

## **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
- 6. 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 ascorbic acid (vitamin C),and have a bitter taste that may derive from a high density of ellagitannins, such as emblicanin A (37%), emblicanin B (33%), punigluconin (12%), and pedunculagin (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 tannin content of Indian gooseberry fruit serves as a mordant 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 amalaka fruit was the final gift to the Buddhist sangha by the great Indian emperor Ashoka.

**THANK YOU FOR READING**

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