

## MAHARAJA AGRASEN INSTITUTE OF MANAGEMENT STUDIES

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## Amla Tree



- 1. Name of Tree-Amla
- 2. Scientific Name- Phyllanthus emblica
- **3. Vernacular Names** emblic, emblic myrobalan,myrobalan,Indian gooseberry, Malacca tree,or amla
- 4. Age- Upto an age of 70 years
- 5. Season- July to September
- Medicinal Properties- Amla is loaded with nutrients and is the richest natural source of vitamin
  C. Amla helps improve digestion and relieve acidity.
- 7. Chemical Compounds- These fruits are reputed to contain high amounts of <u>ascorbic</u> <u>acid</u> (vitamin C), and have a <u>bitter taste</u> that may derive from a high density of ellagitannins, such as <u>emblicanin</u> A (37%), emblicanin B (33%), <u>punigluconin</u> (12%), and <u>pedunculagin</u> (14%).
- 8. Description- Amla is the medium size deciduous plant. It grows to the height of 8 -18 meter
- 9. Most Favorable location- Uttar Pradesh, Tamil Nadu, Rajasthan and Madhya Pradesh
- 10. Therapeutic Uses-Commonly used in inks, shampoos and hair oils, the high <u>tannin</u> content of Indian gooseberry fruit serves as a <u>mordant</u> for fixing dyes in fabrics
- **11. Nutritious Value**-Amla berries are rich in antioxidants, which reduce the risk of chronic health conditions like heart disease, diabetes, and cancer.
- **12. Religious and cultural context-**In the Buddhist tradition, half an <u>amalaka</u> fruit was the final gift to the Buddhist sangha by the great Indian emperor <u>Ashoka</u>.

## THANK YOU FOR READING

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