



PPPL Standards

Herbarium sheet

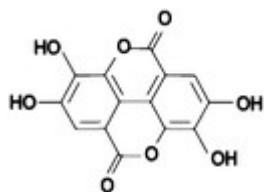
Amla (Emblica officinalis)

Common name: Amala, **English:** Gooseberry, **Marathi:** Awala, **Sanskrit:** Amalaki, **Gujarati:** Ambala / Amla,

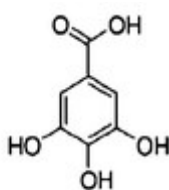
Hindi: Amla / Amlaka

Part used: Fruit-Pale yellow, fleshy, globose, about 2 cm in diameter with 6 obscure vertical furrows.

Active Chemical constituents: Gallic acid, Ellagic acid



Ellagic acid



Gallic acid

Organoleptic characters:

Colour- Greenish yellow

Odour- Characteristic

Taste- Sour & Astringe

Pharmacological applications: Immunomodulatory activity, Anti-diabetic and hypoglycaemic activity, Anti-oxidant activity, antiaging, Anemia, Anti-bacterial activity.

Granthokta Ayurvedic application:

improve smruti,kanti,Shwaskas,pandu,Agnimandya,raktapitta,pittashool,Kamala,

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