



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 : These 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 Used By Cooking And Herbal Medicine.
2. Indian Gooseberry And Hypertension.
3. Indian Gooseberry And Diabetes.
4. Indian Gooseberry And Mental Health.

