

Emblica/ Amla

Botanical Name: *Phyllanthus emblica*

Common Name: Indian gooseberry

Family: Euphorbiaceae

Hindi Name: आमला

Part Used: Fruit

Phyllanthus emblica is commonly called as Indian gooseberry tree and belongs to family *Phyllanthaceae*. The tree is small to medium in size, reaching 1–8 m in height. The branchlets are not glabrous or finely pubescent, 10–20 cm long, usually deciduous; the leaves are simple, subsessile and closely set along branchlets, light green, resembling pinnate leaves. The flowers are greenish-yellow. The fruit is nearly spherical, light greenish-yellow, quite smooth and hard on appearance, with six vertical stripes or furrows. The fruit is up to 26 mm in diameter, and, while the fruit of wild plants weigh approximately 5.5 g, cultivated fruits average 28.4 g to 56 g. The fruits ripen in autumn, the berries are harvested by hand after climbing to upper branches bearing the fruits. The taste of Indian emblic is sour, bitter and astringent, and it is quite fibrous. The amla fruit is eaten raw or cooked into various dishes, such as dal and amle ka murabbah, a sweet dish made by soaking the berries in sugar syrup until they are candied. It is traditionally consumed after meals.

Indian gooseberry, is a highly valued plant in traditional medicine, particularly in Ayurveda, for its diverse medicinal properties. It's used to treat various ailments, including digestive issues, respiratory problems, skin disorders, and more, thanks to its antioxidant, anti-inflammatory, and antimicrobial activities. The powder of dried fruits with milk used in improvement of immunity. It is also used in treatment of asthma, cold, digestive disorders, sharpness of eye sight, jaundice, and constipation. The riped fruits frequently used for pickles, juice, and hair treatment.