



Official Name		अमलाकी		
Botanical Name		<i>Phyllanthus emblica</i> Linn		
English Name		Indian gooseberry		
Family		Euphorbiaceae		
Taxonomical Classification		<b>Kingdom</b> -planate <b>Division</b> -angiospermae <b>Class</b> -eudicots <b>Sub class</b> -Archichlamydeae <b>Family</b> -Euphorbiaceae <b>Genus</b> -Emblica <b>Species</b> -officinalis		
Synonyms		<b>अमला</b> - it excreates waste from the body <b>अमृतफल</b> -it beneficial as amrit <b>शिवम्</b> -beneficial in all disease <b>शितफलम्</b> - it has cooling properties <b>कोलम्</b> -it is a shape of kolm <b>वृष्या</b> - increase sperm quality <b>अमृत</b> (drug has rasayan properties <b>धात्री</b> (it provides nutrition to the body		
Habitat		Zone-Tropical and southern asia Altitude-0-1800m		
Botanical Identification	Habit		Small deciduous tree	
	Root		Shallow root system	
	Bark		Bark is mottled with greenish grey bark	
	Leaves	Phyllotaxy	pinnate and glabrous	
		Simple/Compound	simple	
		Lamina	0.4-1.5×2.4mm linear - oblong	
		Texture	pubescent	
		Tip	obtuse and shortly apiculate	
		Base	round	
Margins		entire		
Venation		obscure		
Petiole				

	Inflorescence		Racemose	
	Flower		<p>Flowers unisexual, arise in clusters in the axils of leaves. Flowers 3-5mm across, greenish yellow in axillary fascicles, male and female mixed. Tepals 6, oblong, disk in male minute, in female cupular. Stamens 3, connate into a column, the anthers cohering by the connective, cells distinct. Ovary 3 celled, ovules 2 in each cell, styles connate at the base and stigmas recurved and bifid. Drupes 2-3cm across, depressed globose, fleshy, pale green with 6 faint lines. The amla tree flowers in the month of March and profusely for a shorter period. The fruits mature after 8-9 months in the month of December.</p>	

Floral formula/ Diagram		K22CA2+4G(2) K242 CA2+4G(2)	 <p><b>Floral diagram of <i>Euphorbia peplus</i></b>  <b>Floral formula:</b> Br, Ebrl, ⊕, ♂, K<sub>(5)</sub>, C<sub>(5)</sub>, A<sub>6</sub>, G<sub>3</sub>  Br, Ebrl, ⊕, ♀, K<sub>(5)</sub>, C<sub>(5)</sub>, A<sub>0</sub>, G<sub>(3)</sub></p>
Fruit		Nearly spherical, quit smooth and hard on appearance with 6 vertical stripes or furrows	
Seed		Reniform, shining, reddish brown, small	
Types	वन्य और ग्राम्य		
Rasapanchaka	रस:-पाँच रस गुण :-गुरु ,रुक्ष , वीर्य :-शीत विपाक :- मधुर प्रभाव:( रसायन		
Chemical Constituents	Fruit :-vitamin c, tannins, gallic acid and lipids. Leaves:-chebulic acid, ellagic acid, kaempferol, rutin Bark:-proanthocyanidins, tannins and Leucodelphinidin Roots:-ellagic acid and lupeol		
Market information	30 rupees per kg		
Adulteration/Substitution	Small leather pieces or fruits pulp is drying and makes look like drying amla they are admix as adulterants. Sour flavour is added in this.		
Cultivation	Planting is done during July-August with a spacing of 6 x 6 m in pits of 1x1m or 1.25 x 1.25m.		
Flowering season	June		
Harvesting	The peak harvesting season in India starts in mid-September and ends in December.		

Present Status- Not concerned/ Endangered/ Extinct		Not concerned															
Conservation method																	
Main Uses		रसायन ,त्रिदोषहर ,दहप्रशामन ,मेध्य ,रोचन ,अनुलोमान ,अरुचि ,कास ,स्वास ,रक्तविकार															
Part used		fruit															
Dose	Medicinal Dose	स्वरस २(३०(६०ml चूर्ण अ(घ(6gm															
	Toxic Dose	No															
	Fatal Dose	Not such															
Toxicity (if any)		No															
Antidote or treatment (if any)		No															
Purification (if any)		No															
Formulations		<table border="0"> <thead> <tr> <th>Formulation</th> <th>rogadhikar</th> <th>refrences</th> </tr> </thead> <tbody> <tr> <td>(1) च्यवनप्राश :-</td> <td>रसायन</td> <td>चरक संहिता</td> </tr> <tr> <td>(2) ब्रह्मरसायन:-</td> <td>मेध्य,वातदोष नाशक</td> <td>अष्टांग हृदय</td> </tr> <tr> <td>(3) धात्रिलोहः</td> <td>रक्तपित्त ,यकृत विकार</td> <td>भैषज्य रत्नावली</td> </tr> <tr> <td colspan="3">१६०धात्रीरसायन २ आयु वर्धक</td> </tr> </tbody> </table>	Formulation	rogadhikar	refrences	(1) च्यवनप्राश :-	रसायन	चरक संहिता	(2) ब्रह्मरसायन:-	मेध्य,वातदोष नाशक	अष्टांग हृदय	(3) धात्रिलोहः	रक्तपित्त ,यकृत विकार	भैषज्य रत्नावली	१६०धात्रीरसायन २ आयु वर्धक		
Formulation	rogadhikar	refrences															
(1) च्यवनप्राश :-	रसायन	चरक संहिता															
(2) ब्रह्मरसायन:-	मेध्य,वातदोष नाशक	अष्टांग हृदय															
(3) धात्रिलोहः	रक्तपित्त ,यकृत विकार	भैषज्य रत्नावली															
१६०धात्रीरसायन २ आयु वर्धक																	
Special information (if any)		Amalaki's deeply rejuvenating properties, along with its high concentration of antioxidants and vitamin C, make it incredibly supportive for the entire body. It is known to strengthen the immune system, support healthy digestion and elimination, and enhance longevity, among many other benefits															