



Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh

BOTANICAL NAME	<i>Phyllanthus emblica</i> L.
COMMON NAME	Amla, Indian Gooseberry
FAMILY	Phyllanthaceae



DISTRIBUTION India, Asia, Sri Lanka, China, Pakistan, Uzbekistan and Malaysia.

FUN FACT According to Indian mythology, when Brahma immersed in Lord Vishnu's meditation, the tears that fell from Vishnu's eyes that dropped to earth were believed to have formed Amla tree.

COMMON USES

1. Amla fruit is known to be richest source of natural vitamin C.
2. It is believed to be a good remedy for heart diseases.
3. It is a good natural detoxification fruit for human body.
4. Amla fruit has great revitalizing effects on the body
5. It prevents ageing and maintains strength in old age.
6. Amla also enhances the immunity of body for several diseases. It is widely used in Ayurveda

However, this information must be used only under medical supervision.

REFERENCES

1. <https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/phyllanthus-emblica#:~:text=2.2%20Phyllanthus%20emblica%20L.%20or,systems%20of%20medicine%20in%20India.>
2. <http://www.flowersofindia.net/catalog/slides/Amla.html>