are unisexual, 4 to 5 mm in diameter, borne in leaf axils in clusters of 6, almost depressed to globose shape.

Seeds- seeds contain fixed oil, phosphatides and small quantity of essential oil are 4-5%.

Fruits – fruit is fleshy, spherical, light greenish yellow, quite smooth and hard on appearance, with 6 vertical stripes or furrows, each containing usually two seeds; seeds are 4-5 mm long and 2-3 mm wide. Moisture 81.2%, carbohydrates 14.1%, mineral matter 0.05%, K 0.02%, Fe 1.2 mg/100g. Phyllembin, phyllembic acid, gallic

Leaves - Amalaki leaves are subsessile, closely set along the branchlets, distichous, narrowly linear, obtuse, having appearance of pinnate leaves. It contains Gallic acid, Ellagic acid, Chebulic acid, Chebulagic acid, Chebulinic acid, gallotannins called Amlic acid, Alkaloids, Phyllatidine and Phyllantine.

- **Leaf apices** - Acute
- **Leaf arrangement** - Alternate Spiral
- **Leaf bases** – Sheathing
- **Leaf margins** - Entire
- **Leaf shapes** - Linear
- **Leaf types** - Simple
- **Branches** - Drooping
- **Habit** - A tall erect green
- **Habitat:** Almost in every part of India especially in deciduous forests.

Amalaki is highly nutritious and is an important dietary source of vitamin C, minerals and amino acids. The dominant active constituent of the herb is a group of tannins derived from Gallic and ellagic acids, which make up a large portion of the extractable nonnutritive constituents. All of these constituents work together to enhance immunity. **Chemical Composition Of Amalaki.** The fruit gave cytokinin-like substances identified as zeatin, zeatin riboside and zeatin nucleotide; suspension culture gave phyllembin.

Phyllembin exhibits CNS depressant leaves is found to be effective in rat paw inflammation. The bark contains tannin identified as mixed type of proanthocyanidin.

Raspanchak – Ras- Mukhya Amla, Other Ras Madhur, Katu, Tikta, Kashay

Veepak – Madhur

Veerya – Shita

Gun – Laghu, Ruksha

Classical References

Textual review bhavprakash

हन्ति वातं तदम्लत्वात् पित्तं माधुर्यशैत्यतः । कफं
रुक्षकषायत्वात् फलं धात्र्यास्त्रिदोषजित् ॥ भा. प्र.

Sthanin- As it is anti-inflammatory, eye and hairy, apply amla kalka or vowel in inflammation and biliary headache. Wash hair with amla juice in khalatiya and palitya. In eye diseases, it should be applied to the eye. Amla kalk prepared with sesame seeds and milk should be used for leprosy.

Applying amla oil stops premature aging and hair growth. Amalki extract is useful for ulcer treatment.

Sushruta: Raktaabhishyand

- Amalki leaves and fruit juice should be given.
- Urinary incontinence - Amalki swaras should be given along with 16 tola ghrita.
- Amalki powder boiled in milk should be given in Kasa along with Haridra powder and honey.

Bhavprakash nighnatu

वयस्यामलकी वृष्या जातीफलरसं शिवम्
धात्रीफलं श्रीफलं च तथामृतफलं स्मृतम् ॥
त्रिष्यामलकमाख्यातं धात्री तिष्यफलाऽमृता ॥ ३८
॥ हरीतकीसमं धात्रीफलं किन्तु विशेषतः ।
रक्तपित्तप्रमेहघ्नं परं वृष्यं रसायनम् ॥ ३९ ॥
हन्ति वातं तदम्लत्वात्पित्तं माधुर्यशैत्यतः ।
कफं रुक्षकषायत्वात्फलं धात्र्यास्त्रिदोषजित् ॥ ४० ॥
यस्य यस्य फलस्येह वीर्यं भवति यादृशम् ।
तस्य तस्यैव वीर्येण मज्जानमपि निर्दिशेत् ॥ ४१ ॥

Amlaki is raktapittaharvrushya

Tridoshnashak, shukravardhak Jwarghna, Anulomak.

Rajnighantu

आमलकं कषाययाम्लं मधुरं शिशिरं लघु ।
दाहपित्तवमीमेहशोफघ्नं च रसायनम् ॥ रा. नि.

Charak – Rasayan -256 Tola Amalki powder by giving the bhavana of Amalki swaras for 21 days and then making its powder. Mix 256tola of honey and 256 tola of ghee in that powder. Then, after pouring 96 ounces of Pippali powder and 48 ounces of sugarcane, fill the mixture in an aloe vera container and attach the container to the ash heap during the rainy season.

- Vataraktamadhe - Amalki Swaras mix with Purana Ghritam
- Wajikaranardha-Amalki Rasayan should be licked in the morning and evening along with 1/4 tola of sugarcane Chakradatta: In Pittajshool - Eat Amalki Swara with mishri
- 1. **Bhavprakash:** In case of urinary incontinence, Amalki churna mix with water and applied on the affected area.
- 2. **Vangsen:** In Netrashool - Amalki Swarasanenetrapuran karawe
- 3. **Sharangdhar:** In case of nasal hemorrhage, amalki powder should be rubbed in ghee and then applied on the forehead, then nasal hemorrhage stops Karma of Aamalaki according to Ayurveda Activities of Aamalaki according to modern

Vataraktamadhe - Amalki swaras mix with purana ghritam

- Wajikaranardha- Amalki Rasayan should be licked in the morning and evening along with 1/4 tola of sugarcane
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Sushruta: Raktaabhishtand

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Amalki extract is useful for ulcer treatment and implantation.

- **Fever** - Fever patients who do not get sleep and sweating and get thirsty should get Amalki and Ardak

Chemical Composition and Activities

It is rich source of Vitamin C. Fruit contains Galic Acid, Tannic acid, Glucose, Albumin, Cellulose, Calcium

Major chemical constituents

Root- Ellagic acid, Lupeol, Oleanolic aldehyde

Bark- Leucodelphinidin, Procyanidin, Tannin etc.

Fruit- Vit. C, Phyllembin, Linolic acid, Indole acetic and Axyubsm trigaloylglucose, terchebin, Corilagin, Ellagic phyllemblic acid & salts.

- **Activities**
- **Anti-ageing**:- It contains low molecular weight hydrolysable Tannis so it is strongest antioxidant herb
- **Antidibetic**:- It contains high amount of vitamin C
- **Eye diseases**- Amalaki called Chakshushya in Ayurveda .It is effective in conjunctivitis Glaucoma
- **Anti-inflammatory and Antipyretic** – The contents like tannins alkaloids phenolic compounds amino acids
- **Antihyper thyroid**

CONCLUSION

- Amalaki is having highest source of vitamin C.
- Amalaki improves healthy metabolism, digestion and elimination.
- It possesses anti-inflammatory properties, nourishes body tissue and organs.
- Present article has been a focus on the utilization of Amalaki fruit for their functional and pharmacological properties.
- Amalaki fruit is rejuvenative and protective for the heart and respiratory system.
- Amalaki is a natural antioxidant which promotes healthy eyes, growth of hairs, nails, and skin.
- Amalaki pacifies Vata, Pitta, and Kapha, though it specifically alleviates Pitta.
- In addition, Amalaki rejuvenates all of the tissues in the body and builds Ojas which is the

It Balances Jatharagni (digestive fire).

- Amalaki builds Ojas
- Ojas increases Bodily strength, vigour, energy, ability to support a healthy immune response.
- Amalaki is stated as a Rasayana drug in Ayurveda which is having a rejuvenating effect on body tissues.

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