

PART- I
VOLUME – I



GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF AYUSH

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Note: This e-Book contains Computer Database generated Monographs which are reproduced from official publication. The order of contents under the sections of *Synonyms, Rasa, Guna, Virya, Vipaka, Karma, Formulations, Therapeutic uses* may be shuffled, but the contents are same from the original source. However, in case of doubt, the user is advised to refer the official book.

4. Amalaki (Drd.Frt.)

ĀMALAKĪ (Dried)

Āmalakī consists of pericarp of dried mature fruits of *Embolica officinalis* Gaertn. Syn. *Phyllanthus emblica* Linn. (Fam. Euphorbiaceae); mostly collected in winter season after ripening and in Kashmir in summer, a small or medium sized tree, found both in natural state in mixed deciduous forests of the country ascending to 1300 m on hills; cultivated in gardens, homeyards or grown as a road side tree.

SYNONYMS

Sanskrit	:	Amṛtaphala, Āmalaka, Dhātrīphala
Assamese	:	Amlakhi, Amlakhu, Amlaku
Bengali	:	Amla, Dhatri
English	:	Emblic Myrobalan
Gujrati	:	Ambala, Amala
Hindi	:	Amla, Aonla
Kannada	:	Nellikayi, Bela nelli, pottadenollikayi
Kashmiri	:	Amli, Embali
Malayalam	:	Nellikka
Marathi	:	Anvala, Avalkathi
Oriya	:	Ainla, Anala
Punjabi	:	Aula, amla
Tamil	:	Nellikai, nelli
Telugu	:	Usirika
Urdu	:	Amla, Amlaj

DESCRIPTION

a) Macroscopic

Drug consists of curled pieces of pericarp of dried fruit occurring either as separated single segment; 1-2 cm long or united as 3 or 4 segments; bulk colour grey to black, pieces showing, a broad, highly shrivelled and wrinkled external convex surface to somewhat concave, transversely wrinkled lateral surface, external surface shows a few whitish specks, occasionally some pieces show a portion of stony testa (which should be removed before processing); texture rough, cartilaginous, tough; taste, sour and astringent.

b) Microscopic

Transverse section of fruit shows epicarp consisting of a single layered epidermis cell appearing tabular and polygonal in surface view; cuticle present; mesocarp cells tangentially elongated parenchymatous and crushed differentiated roughly into peripheral 8 or 9 layers of tangentially elongated smaller cells, rest consisting of mostly

isodiametric larger cells with walls showing irregular thickenings; ramified vascular elements occasionally present; stone cells present either isolated or in small groups towards endocarp ; pitted vascular fibres, walls appearing serrated due to the pit canals, leading into lumen.

Powder: Fine powder shows epidermis with uniformly thickened straight walled isodiametric parenchyma cells with irregular thickened walls, occasionally short fibres and tracheids.

IDENTITY, PURITY AND STRENGTH

Foreign matter (Including seed and seed coat)	Not more than	3	per cent, Appendix	2.2.2.
Total Ash	Not more than	7	per cent, Appendix	2.2.3.
Acid-insoluble ash	Not more than	2	per cent, Appendix	2.2.4.
Alcohol-soluble extractive	Not less than	40	per cent, Appendix	2.2.6.
Water-soluble extractive	Not less than	50	per cent, Appendix	2.2.7.

CONSTITUENTS - Ascorbic acid and gallotannins.

PROPERTIES AND ACTION

Rasa	:	Madhura, Amla, Kaṭu, Tikta, Kaṣāya
Guna	:	Laghu, Rūkṣa
Virya	:	Śīta
Vipaka	:	Madhura
Karma	:	Cakṣuṣya, Rasāyana, Tridoṣajit, Vṛṣya

IMPORTANT FORMULATIONS - Cyavanaprāśa, Dhātrī Lauha, Dhātryādi Ghṛta, Triphalā Cūrṇa

THERAPEUTIC USES - Raktapitta, Amlapitta, Premeha, Dāha

DOSE - 3-6 g of the drug in powder form.