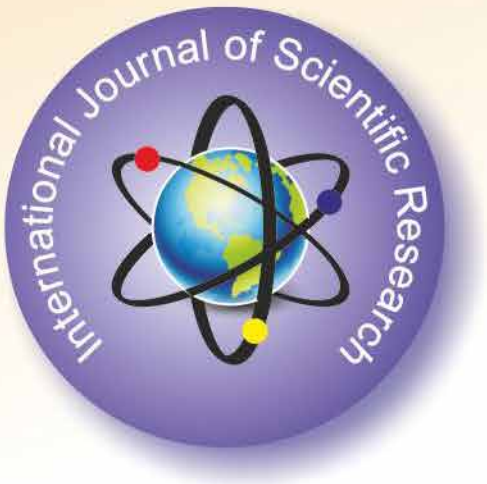
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AMLA - ITS MEDICINAL USES

Economics

KEYWORDS :

Manisha Gaur Assistant professor in PGGC-46 chandigarh

ABSTRACT

Amla is a medium sized tree. Leaves small looking like tamarindus leaves, Flowers unisexual creamish yellow & small, fruits: fleshy globose. It is Sour, Astringent, Sweet in taste. Amla is used in haemorrhage, Diabetes, Polyuria, Headache, Hysteria, Jaundice, Eczema, Dissuria, Piles, Diarrhoea, cold, Menorrhagia, Scurvy dyspepsia, flatulence, menorrhagia. The fruits of Emblica officinalis are rich in tannins. The fruits have 28% of the total tannins distributed in the whole plant. It acts like an anti-determatoses and anti-pyretic.it is healty for heart and is a blood purifier. Amla is used in eye disorder / constipation, fever ,liver infection. In this article traditional and medical uses of Amla are discussed.

INTRODUCTION-

ENGLISH NAME: - Embolic Myrobalan. Hindi – Amla.

PARTS – USED: - Fruit and Seeds.

DESCRIPTION: - A medium sized tree. Leaves small looking like tamarindus leaves, Flowers unisexual creamish yellow & small, fruits: fleshy globose.

TASTE: - Sour, Astringent, Sweet.

CHEMICAL CONSTITUENTS: - Fruit Contain: Protein, Fats, Fibres, Carbohydrates, Vitamin – C, Nicotinic acid, Tannins, After-drying it contains Gallic acid, Ellagic acid and Flavin & Glucose, Seeds Contains: Linoleic acid, Linolenic acid and Oleic acid.

ACTIONS: - Tonic, Diuretic, Astringent, Cooling, Antifungal, Laxative, Liver tonic, Anodyne, carminative, stomachic.

USED – IN: - Haemorrhage, Diabetes, Polyuria, Headache, Hysteria, Jaundice, Eczema, Dissuria, Piles, Diarrhoea, cold, Menorrhagia, Scurvy dyspepsia, flatulence, menorrhagia.

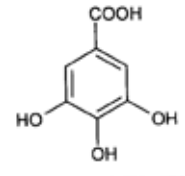
Traditional Use:

The fruits are sour, astringent, bitter, acrid, sweet, cooling, anodyne, ophthalmic, carminative, digestive, stomachic, laxative, alterant, aphrodisiac, rejuvenative, diuretic, antipyretic and tonic. They are useful in vitiated conditions of tridosha, diabetes, cough, asthma, bronchitis, cephalalgia, ophthalmopathy, dyspepsia, colic, flatulence, hyperacidity, peptic, ulcer, erysipelas, skin disease, leprosy, haematogenesis, inflammations, anemia, emaciation, hepatopaty, jaundice, strangury, diarrhea, dysentery, hemorrhages, leccorrhoea, menorrhagia, cardic disorders, intermitted fevers and greyness of hair.

Phytochemistry:

The fruits of Emblica officinalis are rich in tannins. The fruits have 28% of the total tannins distributed in the whole plant. The fruit contains two hydrolysable tannins Emblicanin A and B, Which have antioxidant properties, one on hydrolysis gives gallic acid, ellagic acid and glucose wherein the other give ellagic acid and glucose. The fruit also contains Phyllemblin.

Active principle- Tannins and Gallic acid.



$C_7H_6O_5$ Mol. Wt. 170.12

Gallic acid

Pharmacology and clinical studies:

Phyllembin, isolated from the ethanolic extract of the fruit pulp has been found to potentiate the action of adrenaline in vitro and in vivo. It showed a mild depressant action on Central Nervous System and also had a spasmolytic activity. The drug also revealed mild stimulant action on isolated frog heart, short and insignificant rise in cat's blood pressure, contraction of the nictitating membrane, the reduction of outflow of the perfusate in the hind limb of the rat and ear of rabbit, mild cerebral drpressant action and anti-spasmodic activity. Of the indirect actions, potentiation of the action of adrenaline on the blood pressure of act, isolated frog heard, and nictitating membrane of cant and the prolongation of the hypnosis were observed.

The ether extract and 80 percent alcoholic extract of fruits acidified with hydrochloric acid, were found to have antibacterial actively. The other extract of acidified alcoholic extract showed the highest activity, inhibiting the growth of M. pyogenes var. S. typhosa and S. paratyphi at a concentration of 0.21 mg/ml and that of M. pyogense var. albus; S. schottmmellari and S. dysenteriae at a concentration of 0.42 mg/ml3.

Clinical studies were conducted to investigate the effect of crude amla in gastritis syndrome. The crude amla was given in 20 cases in a dose of 3 gms, 3 times a day for 7 days. The drug was found effective in 85%of the cases. It was observed that the drug did not have any significant beneficial effect in case of hypochlorhydria. Only cases of hyperchloridia with burning sensation in abdominal and cardiac regions and epigastric pain were enefited.

It is reported to have anti-cancer properties. The crude extract of Emblica officinalis was reported to counteract hepatotoxic and renotoxic effects of metals due to anti-oxidant activity. Antioxidant of the fruit extract is demonstrated in several models.

(i) Safety: The drug is not reported to have any side effects even after prolonged use.

Chemical Composition

Indian Gooseberry is rich in Vitamin C. It has 20 times more Vitamin C compared to orange. It also contains gallic acid, tannic acid, carbohydrates, albumen, cellulose and calcium.

Each 100 gm of fruit pulp and juice contains: Water-81.2 mg, Protein – 0.5 mg, Fat – 0.1 mg, Phosphorus – 0.02mg, Calcium - 0.05mg, Iron – 1.2 mg, Nicotinic acid – 0.2 mg.

Amount of tannin found in various parts of the plant is as follow:

Fruit – 28%, Branches – 21%, Bark – 8.9%, Leave – 22%, Fruits contain two forms of Tannin. In the seeds, there is a brownish – yellow coloured oil (16%).

Properties

1. The fruit has stool binding properties, and is a blood and urine purifier. It promotes the taste and is beneficial in curing diarrhea, burning sensation, jaundice, bleeding, diathesis, gout, piles, constipation, indigestion, breathing disorders, cough etc. it improves eyesight, sexual potency and promotes longevity.

2. It is a tridosa healer. Its acide suppresses vata, mild coolness suppresses pitta, and arid astringence suppresses kapha.
3. It acts like an anti-determatoses and anti-pyretic.
4. It is healty for heart and is a blood purifier.
5. It stimulates sexual desire and stabilizes the womb.
6. It cures cough and cold (kapha pitta nashak), cures burning sensation due to dermatomes. It is beneficial for eyes and digestive system and also cures difficult and incurable fever.
7. Indian gooseberry along with harad and pippali cures all types of fevers.
8. Indian gooseberry is bit sweet and sour and pungent in taste. Its juice is good for eyes.

Medicinal usage

Eye Disorders:
Take 20-50 gm Indian gooseberry. Grind them solid and boil with ½ litre water for 2 hours. Strain the water and put a few drops in eyes, thrice a day. It is beneficial in all types of eye disorders.

Eye Swelling:
When the fruit is still on the tree, prick it and collect the juice that oozes out of it. Apply this juice all around the eye. It cures the swelling.

Conjunctivitis:
Put a few drops of Indian gooseberry juice in the eyes or take 4 gm extract of sahijan, leaves and mix it with 250 mg rock salt. Mix the two and use this mixture to rinse the eyes.

Hair problems:
1. Take 30 gm dried amla, 10 gam baheda, 50 gm mango seed and 10 gm iron powder. Soak all the elements in a vessel overnight. Apply this everyday on hair. Prematurely grey hair turns black with this treatment.
2. Prepare decoction of gooseberry, reetha, and shikakai. Wash hair with this decoction. It makes the hair soft, dense and long. Brahmi Amla oil is also beneficial for hair.

Nasal Bleeding
Prepare paste of black plum (Jamun), mango and gooseberry with kanji. Apply this paste on the forhead. It immediately stops nasal bleeding.

Voice problems:
Take equal quantities of celery seeds (ajmoda), turmeric powder, gooseberry, Yavakshar and chitrak. Take 1-2 gm powder with 2 teaspoonful honey and 1 teaspoonful ghee and let the patient lick this mixture. It cures all types of voice problems.

Hiccoughs:
1. Take 2 gm each of the powder of long pepper (pipalli), gooseberry, and ginger root and mix 10 gm of sugar and 1 teaspoonful honey in the mixture. Give this mixture repeatedly. It cures hiccoughs and breathing problems.
2. Take 10-20 gm gooseberry extract and 2-3 gm Peepar powder. Take this mixture with 2 teaspoonful honey, twice a day, it cures hiccoughs.

Acidity
Take 1-2 fresh gooseberry fruit with sugar or take 25 gm juice of gooseberry with equal amount of honey, every morning and evening. It eradicates problems of sour hiccoughs, and acidity.

Colitis:
Prepare decoction of gooseberry leaves with fenugreek seeds. Give 10-20 gm of this decoction twice a day to the patient. It cures colitis.

Jaundice:
To cure liver weakness and jaundice, prepare a paste of gooseberry fruit with honey. Give this paste to the patient every morning and evening.

Constipation:
Gooseberry fruit's powder can be used as triphala powder, to cure live enlargement, headache, constipation, piles and indigestion. This powder should be given in quantities of 3-6 gm triphala powder can be given orally with warm water, at night before going to the bed. It cures constipation.

Blood dysentery:
In case of excessive bleeding in bowels due to diarrhoea, take 10-20 gm gooseberry extract and mix with honey and 5 gm ghee. Mix all of them and give to the patient. Also, give 10 ml goat milk after the mixture.

Burning sensation:
Take equal quantities of gooseberry, harada (Myrobalan), baheda, nut-grass, daruhaldi, deodar. Prepare the decoction and give 15-20 gm decoction to the patient every morning and evening.

Diarrhoea:
Grind 5-6 gooseberry fruits with water and apply it around the belly button of the patient. Also mix ginger juice with the paste. With this treatment, even a free flowing diarrhoea gets cured.

Liver problem/Jaundice:
1. Give 125 mg to 250m iron ash with 1-2 gooseberry fruits to the patient. It is beneficial in curing liver disorders like jaundice and anemia.

Arthritis:
Take 20 gm dried gooseberry fruits and 20gm jiggery. Boil them in 500 gm water till it is reduced to 250 gm water. Strain the solution and give this to the patient every morning and evening. It is beneficial in curing arthritis. During treatment, patient must avoid salt.

Fever infection:
Prepare decoction with equal quantities of gooseberry fruit, jasmine leaves, nagarmotha, and Ywasa. Give ¼ part of it with jiggery to the patient. It helps cure all the infections in the body.

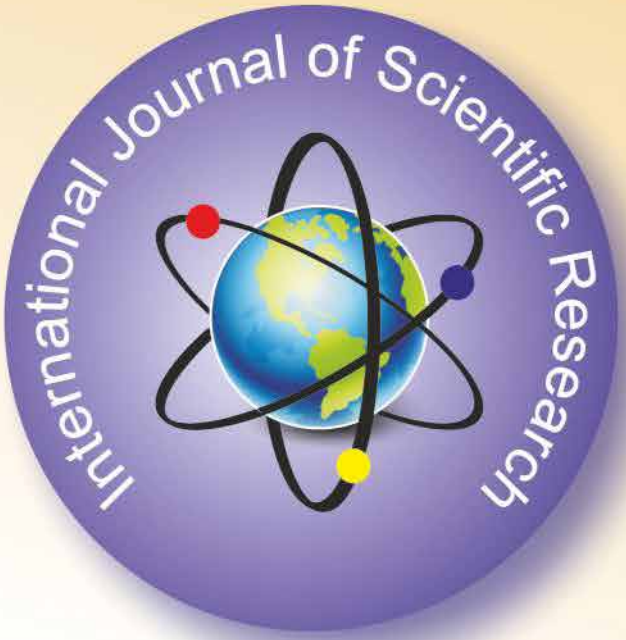
Fever due to pitta:
Extract juice of ripe gooseberry fruits and grind them till it becomes a thick paste. Add more juice to it and grind to form dough. Grind it to form fine powder. This powder is very effective in curing pitta. Give 2-5 gm of this powder twice a day, regularly. It helps cur thirst, anxiety and fevery.

Fatigue, burning sensation:
Mix 10 gm jiggery in 100 gm gooseberry decoction and give this in little quantities to the patient to drink. It helps cure fatigue, burning sensation, pain, bleeding, disorder and micturition disorders.

Cut:
In case of any cut on the body due to knife or any other such sharp object leading to sever blood flow, immediately apply gooseberry extract on the cut.

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