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Phyllanthus emblica



Phyllanthus emblica, also known as emblic, emblic myrobalan, myrobalan, Indian gooseberry, Malacca tree or amla from Sanskrit amalaki is a deciduous tree of the family Phyllanthaceae. It has edible fruit, referred to by the same name.

The tree is small to medium in size, reaching 1–8 m (3 ft 3 in–26 ft 3 in) in height. The branchlets are not glabrous or finely pubescent, 10–20 cm (3.9–7.9 in) long, usually deciduous; the leaves are simple, subsessile

and closely set along branchlets, light green, resembling pinnate leaves. The flowers are greenish-yellow. The fruit is nearly spherical, light greenish-yellow, quite smooth and hard on appearance, with six vertical stripes or furrows.

Ripening in autumn, the berries are harvested by hand after climbing to upper branches bearing the fruits. The taste of Indian emblic is sour, bitter and astringent, and it is quite fibrous.

In [traditional Indian medicine](#), dried and fresh fruits of the plant are used. All parts of the plant are used in various [Ayurvedic medicine](#) herbal preparations, including the fruit, seed, leaves, root, bark and flowers. According to Ayurveda, amla fruit is sour (*amla*) and astringent (*kashaya*) in taste (*rasa*), with sweet (*madhura*), bitter (*tikta*) and pungent (*katu*) secondary tastes (*anurasas*). Its qualities (*gunas*) are light (*laghu*) and dry (*ruksha*), the postdigestive effect (*vipaka*) is sweet (*madhura*) and its energy (*virya*) is cooling (*shita*)

These fruits are reputed to contain high amounts of [ascorbic acid](#) (vitamin C), 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%) Amla also contains [punicafolin](#) and phyllanemblinin A, phyllanemblin other [polyphenols](#), such as [flavonoids](#), [kaempferol](#), [ellagic acid](#), and [gallic acid](#).

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Because Amla-Berry strengthens digestion, helps the liver detoxify, and is rich in Vitamin C and other minerals, it is very good for the complexion. Amla-Berry moisturizes the skin, cleanses the tissues of toxins, and supports immunity of the skin against bacterial infection. It helps to enhance glow and luster