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IMPORTANCE OF *Phyllanthus emblica* AS A MEDICINE: A MINI REVIEW

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ABSTRACT

The utilization of restorative plants as traditional medicine is normal. Several communities use folk medicine for the treatment of common infection. *Phyllanthus emblica* is the most common plant in the Indian traditional system of Ayurvedic medicine. Medicinal plants are in reality the most significant sources of life sparing medications for most of the universes populace *Phyllanthus emblica* become denatured in tropical and subtropical territories. Plant has several medicinal properties. Now-a-days people are very attentive about their health, So, they found the allopathy medicines but it have many side effects, the alternative of allopathy is Ayurveda and Ayurveda is a heart and soul of India. We can easily find this plant in our nearby areas. *Phyllanthus emblica* ordinarily known as Indian gooseberry or Amla is a deciduous trees of the family *phyllanthaceae*. It is known for its edible fruit. It is considered as one of the most important medicinal plant in Indian traditional systems of medicine including folklore Ayurveda, for medicinal and nutritional purposes. *Phyllanthus emblica* has been extensively used, both as edible plants and for its therapeutic potentials. *Phyllanthus emblica* is exceptionally nutritional and is accounted for as a significant dietary source of vitamin C, minerals and amino acid. All

medicinal purposes especially the fruit. Amla called as kings of Rasayan. Many pharmacological studies have demonstrated the ability of the fruit shows antioxidant, anti-inflammatory activities. All part of the plant are utilized for medicinal purposes. In Sanskrit, it is called Amalaki or Dhartiphala. My current review is to find out different properties of *Phyllanthus emblica* in curing disease.

Keywords: *Phyllanthus emblica*, Ayurvedic medicine, Ayurveda

INTRODUCTION

It is a perennial herb generally utilized in fables medication in India, china, Pakistan, Bangladesh, Malaya [1]. It is commonly grows in nurseries and home yards. Plants have been assuming a key job for the advancement of humanity introducing as a phenomenal wellspring of natural medication. It is usually propagated by seeds or may also be propagated vegetatively by sprouting, cutting and inarching [2]. Natural Medicinal plants and herbal drugs represent a major allocation of all the recognized systems of health in the world [3]. From the old occasions, plants have been served as a key role for improvement of humankind introducing as an exceptional source of natural drug [4]. Regular induced medication has made a colossal commitment to human well being and prosperity. The plants additionally at as a source of motivation for the development of novel drug mixes as plant determined medication have made enormous contributions to human wellbeing and prosperity [5]. *Phyllanthus emblica* is very

rich in nutrition and medicinal value. In Sanskrit, it is called amalaki or dhartiphala. The fruits are widely used in the Ayurveda and are believed to increase defense against diseases. The WHO is encouraging, promoting and facilitating the effective use of herbal medicine for the developing countries health programs. The human race started using plants and plant products successfully as a source for treatment of disease and injuries as effective therapeutic tool from the early days of civilisation on to modern age [6]. Numerous herbal and patent drugs have been figured by the constituents of this plant [7]. Amla has been regarded as the consecrated tree in India, *Phyllanthusemblica* essentially contains, flavonoids, tannins, phenolic compounds, saponins, terepenoids, ascorbic acids, carbohydrates and numerous different compounds [8]. The present work is a trial to understand the nutritional value, medicinal-traditional uses, biochemical constituents and anti-microbial activity of amla.

Morphology and Taxonomic classification

A method of *emblica* preparation was described in the first country AD in Sanskrit. Records of the medicinal use of *emblica* also have been found in Arabic, Tibetan, and Egyptian texts as well as in the India. Kingdom is Plantae, Division is Flowering plant, Class is Magnoliopsida, Order is Malpigphiales, Family is *Phyllanthaceae*, Genus is *Phyllanthus*, Species is *P. emblica*, and the Zoological name is *Phyllanthus emblica*. Kingdom is Plantae, Division is Angiospermae, Class is Dicotyledonae, Order is Geraniales, Family is *Euphorbiaceae*, Genus is *Emblica*, and the Species is *officinalis* Geartn. It grows about 8-18m height with thin light grey bark, leaves are simple, light green, sub-sessile, closely set along the branchlets looks like pinnate leaves; flowers are greenish yellow; fruits are globose, fleshy, pale yellow with six obscure vertical furrows enclosing six trigonous seeds in two seeded three crustaceous cocci.

HISTORY

Amla is the best safe house to the mankind and one of the practical customary home developed medications, which had been used to treat and direct diseases since the centuries. Amla is a primary Component of chyawanprash and significant segment of

triphalala. It is the reservoir of minerals, vitamins and other bio-chemical substances. Records of the restorative utilization of *emblica* likewise have been found in Arabic, Tibetan, and Egyptian writings, just as in the Sidha (Indian), Ayurvedic, and Unani systems of medication. All pieces of the plant including the fruit, seed, leaves, root, bark, and flowers are utilized in both dried and crisp structures. In the Ayurvedic system, the amla fruit is noted for its light and dry characteristics, just as being cooling in energy. In India, the fruit is ordinarily eaten as a pickle. Fruit is also used in sweets and juice [9]. Liver toxins, high blood cholesterol and age-related kidney disorders have all been logically demonstrated to be remedied with the antioxidant properties contained in amla berries.

Different Properties of *Phyllanthus emblica*

P. emblica is an important home grown medication utilized in Unani and Ayurvedic frameworks of medication. Products of *P. emblica* have been utilized for the treatment of a few illnesses. It is utilized for the treatment of diarrhea, jaundice, and inflammation. The natural products are sour, astringent, bitter, acrid, sweet, cooling, anodyne, ophthalmic, carminative, digestive. That is the reason, *Phyllanthus emblica* is

utilized in the preparation of different definition. Use for hair development property, a fixed oil is gotten from the berries that are utilized to reinforce and promote the development of hair Indian gooseberry is an accepted hair tonic traditional recipe for hair growth and pigmentation [10]. In system, the fresh fruit is utilized in treatment of inflammation of the lung. The juice or extract of the fruit is mixed with honey and pipit added is given to stop hiccough and also in painful respiration, asthma [11]. For the treatment of gonorrhoea, the juice of the bark combined with honey and turmeric may well be a remedy for Gonorrhoea [12]. For curing nausea, amla powder is mixed with red sandalwood and prepared in honey to alleviate nausea and vomiting [13]. Use to cure dental diseases, the roots and leaves of phyllanthusemblica are squeezed and also the juice extracted, this juice is put within the ear to hunt out relief from toothache [14]. In the treatment of headache, a paste of the fruit may well be a useful application to the forehead just just in case of headache, migraine, Known as Triphala within the Ayurvedic system and represents a gaggle of preparation accustomed cure of all manner of cranial condition [15]. In skin sores and wounds, the milky juice of the leaves may well be a decent application to sores [16]. For

treatment of diabetes oral administration of the extracts reduced the glucose level. Exploring the therapeutic value of natural ingredient that individuals can incorporate into everyday like is additionally a decent approach within the management of diabetic complications [14]. Memory enhancing effect of amlachurna may persuade be a useful remedy for the management of Alzheimers disease due to its multifarious beneficial effects like memory important and reversal of memory deficite [15]. Cardio protective activity the results of chronic oral administration of fresh fruit homogenate of Amla on myocardial antioxidant system and oxidative stress induced by ischemic-reaper fusion injury were investigated on heart [16]. Spermatotoxicity Sperm count, motility, and viability were increased in mice and in human sperm with ripe emblica fruit extract [17]. Emblica extracts in Ophthacare *Emblica* is one component of a mixed herbal eye drop formulation (Ophthacare) that showed activity in mild infections and inflammatory eye conditions in an exceedingly clinical study; however, the quality of study methodology was limited [18]. For Diarrhoea it's used medicinally for the treatment of diarrhoea. As a fruit decoction it's mixed with sour milk and given by the natives in cases of dysentery [12].

Amla affective in Anti-ulcer activity, metabolic extract of *Emblica officinalis* was studied against ulcer. *Emblica officinalis* had significant ulcer protective and healing effects and this might be defensive mucosal factors [19]. *Phyllanthus emblica* also useful for cough, Asthma, Bronchitis, Anemia, Jaundice, Dyspnea, Eye disorder, Ageing, Antidepressant activity, Radioprotective activity, Anticancer activity, and also helps within the upkeep of liver function [20].

Ethnobotanical importance of *Emblica*

The plant is mentioned as rasyana in Ayurveda and is known to prevent aging and promote longevity. It has a natural balance of five tastes sour, astringent, sweet, bitter and pungent. It is an element of triphala and number of natural plants. Fresh and dry natural products are widely utilized as laxatives. It is richest regular source of vitamin C and the sum is more than orange and tomato. In ayurvedic writings, it is described as intense antacid. Its customary use improves immunity and protects heart, brain and other fundamental organs of body.

CONCLUSION

Restorative plants have been utilized since ancient period for the fix of different infections. Indeed, even to date almost about 80% of the world's populations despite everything rely on traditional remedies.

Emblica with its multi faceted properties is involving noticeable situation in home grown restorative frameworks. Practically all part of this plant are utilized in various therapeutic purpose. It is likewise the need of hour to create and describe new common medications from plants and other characteristic sources with the guide of better screening methods. This is equally effective almost all part of human body. Present review highlights the various therapeutic uses and medicinal values mentioned by great Ayurveda sages. There is tremendous extent of further scientific research on different therapeutic part of this significant restorative plant.

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