



CHANNABASWESHWAR PHARMACY COLLEGE (DEGREE)

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Approved by:- Govt. Of Maharashtra, PCI, New Delhi, Affiliated to:- S.R.T.M.University, Nanded, MSBTE, Mumbai.

Name of Herbal Plant : Indian Gooseberry

Biological Source: It Consists Of Dried As Well As Fresh

Fruits Of The Plant Emblica Officinalis Gaerth.

Synonyms : Amla, Amalaka, Emblic Myrobalans.

Family : Euphorbiaceae.

Description : Indian Gooseberry Is Known By Two Scientific Name-Phyllanthus

Emblica And Emblica Officinalis It'S Also Commonly Called Amla. This Small Tree Has Yellow-Green

Flowers That Blossom Into Round'Edible Fruits Of The Same Colour.

Geographical Source : Native To India, Also Growing In Sri Lanka, Uzbekistan South East Asia

And China.

Vernacular Name in English: Indian Gooseberry.

Vernacular Name in Hindi : Amla.

Vernacular Name in Marathi: Avala, Aanvala.

Vernacular Name in Kannada: Phyllanthus Emblica Linn.

Chem. Constituents: Thes Fruits Contain High Amounts Of Ascorbic Acid, 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%).

Uses:

- 1.It Is Uses By Cooking And Herbal Medicine.
- 2.Indaian Gooseberry And Hypertension.
- 3.Indaian Gooseberry And Diabetes.
- 4.Indaian Gooseberry And Mental Health.