

Amla



Scientific name: *Phyllanthus emblica* L.

Common name: Amla

Traditional name: Amlaj, Amelaj

Part used: Seedless fruit

Description & characteristics:

The fruit of the Indian tree, with a very astringent sour taste, fresh one is yellow-green but dry fruit is gray and black with the size of 1-2 cm and wrinkled surface.

Temperament: Cold in the second and dry in the third

Functions:

Astringent, tonic, *Jali* (detergent), *Mofattih* (deobstruent), *Molattif* (attenuant).

Traditional uses:

Invigorating organs with high moisture including stomach, brain, eye, uterus, hair tonic, *Mofarrih* (refreshing), black bile and phlegm purgative in squeezing way, cardio tonic, useful in hemorrhoids, invigorating libido, relieves vomiting, thirst and drooling.

Modern uses:

This plant is native to India and is used in Ayurveda medicine, not enough information is available about efficacy of it, useful in high cholesterol, atherosclerosis, diabetes, dyspepsia, joint pain, diarrhea, dysentery, obesity.

Dosage:

Not enough information is available.

Side effects:

Not enough information is available.

Precautions and warnings:

Not enough information is available.

Use in pregnancy and breastfeeding:

There is not enough information available, so it should not be consumed during pregnancy.

Contraindications:

Not enough information is available.

Interactions:

Not enough information available.

Pharmaceutical forms available in natural products pharmacy:

Combined: Amla in combination with other herbs:

- Mughni syrup (elixir)
- Jawarish Amla electuary
- Atrifel Coriander capsule
- Mobadel Almazaj (Azaraghi) capsule
- Cold Nazlah powder (Lahori)
- Fit Iron tablets
- Atrifel Aftimoni tablet
- Nik soda syrup

References:

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2. PDR for herbal medicines. 4th ed. Thomson Reuters, 2007.
3. Jellin JM, Gregory PJ, et al. Pharmacists letter/prescribers letter Natural medicines. Comprehensive databases. 13th ed. Stockton: Therapeutic Research Faculty, 2012.
4. Soltani A., Shams Ardekani M., Shirzad M..Dictionary of terms of traditional Persian medicine, Tehran: Shahid Beheshti University of Medical Sciences, 2015.