



Therapeutic uses of Amalaki (*Phyllanthus emblica*) a scientific and experiential view.

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Abstract

Ayurveda medicine is getting mainstream in modern India. Indian system of medicine, ie., Ayurveda has contributed significantly to the Indian economy in Particular and also the global economy. Herbs, minerals and animal products are used in the management of disease either in singly or in the form of different formulations. Amalaki is one such drug which is widely used all over the world. Mainly dried fruits are used in therapeutics. It is not only a rich source of natural vitamin C, but also attributed with actions like Rasayana, Vayasthapana, Jivaniya, antiaging, Dipana, Pachana, anticancer, nutritive and tonic. Various formulations like Triphala tablets, Phalatrikadi kashaya, Dhatri loha, Amalaki Rasayana, Bhringamalaka taila, and Dhatriyarishta are few formulations used in the common clinical practice. Amalaki is used in the management of diseases like Pandu, Kamala, Udara, Malabandha, Arochaka, Dourbalya, Jararoga and Amlapitta roga.

The present paper highlights the therapeutic uses of Amalaki (*Phyllanthus emblica*) in a scientific and experiential view.

Key words

Amalaki, Amlapitta roga, Pandu, Kamala.

Aim and Objectives - To study the therapeutic uses of Amalaki (*Phyllanthus emblica*) in a scientific and experiential view.

Methods

Relevant subject matter is compiled from various research monographs, scientific research papers from indexed and peer reviewed journals, Samhita granthas, Sangraha granthas, contemporary modern literature and from personal clinical experiences.

Introduction

Herbs are used in medicine from the time immemorial. In the Ayurveda system of medicine, herbs are used singly or in the form of different combinations. Amalaki is a common drug which is used in the management of various disorders. Amalaki phala (fruits) is an ingredient of Triphala (three myrobalans) frequently used as medicine.

Paryayas - Amalaki, Vrushya, Amrita phala, Vayasya, Trishya phala, Amalaka.

English - Indian gooseberry, emblic myrobalan.

Hindi Amla, Aonla, Amalaki, Amalak, Amvala.

Rasa - Amla, Madhura, Kashaya, Tikta, Katu.

Guna - Guru, Rooksha, Sheeta.

Virya - Sheeta.

Vipaka - Madhura.

Doshagnata - Tridosha shamaka, especially Pittahara.

Karma - Balya, Rechana, Dipana, Anulomana, Dahaprashamana, Amlatanashaka, Yakrit uttejaka, Sramsana, Hridya, Shonitasthapana, Kaphaghna, Vrushya, Garbha sthapana, Mootrala, Pramehaghna, Jwaraghna, Kushthaghna, Rasayana. Rogaghna - Daha, Pittaja rogas, Paittika Shirahshoola, Netra vikara, Khalitya, Palitya, Mootravarodha, Drishtimandya, Indriya dourbalya, Amlapitta, Parinama shoola, Aruchi, Agnimandya, Trishna, Vibandha, Yakrid vikara, Udavarta, Udara roga, Arsha, Hridroga, Raktapitta, Raktaja vikara, Kasa, Shwasa, Rajayakshma, Shukra meha, Pradara, Garbhashaya dourbalya, Charma roga, Mootra krichchra, Paittika Prameha, Jirna jwara, Kshaya, Dourbalya, Daha and Shotha.

Actions and uses

The bark is astringent and useful in gonorrhea, jaundice, diarrhea and myalgia. The root bark is astringent and useful in ulcerative stomatitis and gastric ulcer. The flowers are cooling and aperient. The leaves are useful in conjunctivitis, inflammation, dyspepsia, diarrhea and dysentery. The fruits are astringent, cooling, anodyne, carminative, digestive, stomachic, laxative, alternant, alexiteric, aphrodisiac, diuretic, antipyretic, tonic and trichogenous. They are useful in diabetes, colic, flatulence, cough, asthma, bronchitis, headache, ophthalmic disorders, hyperacidity, peptic ulcer, erysipelas, skin disorders, leprosy, hematemesis, inflammations, emaciation, anemia, liver disorders, jaundice, strangury, diarrhea, dysentery, intrinsic hemorrhages, leucorrhoea, menorrhagia, cardiac disorders, intermittent fevers and greyness of hair. Seeds are useful in asthma, bronchitis and biliousness.

Chemical constituents

Fruits contain gallic acid, tannic acid, sugar, resin, albumin, cellulose and minerals including mainly calcium.

Pharmacological actions

Mild CNS depressant, hypo-lipidaemic, spasmolytic, anti-mutagenic anti-atherosclerotic, immuno-modulatory, antimicrobial, antioxidant, antifungal, antitumor, anti-inflammatory, hypoglycemic, antibacterial, antiulcer, adrenergic potentiating, HIV - 1 reverse transcriptase inhibitory action.

Clinical indications

1. Amlapitta
2. Madhumeha
3. Chronic Gastritis
4. Peptic ulcer
5. Parinama shoola
6. Annadrava shoola
7. Scurvy
8. Epistaxis
9. Hematemesis
10. Diarrhea
11. Dysentery
12. Irritable bowel syndrome
13. Pandu roga
14. Kamala
15. Viral hepatitis
16. Alcoholic liver disease
17. Chronic non healing ulcer
18. Arshas
19. Carcinoma of stomach
20. Aruchi

21. Agnimandya
22. Malabandha
23. Anaha
24. Adhmana
25. Atopa
26. Dourbalya
27. Mastishka dourbalya

Formulations - Chyavana prashavaleha, Dhatri loha, Dhatri Rasayana, Triphala tablets, Amalaki Rasayana, Bramha Rasayana, Amalakyavaleha, Brihad chagaladya ghrita, Dhatriyarishta, Phalarishta, Triphala ghrita, Triphala guggulu, Phalatrikadi kashaya.

Amayika prayoga - When it is given with suitable disease specific adjuvants, Amalaki shows desired results. This is known as Amayika prayoga.

Amlapitta - Amalaki Rasayana choorna is given with Avipattikara choorna and Bhunimbadi kashaya.

Madhumeha - Amalaki choorna is given with Nishamalaki tablets and Asanadi Kwatha.

Chronic Gastritis - In these patients, Amalaki choorna is given with Bhunimbadi kashaya or Patoladi kashaya and Kamadugha rasa.

Peptic ulcer - In Peptic ulcer patients, Amalaki Rasayana choorna is given with Patoladi kashaya or Yavadi kashaya and Pravala panchamrita rasa.

Parinama shoola - In the patients of Parinama shoola, Mukta panchamrita rasa is given with Bhunimbadi kashaya and Avipattikara choorna.

Annadrava shoola - In the patients of Annadrava shoola, Patoladi kashaya is given with Agnitundi vati and Kamadugha rasa with Mouktika.

Scurvy - In Scurvy patients, Amalaki choorna is given with Dhatriyarishta. Amalaki choorna is a rich source of natural vitamin C.

Epistaxis - In these patients, Amalaki choorna is given with Usheerasava and Bolabaddha rasa.

Hematemesis- In patients of Hematemesis, similar medicines are effective. If the cause of Hematemesis is esophageal varices, banding and other measures should be done to control bleeding.

Diarrhea - In patients of diarrhoea, Amalaki choorna is given with Lashunadi vati or Lavana Bhaskara choorna.

Dysentery - In these patients,

Kutajarishta and Kutaja ghana vati are given with Amalaki choorna.

Irritable bowel syndrome - In irritable bowel syndrome patients, Medhya vati, Kutajarishta and Bilvavaleha are given with Amalaki Rasayana choorna.

Pandu roga - Dhatri loha is given with Lohasava.

Kamala roga - Triphala tablets are given with Phalatrikadi kashaya.

Viral hepatitis - In Viral hepatitis patients, Triphala choorna is given with Phalatrikadi Kashaya, Godanti bhasma and Arogya vardhini vati.

Alcoholic liver disease - In patients of Alcoholic liver disease, Triphala tablets is given with Arogyavardhini vati and Phalatrikadi Kashaya. However in Alcoholic Cirrhosis, Punarnavadi mandoora with high protein diet are given.

Chronic non healing ulcer, Triphala guggulu is given with Pravala panchamrita rasa and Maha manjishthadi Kashaya.

Arshas - Triphala tablet is given with Abhayarishta or Usheerasava.

Carcinoma of Stomach - In these patients, Roudra rasa, Kamadugha rasa with Mouktika, Agnitundi vati and Patoladi kashaya are given with Amalaki choorna. Only palliative treatment is done in these patients.

Aruchi - In Aruchi patients, Lashunadi vati or Hingwashtaka choorna are given with Amalaki choorna.

Agnimandya - Amalaki Rasayana choorna is given with Lavana Bhaskara choorna is given with Amalaki Rasayana choorna and Dashamoolarishta.

Malabandha - Triphala choorna is given with Abhayarishta.

Anaha - In patients of Anaha, Triphala kashaya is given with Agnitundi vati.

Atopa - In this, Kupilu hingwadi vati is given with Triphala tablets.

Dourbalya - In patients of Dourbalya, Amalaki Rasayana choorna is given with Ashwagandharishta and Balarishta.

Mastishka dourbalya - In these patients, Saraswatarishta and Kooshmandavaleha are given with Amalaki choorna.

Conclusion

1. Amalaki (*Phyllanthus emblica*) is used in the management of liver disorders, gastrointestinal disorders and various psychosomatic diseases.
2. It can be used in single form or in the form of different formulations.
3. Since the dry fruits are a rich source of natural vitamin C, it can be used in diseases of vitamin C deficiency.

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