

**Amalaki / Amla (*Phyllanthus emblica L. / Emblica officinalis*)**

**Family:** Phyllanthaceae

**Vernacular:** Hindi Amla, Sanskrit Amalaki, English Indian Gooseberry

**Synonyms:** Dhatri, Amalaki, Vayastha

**Ras Panchak:**

**Rasa** - Panchrasa lavan varjit, Amla pradhan,

**Guna** - Laghu Ruksha,

**Veerya** - Sheeta,

**Vipaka** - Madhura

**Amayik Prayog:** Prameha, Pandu, Raktapitta, Amlapitta, Jara

**Matra:** Churna 3 - 6 g, Swa Rasa 10 - 20 ml

**Specific Formulation:** Chyawanprash, Triphala churna, Amalaki Rasayan

**Chemical Composition:** Ascorbic acid, Gallic acid, Ellagic acid, Tannins, Flavonoids

