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## Medicinal Uses of *Amalaki* (Indian Gooseberry): A Historical Review



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### ABSTRACT

Recently *Ayurveda*, the nature based system of medicine is gaining importance throughout the world due to its novel healing approach. Mother Nature has gifted mankind with tremendous medicinal plants to create a disease free and healthy life. Rich medicinal plants are existing in the Indian traditional systems of medicine mostly used one amongst them is Indian gooseberry or *Amla*, also known as *Phyllanthus emblica* Linn. (Syn. *Emblica officinalis* Gaertn.), belongs to the family Euphorbiaceae. Present study aimed to find out the various therapeutic applications of this important plant as per ancient *Ayurveda* scholars. The term *amalaki* and its related synonyms were searched in various ancient Sanskrit transcripts and discussion was made accordingly. Study revealed out that almost all part of this plant has been regularly mentioned for various systemic ailments. It is enormously used as a tonic to restore the lost body's energy and vigor, mentioned under *triphala* (~combination of three potent fruit) in *Ayurveda*. Though numbers of pharmacological studies has already been reported on this medicinal plant, still there is enough scope of advance scientific research regarding its ancient therapeutic application.

## INTRODUCTION

*Amla* (Indian gooseberry) is one of the most important medicinal plants in Indian traditional systems of medicine. The plant is botanically identified as *Phyllanthus emblica* Linn. or *Emblica officinalis* Gaertn. It is a small or medium sized, deciduous tree. Leaves are sessile, closely set along the branchlets, distichously narrow, linear, and obtuse, having appearance of pinnate leaves. Flowers are greenish-yellow, arranged in axillary fascicles on the leaf bearing branchlets, often on the naked portion below the leaves. Fruits are fleshy, globose, with obscure vertical furrow, pale yellow. Seeds are 6 in number, trigonous in shape. The plant is commonly available throughout tropical and subtropical region of India, chiefly in dry deciduous forests, ascending to 1400m on the Himalaya, Chota Nagpur, Bihar, Orissa, West Bengal, North Circars, Deccan, Karnataka and in Western ghats<sup>[1]</sup>. It is a well-known fact that all parts of *amalaki* are useful in the treatment of various diseases. Pharmacological research reports on *amalaki* reveals its analgesic<sup>[2]</sup>, anti-tussive<sup>[3]</sup>, anti-atherogenic<sup>[4,5]</sup>, adaptogenic<sup>[6]</sup>; cardioprotective<sup>[7]</sup>, gastro protective<sup>[8,9]</sup> nephroprotective<sup>[10]</sup>, neuroprotective<sup>[11]</sup> and anticancer<sup>[12]</sup> properties. *Amla* is also reported to possess chemopreventive<sup>[13]</sup>, radio<sup>[14]</sup>, chemo<sup>[15]</sup> and immunomodulatory<sup>[16]</sup>, free radical scavenging<sup>[17]</sup>, antioxidant<sup>[18]</sup>, anti-inflammatory<sup>[19]</sup>, antimutagenic activities<sup>[20]</sup>. These properties are efficacious in the prevention and treatment of various diseases like cancer, atherosclerosis, diabetes, peptic ulcer, anemia, liver, heart diseases and various other disorders. Present study was aimed to find out the ancient therapeutic uses of the plant *amalaki* in various *Ayurveda* transcripts. The word *amalaki* and all the related synonyms as per *Ayurveda* literature have been searched in various classical texts and discussion was made accordingly.

## THERAPEUTIC USES OF AMALAKI IN VARIOUS AYURVEDA TEXTS:

**Table 1: Medicinal uses of Amalaki in Charak Samhita <sup>[21]</sup>:**

| Sr.no. | Reference   | Mention                  | Indication                            |
|--------|-------------|--------------------------|---------------------------------------|
| 1.     | C.Su.4/24   | Virechanopaga mahakasaya | Virechana (purgation)                 |
| 2.     | C.Su.4/50   | Vayastapana mahakasaya   | Vayasthana (antiaging)                |
| 3.     | C.Ci.1-1/36 | Sasyani amlaksay         | Amrittulya (~elixir)                  |
| 4.     | C.Ci.1-3/10 | Kevalamlak rasayana      | Rasayana (adjuvant)                   |
| 5.     | C.Ci.3/219  | Pipalyadi ghrít          | Jirna jwara (~ chronic fever)         |
| 6.     | C.Ci.3/225  | Baladi ghrít             | Jwara (~fever)                        |
| 7.     | C.Ci.5/119  | Tryamandya ghrít         | Gulma (~abdominal lump)               |
| 8.     | C.Ci.5/122  | Amlakadhya ghrít         | Gulma (~abdominal lump)               |
| 9.     | C.Ci.6/26   | Amalaki swrasa           | Prameha (~diabetes)                   |
| 10.    | C.Ci.10/31  | Amlakadi ghrít           | Apasmar (~epilepsy)                   |
| 11.    | C.Ci.16/114 | Amalaki swrasa           | Pandu (~anaemia)                      |
| 12.    | C.Ci.18/40  | Traiuashnadighrít        | Kasa (~cough)                         |
| 13.    | C.Ci.18/120 | Amalaki leha             | Kasa (~cough)                         |
| 14.    | C.Ci.26/53  | Amalaki swrasa           | Mutrakricha (~urinary incontinence)   |
| 15.    | C.Ci.26/170 | Mahamaur ghrít           | Shrrioroga (~headache)                |
| 16.    | C.Ci.26/242 | Amalaki rasayana         | Vata vyadhi (~neurological disorder)  |
| 17.    | C.Ci.30/78  | Dhatakyadi tail          | Yonivyapad (~gynaecological disorder) |
| 18.    | C.Ci.30/149 | Amalaki rasayana         | Sukradosha (~Azoospermia)             |
| 19.    | C.Ka.8/17   | Amalaki swrasa           | Sukumar (~healthy complexion)         |
| 20.    | C.Ka.12/12  | Dantidravanti kwatha     | Virechana (~purgative)                |
| 21.    | C.Ci.7/55   | Mahakhadir ghrít         | Kustha (~leprosy)                     |
| 22.    | C.Ci.11/38  | Amritaprash ghrít        | Kshatakshina (~emaciation)            |
| 23.    | C.Ci.11/50  | Prathamsarpiguna         | Kshatakshina (~emaciation)            |
| 24.    | C.Ci.11/63  | Tritiyasarpuguna         | Kshatakshina (~emaciation)            |
| 25.    | C.Ci.12/32  | Asthasatharista          | Sotha (~odema)                        |
| 26.    | C.Ci.12/100 | Amalaki swarasa          | Jalakgardhab (~inflammatory swelling) |
| 27.    | C.Ci.16/90  | Shilajatu vatak          | Pandu (~anemia)                       |
| 28.    | C.Ci.16/101 | Dhatriavaleha            | Pandu (~anemia)                       |
| 29.    | C.Ci.16/111 | Dhatryarista             | Padu (~anemia)                        |
| 30.    | C.Ci.17/135 | Dhatri swarasa           | Hicca (~hiccough)                     |

|     |             |                     |                              |
|-----|-------------|---------------------|------------------------------|
| 31. | C.Ci.18/92  | Dhatriadvileha      | Kasa (~cough)                |
| 32. | C.Ci.18/101 | Sithiradi kshirpaka | Kasa (~cough)                |
| 33. | C.Ci.18/165 | Dhatri churna       | Kasa (~cough)                |
| 34. | C.Ci.20/32  | Dhatri swarasa      | Chardi (~vomiting)           |
| 35. | C.Ci.26/261 | Dhatryadi rasakriya | Netra roga (~ eyedisorder)   |
| 36. | C.Ci.26/273 | Mahanil tail        | Palit (~greying of hair)     |
| 37. | C.Ci.29/63  | Jivaniya ghrīt      | Bandhya (~infertility)       |
| 38. | C.Ci.29/86  | Dhatri kwatha       | Vatarakta (~osteo arthritis) |
| 39. | C.Ka.7/30   | Matulingadileha     | Virechna (~purgative)        |
| 40. | C.Ka.7/42   | Kalayanak guna      | Jwara (~fever)               |
| 41. | C.Ka.8/13   | Araghwadhadi ghrīt  | Virechna (~purgative)        |
| 42. | C.Ka.11/15  | Shakhanighrit       | Virechna (~purgative)        |

Abbreviation: C-Charaka Samhita, Su-Sutra Sthana, Vi-Viman Sthana, Ci-Chikitsa Sthana, Ka-Kalpa Sthana.

**Table 2: Medicinal uses of Amalaki in Susruta Samhita<sup>[22]</sup>:**

| Sr.no. | Reference    | Mention             | Indication                             |
|--------|--------------|---------------------|--|
| 1.     | Su.Su.46/43  | Phalavarga          | Sarvadoshghana (~control three humors) |
| 2.     | Su.U.11/15   | Vartak pistak       | Abhisayanda (~conjunctivitis)          |
| 3.     | Su.U.39/225  | Kalasyadi ghrīt     | Jirna jwara (~chronic fever)           |
| 4.     | Su.U.44/40   | Drakshadi ghrīt     | Lagharak (~complicated hepatitis)      |
| 5.     | Su.U.52/36   | Amalaki churna      | Kasa (~cough)                          |
| 6.     | Su.Su.44/21  | Kashmaryadi ghrīt   | Verechana (~purgative)                 |
| 7.     | Su.Su.46/336 | Dhatari             | Amla srestha (~best sour test)         |
| 8.     | Su.Ci.6/15   | Pippalyadi kawartha | Arsa (~piles)                          |
| 9.     | Su.Ci.9/8    | Mahatikta ghrīta    | Kustha (~leprosy)                      |
| 10.    | Su.Ci.25/28  | Nili tail           | Palit (~graying of hair)               |
| 11.    | Su.U.39/213  | Tripaladi yoga      | Vishama jwara (~intermittent fever)    |
| 12.    | Su.U.39/219  | Pippalyadi ghrīta   | Jeerna jwara (~chronic fever)          |
| 13.    | Su.U.39/228  | Patoladi ghrīta     | Jwara (~fever)                         |
| 14.    | Su.U.39/248  | Triphala ghrīt      | Jwara (~fever)                         |
| 15.    | Su.U.42/24   | Sadngaghrīt         | Gulma (~abdominal lump)                |

|     |                   |                            |  |
|-----|-------------------|----------------------------|--|
| 16. | <i>Su.U.44/21</i> | <i>Dhatriphala swarasa</i> | <i>Pandu</i> (~anemia)                   |
| 17. | <i>Su.U.45/18</i> | <i>Dhatriphala ghrit</i>   | <i>Raktapitta</i> (~bleeding disorder)   |
| 18. | <i>Su.U.46/20</i> | <i>Dhatriphala swarasa</i> | <i>Murcha</i> (~fainting)                |
| 19. | <i>Su.U.49/36</i> | <i>Chandanadi yoga</i>     | <i>Chardi</i> (~vomiting)                |
| 20. | <i>Su.U.52/18</i> | <i>Marichadi yoga</i>      | <i>Kasa</i> (~cough)                     |
| 21. | <i>Su.U.55/22</i> | <i>Dhatriphala swarasa</i> | <i>Udavarta</i> (~neurulogical disorder) |
| 22. | <i>Su.U.58/41</i> | <i>Dhatriphala swarasa</i> | <i>Mutradosha</i> (~ urine disorder)     |

Abbreviation: *S*-*Susruta Samhita*, *Su*-*Sutra Sthana*, *Ci*-*Chikitsa Sthana*, *U*-*Uttartantra*.

**Table 3: Medicinal uses of Amalaki in Astanga Hridaya<sup>[23]</sup>:**

| Sr.no. | Reference          | Mentioned In                     | Indication                                |
|--------|--------------------|----------------------------------|---|
| 1.     | <i>Ah.Su.3/51</i>  | <i>Nityasavaniya aahara</i>      | (~ used as daily diet)                    |
| 2.     | <i>Ah.Su.10/25</i> | <i>Amla skanda</i>               | (~ sour group of drug)                    |
| 3.     | <i>Ah.Su.18/23</i> | <i>Dhatri swarasa</i>            | <i>Vamana</i> (~ vomiting)                |
| 4.     | <i>Ah.Su.29/36</i> | <i>Dadimadi ghrita</i>           | <i>Varana</i> (~wound healing)            |
| 5.     | <i>Ah.Ci.1/50</i>  | <i>Dhatryadi kwatha</i>          | <i>Vishama jwara</i> (~intermitent fever) |
| 6.     | <i>Ah.Ci.1/100</i> | <i>Dhatri swarasa</i>            | <i>Jwara</i> (~fever)                     |
| 7.     | <i>Ah.Ci.1/28</i>  | <i>Dhatri kalka</i>              | <i>Jwara</i> (~fever)                     |
| 8.     | <i>Ah.Ci.1/29</i>  | <i>Dhatriadiavleha</i>           | <i>Kasa</i> (~cough)                      |
| 9.     | <i>Ah.Ci.3/29</i>  | <i>Tawagadiavleha</i>            | <i>Kasa</i> (~cough)                      |
| 10.    | <i>Ah.Ci.3/50</i>  | <i>Pipalyadi ghrit</i>           | <i>Kasa</i> (~cough)                      |
| 11.    | <i>Ah.Ci.3/97</i>  | <i>Amritprash ghrita</i>         | <i>Kasa</i> (~cough)                      |
| 12.    | <i>Ah.Ci.3/108</i> | <i>Dhatri ghrit</i>              | <i>Vaysthapanamayusam</i> (~antiaging)    |
| 13.    | <i>Ah.Ci.3/138</i> | <i>Vasisthaharitaki rasayana</i> | <i>Rasayana</i> (~adaptogen)              |
| 14.    | <i>Ah.Ci.4/40</i>  | <i>Pippalyadi churna</i>         | <i>Hicca, sawsa</i> (~hiccups-asthma)     |
| 15.    | <i>Ah.Ci.5/45</i>  | <i>Kanadhatri churna</i>         | <i>Rajyashma</i> (~ tuberculosis)         |
| 16.    | <i>Ah.Ci.6/16</i>  | <i>Dhatri swarasa</i>            | <i>Chardi</i> (~vomiting)                 |
| 17.    | <i>Ah.Ci.7/107</i> | <i>Dhatri ghrit</i>              | <i>Madataya</i> (~ alcohol disorder )     |
| 18.    | <i>Ah.Ci.8/65</i>  | <i>Abhyarista</i>                | <i>Arsa</i> (~piles)                      |
| 19.    | <i>Ah.Ci.8/149</i> | <i>Piluphala ghrit</i>           | <i>Arsa</i> (~piles)                      |
| 20.    | <i>Ah.Ci.11/10</i> | <i>Dhatriphala swarasa</i>       | <i>Mutraghata</i> (~urine incontinence)   |
| 21.    | <i>Ah.Ci.12/5</i>  | <i>Dhatri swarasa</i>            | <i>Prameha</i> (~diabetes)                |

|     |             |                     |  |
|-----|-------------|---------------------|--|
| 22. | Ah.Ci.13/14 | Tryamandadi kwatha  | Vidradhi (~abscess)                              |
| 23. | Ah.Ci.13/17 | Drakshadi ghrita    | Vidradhi (~abscess)                              |
| 24. | Ah.Ci.14/75 | Dadhika ghrith      | Gulma (~abdominal lump)                          |
| 25. | Ah.Ci.16/25 | Shilajatu vatak     | Pandu (~anaemia)                                 |
| 26. | Ah.Ci.16/30 | Drakshadiavleha     | Pandu (~anaemia)                                 |
| 27. | Ah.Ci.16/44 | Nisadi anjana       | Kamala (~jaundice)                               |
| 28. | Ah.Ci.16/54 | Dhatriadi swarasa   | Halimaka (~complicated hepatitis)                |
| 29. | Ah.Ci.19/49 | Sitadi avaleha      | Kustha (~leprosy)                                |
| 30. | Ah.Ci.22/14 | Mustadi kwatha      | Vatarakta (~osteoarthritis)                      |
| 31. | Ah.Ci.22/19 | Panchamuladi kwatha | Vatarakta (~osteoarthritis)                      |
| 32. | Ah.Ka.2/19  | Kalyanaka guna      | Kustha (~leprosy)                                |
| 33. | Ah.Ka.2/36  | Dadimadi swarasa    | Virechan (~purgative)                            |
| 34. | Ah.Ka.2/40  | Tilvakadi churna    | Virechan (~purgative)                            |
| 35. | Ah.U.1/10   | Hemadi churna       |  |
| 36. | Ah.U.2/36   | Dhatri churna       | Dantoutapatti (~origin of teeth)                 |
| 37. | Ah.U.2/48   | Sthiradi ghrita     | Balasosha (~marasmus)                            |
| 38. | Ah.U.9/2    | Dhatriadi kwatha    | Kumbhika (~eye disorder)                         |
| 39. | Ah.U.11/40  | Mahanil gutika      | Suddha sukra (~healthy sperm)                    |
| 40. | Ah.U.11/50  | Anjanavarti         | Shirasukra (~eye disorder)                       |
| 41. | Ah.U.13/66  | Sauviradi anjana    | Timira (~cataract)                               |
| 42. | Ah.U.24/27  | Lakshadi lepa       | Darunaka (~head boils)                           |
| 43. | Ah.U.24/45  | Prapaundrikadi tail | Palita (~greying of hairs)                       |
| 44. | Ah.U.32/6   | Dhatriadi yoga      | Jalagardhaba (~inflammatory swelling)            |
| 45. | Ah.U.39/35  | Chayavanprash       | Rasayana (~adaptogen)                            |
| 46. | Ah.U.39/60  | Amalaki ghrith      | Medhavayahstharayam (~keep sustain reminiscence) |
| 47. | Ah.U.39/148 | Amalaki rasayana    | Jaravikara (~antiageing)                         |
| 48. | Ah.U.39/149 | Dhatriadi rasayana  | Tarunavaya (~young age)                          |
| 49. | Ah.U.40/16  | Vidaryadi ghritham  | Vajikarana (~aphrodisiac)                        |
| 50. | Ah.U.40/48  | Dhatri swarasa      | Prameha (~cough)                                 |
| 51. | Ah.U.40/56  | Dhatri              | Vayahstapana (~antiageing)                       |

Abbreviation: Ah-Astanga Hridaya, Su-Sutra Sthana, Ci-Chikitsa Sthana, K-Kalpa sthana, U-Uttartantra.

**Table 4: Medicinal uses of Amalaki in Harit Samhita <sup>[24]</sup>:**

| Sr.no. | Reference  | Mentioned In         | Indication                            |
|--------|------------|----------------------|---------------------------------------|
| 1.     | H.Sa.2/71  | Guduchyadi kwatha    | Pitta jwara (~fever)                  |
| 2.     | H.Sa.2/88  | Kiratiktadi kwatha   | Vata ,pitta jwara (~fever)            |
| 3.     | H.Sa.2/91  | Sunthiadi kwatha     | Pitta ,kapha jwara (~fever)           |
| 4.     | H.Sa.2/205 | Vasadi kwatha        | Chathurthak jwara (~fever)            |
| 5.     | H.Sa.2/210 | Mustadi kwatha       | Bhuta jwara (~fever)                  |
| 6.     | H.Sa.3/20  | Uttapaladi pachana   | Jwaratisara (~fever-diarrhoea)        |
| 7.     | H.Sa.7/40  | Dhatriphala churna   | Pitta shula (~pain)                   |
| 8.     | H.Sa.7/41  | Dadimadi churna      | Pitta shula (~pain)                   |
| 9.     | H.Sa.7/48  | Matulungadi rasa     | Kapha shula (~pain)                   |
| 10.    | H.Sa.7/65  | Hinguadi vati        | Sarvashula nasak (~all types of pain) |
| 11.    | H.Sa.8/28  | Amrita vatak         | Pandu (~anaemia)                      |
| 12.    | H.Sa.9/88  | Parasar ghrít        | Kshyaroga (~emaciation)               |
| 13.    | H.Sa.9/121 | Amlakadi churna      | Rajyakshma (~tuberculosis)            |
| 14.    | H.Sa.9/130 | Guduchyadi churna    | Rajyakshma (~tuberculosis)            |
| 15.    | H.Sa.10/30 | Baladi kwatha        | Raktapitta (~bleeding disorder )      |
| 16.    | H.Sa.10/35 | Amalaki lepa         | Nasagata raktapitta (~nasal bleeding) |
| 17.    | H.Sa.10/66 | Dhatri churna        | Raktapitta (~bleeding disorder)       |
| 18.    | H.Sa.12/30 | Drakshadi leha       | Kasa (~cough)                         |
| 19.    | H.Sa.12/55 | Dhatri avleha        | Chardi (~vomiting)                    |
| 20.    | H.Sa.12/65 | Dadimamalak leha     | Kapha chardi (~vomiting)              |
| 21.    | H.Sa.14/32 | Amalaki swarasa      | Murcha (~fainting)                    |
| 22.    | H.Sa.16/10 | Amalaki rasala       | Madataya (~ alcohol disorder)         |
| 23.    | H.Sa.17/9  | Amalaki swarasa      | Daha (~burning disorder)              |
| 24.    | H.Sa.24/4  | Amalakyadi kwatha    | Amlapitta (~hyper acidity)            |
| 25.    | H.Sa.26/26 | Amalaki kalka        | Gulma (~abdominal lump)               |
| 26.    | H.Sa.26/47 | Amalakyadi churna    | Gulma (~abdominal lump)               |
| 27.    | H.Sa.28/9  | Dhatriphaladi churna | Prameha (~diabetes)                   |
| 28.    | H.Sa.28/40 | Haridradi kwatha     | Pitta prameha (~diabetes)             |

|     |            |                   |   |
|-----|------------|-------------------|---|
| 29. | H.Sa.28/42 | Amalakyadi churna | Sarvameha (~all diabetes)                 |
| 30. | H.Sa.40/32 | Lakshadi tail     | Suryavarta (~head disorder)               |
| 31. | H.Sa.43/6  | Amalakyadi lepa   | Indralupta (~alopecia)                    |
| 32. | H.Sa.44/9  | Amalakyadi tail   | Karnashula (~otalgia)                     |
| 33. | H.Sa.46/12 | Dhatriphala lepa  | Danttashula (~toothache)                  |
| 34. | H.Sa.47/8  | Vidari churna     | Vajikarana (~aphrodisiac)                 |
| 35. | H.Sa.51/4  | Amalakyadi lepa   | Garbha upadrava (~pregnancy complication) |
| 36. | H.Sa.54/21 | Lodhradi lepa     | Balaroga (~child disease)                 |
| 37. | H.Sa.55/21 | Eladi kalka       | Balaghraha (~child disease)               |
| 38. | H.Sa.58/11 | Amalakyadi lepa   | Agnimanda (~indigestion)                  |

Abbreviation: H.Sa.- Harit Samhita

**Table 5: Medicinal uses of Amalaki in Kashyap Samhita <sup>[25]</sup>:**

| Sr.no. | Reference     | Mentioned In        | Indication                         |
|--------|---------------|---------------------|------------------------------------|
| 1.     | Ka.Ci.5/4     | Dhatriphala swarasa | Raktapitta (~bleeding disorder)    |
| 2.     | Ka.Ci.11/7    | Samangadi tail      | Varnaropan (~wound healing)        |
| 3.     | Ka.Ci.16/44   | Lodhradi kwatha     | Trishna (~thirst)                  |
| 4.     | Ka.Ci.18/26   | Bala tail           | Dhatri (~postpartum care)          |
| 5.     | Ka.Kal.2/63   | Vastukadi kwatha    | Kustha (~skin disorder)            |
| 6.     | Ka.Kal.8/167  | Mudgadi ghrita      | Aruchi (~anorexia)                 |
| 7.     | Ka.Khi.2/60   | Kasmaryadi kwatha   | Vamana (~vomiting)                 |
| 8.     | Ka.Khi.3/39   | Draksadi swrasa     | Aganidipana (~digestive stimulant) |
| 9.     | Ka.Khi.4/20   | Citrakadi yusha     | Dipana (~appetizer)                |
| 10.    | Ka.Khi.7/65   | Trivrtastaka churna | Jwara (~fever)                     |
| 11.    | Ka.Khi.10/138 | Abhayadi lepa       | Kasa (~cough)                      |
| 12.    | Ka.Khi.10/139 | Pipalyadi churna    | Kasa (~cough)                      |
| 13.    | Ka.Khi.11/158 | Haritakyadi kwatha  | Mukhashodhana (~buccal hygiene)    |
| 14.    | Ka.Khi.11/167 | Guduchyadi ghrit    | Visama jwara (~intermittent fever) |
| 15.    | Ka.Khi.13/71  | Haritakyadi swarasa | Netra prakshalan (~eye wash)       |
| 16.    | Ka.Khi.14/43  | Patoladi kwatha     | Visarpa (~erysipelas)              |
| 17.    | Ka.Khi.15/16  | Dhatri kwatha       | Charmadal (~skin disorder)         |



|     |                     |                         |                        |
|-----|---------------------|-------------------------|------------------------|
| 18. | <i>Ka.Khi.17/59</i> | <i>Abhayadi ghr̥it</i>  | <i>Sotha</i> (~oedema) |
| 19. | <i>Ka.Khi.17/69</i> | <i>Citrakadi kwatha</i> | <i>Sotha</i> (~oedema) |
| 20. | <i>Ka.Khi.19/32</i> | <i>Pipalyadi ghr̥it</i> | <i>Jwara</i> (~fever)  |

Abbreviation: ka-kashyap, Ci-Chikitsa Sthana, K-Kalpa sthana, Khi-Khil sthana

**Table 6: Medicinal uses of Amalaki in Sharangadhar Samhita<sup>[26]</sup>:**

| Sr.no.               | Reference        | Mentioned In               | Indication   |
|----------------------|------------------|----------------------------|--|
| <b>Purvakhanda</b>   |                  |                            |  |
| 1.                   | <i>Sa.2/22</i>   |                            | <i>Tridoshashamaka</i> (~specify all three humors) |
| <b>Madhyamkhanda</b> |                  |                            |  |
| 2.                   | <i>Sa.1/7</i>    | <i>Dhatri swarasa</i>      | <i>Pr̥ameha</i> (~diabetes)                        |
| 3.                   | <i>Sa.1/11</i>   | <i>Jambvadi swarasa</i>    | <i>Rakta atisara</i> (~bloody dysentery)           |
| 4.                   | <i>Sa.2/54</i>   | <i>Mustadi kwath</i>       | <i>Visham jwara</i> (~intermittent fever)          |
| 5.                   | <i>Sa.2/60</i>   | <i>Devdarvadi kwath</i>    | <i>Chaturthak jwara</i> (~quartan fever)           |
| 6.                   | <i>Sa.2/137</i>  | <i>Dhatri khadir kwath</i> | <i>Sweta kustha</i> (leucoderma)                   |
| 7.                   | <i>Sa.4/8</i>    | <i>Dhanyakadi hima</i>     | <i>Raktapitta</i> (~bleeding disorder )            |
| 8.                   | <i>Sa.6/7</i>    | <i>Amalakyadi churna</i>   | <i>Sarva jwara</i> (~all types of fever)           |
| 9.                   | <i>Sa.6/148</i>  | <i>Vyaghri churna</i>      | <i>Mahaswasa</i> (~asthma)                         |
| 10.                  | <i>Sa.7/17</i>   | <i>Amalakyadi gutika</i>   | <i>Trishna</i> (~thirst)                           |
| 11.                  | <i>Sa.7/29</i>   | <i>Surana vataka</i>       | <i>Arsha</i> (~piles)                              |
| 12.                  | <i>Sa.7/56</i>   | <i>Yograj guggula</i>      | <i>Aamvata</i> (~rheumatoid arthritis)             |
| 13.                  | <i>Sa.10/28</i>  | <i>Pipplyadyaasav</i>      | <i>Kshyaroga</i> (~cachexia)                       |
| 14.                  | <i>Sa.10/80</i>  | <i>Dashamularistha</i>     | <i>Vatavyadhi</i> (~neurological disorder)         |
| 15.                  | <i>Sa.12/267</i> | <i>Kandarpasundar rasa</i> | <i>Vajikarana</i> (~aphrodisiac)                   |
| <b>Uttarkhanda</b>   |                  |                            |  |
| 16.                  | <i>Sa.11/28</i>  | <i>Dhatr̥iphala lepa</i>   | <i>Paalitya</i> (~greying of hair)                 |
| 17.                  | <i>Sa.11/45</i>  | <i>Siddhmahar lepa</i>     | <i>Sidhma kusthai</i> (~skin disorder)             |
| 18.                  | <i>Sa.11/61</i>  | <i>Amalakyadi lepa</i>     | <i>Nasa raktapitta</i> (~nasal bleeding)           |
| 19.                  | <i>Sa.11/65</i>  | <i>Shirahshulhar lepa</i>  | <i>Raktapitta</i> (~bleeding disorder )            |
| 20.                  | <i>Sa.11/134</i> | <i>Shringvera kwath</i>    | <i>Karnashula</i> (~otalgia)                       |
| 21.                  | <i>Sa.13/27</i>  | <i>Dhatri pindi</i>        | <i>Pittaj abhishyanda</i> (~conjunctivitis)        |

Abbreviation: Sa-Sharangadhar Samhita

**Table 7: Medicinal uses of Amalaki in *Bhel Samhita* [27]:**

| Sr.no. | Reference          | Mentioned In              | Indication  |
|--------|--------------------|---------------------------|---|
| 1.     | <i>Bh.Ci.2/23</i>  | <i>Tryusanadi ghrít</i>   | <i>Grahani</i> (~dysentery)                             |
| 2.     | <i>Bh.Ci.20/26</i> | <i>Kalyanak ghrít</i>     | <i>Rasayana</i> (~adaptogenic)                          |
| 3.     | <i>Bh.Ci.28/70</i> | <i>Cavyadi churna</i>     | <i>Panataya</i> (~alcoholic syndrome)                   |
| 4.     | <i>Bh.Ka.6/4</i>   | <i>Chturanguladi yoga</i> | <i>Virechan</i> (~purgative)                            |
| 5.     | <i>Bh.Ka.9/40</i>  | <i>Amalakadi modak</i>    | <i>Virechan</i> (~purgative)                            |
| 6.     | <i>Bh.Ka.6/15</i>  | <i>Bhallataka yoga</i>    | <i>Kustha, krimi</i> (~skin disorder and antimicrobial) |
| 7.     | <i>Bh.Ka.7/1</i>   | <i>Amalaki churna</i>     | <i>Virechan</i> (~purgative)                            |

Abbreviation: *Bh- Bhel samhita* , *Ci-Chikitsa Sthana*, *K-Kalpa sthana* .

## DISCUSSION

Almost all parts of the plant *amalaki* possess medicinal properties, particularly fruit, which has been used in *Ayurveda* as a powerful *rasayana*. It is a highly nutritious fruit and is one of the richest sources of vitamin-C, amino acids and minerals [28]. It contains several chemical constituents like tannins, alkaloids and phenols. Among all hydrolysable tannins, Emblicanin A and B; gallic acid, ellagic acid are reported to possess several biological activities [29]. *Amalaki* used as customary medicine in the treatment of diarrhea, jaundice, inflammation and several other ailments [30]. The root bark of *amalaki* is astringent and is useful in ulcerative colitis and gastric ulcer. The stem bark of the plant is also astringent and useful in gonorrhoea, jaundice, diarrhea and myalgia. The flowers are cooling and aperients. The leaves are useful in conjunctivitis, inflammation, dyspepsia, diarrhea and dysentery. Seeds are reported to be useful in asthma, bronchitis and biliousness. *Amalaki* when fresh has five *rasa* viz. [31], *amla* (sour), *madhura* (sweet), *kashaya* (astringent), *tikta* (bitter) and *katu* (pungent); and *sheeta* (~cooling), *rooksha* (~roughness) and *laghu* (~light) *guna* (properties). Though it mainly acts on *pitta* and *kapha*, it is considered to pacify all three *dosha* (basic humour of the body) i.e., *vata* by its *amlatwa* (sourness); *pitta* by *madhuryata* (sweetness) and *sheetata* (cold potency); *kapha* by *kashayatwa* (astringent flavour) and *rookshatwa* (ability to produce dryness). It is one of the best *Rasayana* and best among the *vayahsthapana* (anti-aging). The other actions on the general health are *ruchya* (enhances interest in food), *swedahara* (reduces

sweating), *medohara* (reduces fat/lipids) *shukrala* (increases production of semen and sperm), *vrishya* (aids in ejaculation), *keshya* (good for hair), *chakshushya* (good for eyes), *jara vyadhi vinashana* (checks the diseases due to aging), *sara* (laxative), *deha vidharana* (nourishes whole body) and *vajeekarana* (aphrodisiac)<sup>[32]</sup>.

## CONCLUSION

*Amalaki* is an essential plant in various traditional systems of medicine like Ayurveda. Almost all parts of this plant are used in different therapeutic purposes. *Amla* fruit has been mentioned under *triphala* (~combination of three potent fruits) along with *bibhitaki* (*Terminalia bellirica* (Gaertn.) Wall.) and *haritaki* (*Terminalia chebula* Retz.) in Ayurveda. This 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. This is equally effective almost all parts of the human body. Present review highlights the various therapeutic uses mentioned by great Ayurveda sages. There is a huge scope for further scientific research on various therapeutic aspects of this important medicinal plant.

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