



REVIEW ON USE OF EMBLICA OFFICINALIS FRUIT IN DIFFERENT DISEASES

¹Sayali Wagh,²Yogita Dekhane,³Varsha Shejul,⁴Rutuja Jivrak,⁵Dr Gajanan Sanap,

¹Lecturer,²Student,³Student,⁴Student,⁵Principal

¹Pharmacology,

¹Late Bhagirathi Yashwantrao Pathrikar Collage Of Pharmacy, Aurangabad, India

ABSTRACT:

Amla plant is called as a medicinal plant or the natural gift for the human being to the promote disease free healthy life. Emblicaofficinalis is commonly called as amla or the Indian gooseberry. They are found in the tropical region subtropical region. theamla fruit is contain so much amount of vitamin c it is vitamin c rich fruit. And they are containpolyphenols such as rutin, tannins, ellagic acid, flavonoids, gallic acid. Emblicaofficinalis are used Indian as a medicine to increase well power or the immune system. The emblicaofficinalis is a anti- inflammatory, hepatoprotective, antioxidant, dental problem, respiratory problemotr the many other diseases. In this review we see the all information of amla foe the various disease and their medicinal important. The emblicaofficinalis are used in the disease of cancer, anemia, liver treatment, heart disease, ulcer, diabetes, leucorrhoea,jaundice, constipation, urinary problem, anti-dote or other various disease. The emblicaofficinalis is used as a antioxidant, analgesic, immunomodulatory, antipyretic, antitussive, cytoprotective, or the gastro protective. The effect of emblicaofficinalis antimicrobial, neutralizing snake venom.Application of the emblicaofficinalis lowering cholesterol level, memory enhancing, ophthalmic disorders.

Keywords: Emblicaofficinalis.Amla, Coronary, Conventional medicine,Amlaka.

INTRODUCTION:

The amlafruits is by far a plant for significant medicinal origin. The plant belong t the family phyllanthaeae. The emblicaofficinalis is the give a number of benefits. In the ayurvedic system amla fruit integral part of medicinal preparation they are used in the strong immune system and healthy lifestyle.in ancient Indian mythology the amla tree is creat in the universe and is also known as medicinal and nutritional properties. It is vitamin c rich fruit. In the domestic and the global market demand is increase day by day. Habitat ofemblicaofficinalis is in India, south eastasia, Pakistan, srilanka, china, Uzbekistan and Malaysia. Almost all part of amla fruits is used for medicine such as dried fruits, fresh fruit, seed, leaves, rootbark, flowers.fruits are ripen from the November to February . Nearly spherical or globular in shape or wider than long and with a small and slight colonic depression both apexes. The size of the fruit are 18 to 25mm wide or 15 to 20 mm long and surface is smooth with 6 obscure vertical pointed furrow. Size of leaves is 8 to 10mm or more long, 2 to 3 m board .it contain alkaloids phyllantidine, phyllantine, amlic acid, gallic acid, ellagic acid, chebulic acid, chebulinic acid, chebulagic acid .seed contain fixed oil, essential oil, phosphatides. Fixed oil present 16% and it contain acid value: 12.7, miristic acid:0.95% saponification value : 185, iodine value 139.5, palmitic : 2.99%, oleic: 28.40%, steric: 2.15%, iodine value 139.5, acetyl value 2.03,unsaponifiable matter 3.81%, sterol 2.70%, saturated fatty acid 7% , linoleic acid 8.78%, linoleic 44%. Bark is 12mm and shining grayish brown in colour. The fruit have a variety of colours range from bright green and yellowish depending on the environment. Mature trees can tolerate freezing and high temperature around 460c in the southeast of chaina; north altitude 240-250 0, 38- 1190, 05' altitude. Various varieties of amla is the banarasi, Krishna, balwant, francis, kanchan, amrit, neelam, BSR-1, chakaiya, mehrun, dongri. Amla is power full food for the brain and helps lower cholesterol. There are various formulation containing in the emblicaofficinalistriphala, eumil, kalpaamrutha, chyawanprash, immu-21, DHC-1, ophthacare, pepticare, hyponidd, brahmrasayana, maharishi-4. A big amount of ascorbic acid was found and confirmed in florida.

Table No 1: THE BOTANICAL CLASSIFICATION:

Kingdom	Plantae
Division	Angiospermae
Class	Dicotyledonae
Order	Geraniales
Family	Euphorbiaceae
Genus	Emblica
Species	OfficinalisGeartn
English Name	Indian goose beery

PRIMARY SCREENING OF PHYTOCONSTITUENTS

Phytochemicals area unit a very important aspect of element of plants derived from a pharmacognostic origin; healthful plants typically area unit classified with their phytoconstituents which has original properties. Every phytoconstituent encompasses a totally different completely different perform and different structure with chemicals. Therefore to tell apart between the range of phytoconstituents gift within the fruit of *Phyllanthusemblica* screening is finished with the assistance numerous reagents and tests for various phytochemicals. Phytochemical screening is incredibly necessary in distinctive new sources of therapeutically and industrially necessary compounds. The most element of the fruit is vitamin C. different compounds found within the fruit were glycosides, carbohydrates, tannins, flavonoids, etc.

Table No 2: Phytoconstituents Present in the FRUIT of EMBLICA OFFICINALIS

Phytoconstituents	Functions
Ascorbic Acid	Antifungal
Emblicanin A	Analgesic , antipyretic
Gallic Acid	antioxidant
Aspartic Acid	amino acid
Pectin	Fiber
Kaempferol	Antioxidant
Glutamic Acid	amino acid

Table No 3: Chemical constituents of Amla fruit

Hydrolysable Tannins	Emblicanin A and B, Punigluconin, Pedunculagin, Chebulinic acid (Ellagitannin), Chebulagic acid (Benzopyran tannin), Corilagin (Ellagitannin), Geraniin (Dehydroellagitannin), Ellagotannin
Alkaloids	Phyllantine, Phyllembin, Phyllantidine
Phenolic Compounds	Gallic acid, Methyl gallate, Ellagic acid, Trigallayl glucose
Amino acids	Glutamic acid, Proline, Aspartic acid, Alanine, Cystine, Lysine
Carbohydrates	Pectin
Vitamins	Ascorbic acid
Flavonoids	Quercetin, Kaempferol

HEALTH ASSETS OF EMBLICA OFFICINALIS:**PASTE:**

- Respiratory disorder:** *E. officinalis* has been witnessed that it can retrieve the normal respiration while the system gets affected. The paste made by 10gm leaves of *Phyllanthusemblica*, 5 fruits of *Terminalia chebula*, 9 seeds of *Piper nigrum*, one garlic are crushed over and mixed with 25 ml ghee made from cow's milk and a clove. The fresh juice of amla mixed with honey can get back best from asthma, cough, and other respiratory disorders.
- Urinary problem:** The paste made by 20gms of pulp of dried *E. officinalis* in 160 gms of water till 40 gms are left. This was mixed with 20gms of Gur. Regular use of this portion may cure urinary problem.
- Migraine:** Migraine is a severe vascular headache in female rather than men. This is cured by applying the paste made by dried *E. officinalis* powder with kumkum, neelkamal and rose water.
- Therapy for diarrhea:** Paste of *E. officinalis* leaves mixed with honey is an effective cure for diarrhea.

JUICE:

- Gout:** arthritis is inflammation is caused by defect in body waste metabolism leading to acid deposit and its salt within the blood and joints. The matter is cured by taken *emblica officinalis* juice with clarified butter they makes softening of joints and helps in the hardening arthritis and take away spots caused by morbilli, chicken pox, small pox.
- Piles :** take recent *emblica officinalis* juice with one tablespoon of clarified butter and one tablespoon honey and a hundred gms ,milk this mixture take when the lunch.

POWDER FORM:

- A. **Treat internal organ unwellness:**sterol is a necessary part in the body. Heart cardiovascular disease is caused by the high blood pressure, polygenic disease and sterol. Blood vessels involve the gathering of unused sterol that caused the air mass , that increase risk of attack .To cure this drawback creating mixture of dry powder with sugar candy. One tablespoon mixture is mixed within the a glass of water take it early in morning empty stomach this neutralize the blood sterol level. Ascorbic acid gift within the emblicaofficialisthat enlarge the blood vessels and cut back pressure.
- B. **Action on polygenic disease:**emblicaofficialis powder management the high pressure. Blood glucose level might increase thank to accelerator amino transferase gift in liver. During this case take mixture within the amount of tablespoon once or doubly every day. Aromatic number 24 is gift in amla fruit thanks to they play role anti-diabetics.
- C. **Eye tonic:** take the triphala powder with honey makes the vision of eye bright and keep shining and additionally smart for the system triphala is created with hirda, behde, and amla combine it well.
- D. **Physical and mental health:**with in the abnormal physical and mental take the emblicaofficialis ,murabba daily in morning.
- E. **Constipation:** during this drawback take one tablespoon of emblicaofficialispowder with milk or water each morning. Or by alternative take four tea spoon of contemporary amla juice and three tablespoon of honey mixed in the water. Constipation is caused by parasites, take twentygms of contemporaryemblicaofficialis juice daily.
- F. **Jaundice:** Contemporary emblicaofficialis take and soaking with four munnakkas; each are grind withemblicaofficialis juice once one hour. This methodology provide relief in jaundice.

COSMATICS:

- A. **Helps in hair growth:** Consumption of inexperienced vegetable juice with 2-3 E.officialis fruits will forestall from hair greying. It's has the potent astonishing impact on hair and skin. Amla stimulates the hair follicles and improves the hair growth and provides the entire nourishes to hair roots.
- B. **Prevents skin damage:** numerous layers gift in skin could also be broken thanks to ultraviolet radiation from sun is understood as photo-aging that may be a complicated process. Amla cut back this drawback thanks to its radical assuaging nature. It improves skin snap by taken of dried E.officialis powder mixed with water.
- C. **Act against pimples:** Pimples on face caused by impure blood and might be removed by taken of E.officialis combined with neem tree.
- D. **As natural mouth freshner:** Zeatin, a protein like substances is additionally gift in E.officialis leaves. It helps in refinement the mouth, strengthens teeth and bones
- E. **System enhancer:** E.officialis is taken into account as a flexible and powerful inhibitor that protects the body against every kinds of cancer and helps to cut back the pressure.
- F. **Anti-venom activity**Phyllanthusemblica has been shown to possess anti-venom activity. The plant extracts that neutralised the defibrinogenating and inflammatory activity of genusViperarusselliivenom.

USES OF AMLA:

1. Excessive hemorrhage from the womb the juice of amla seed is intake in conjunction with a similar amount of honey.
2. Excessive hemorrhagefrom the womb therefore take seed powder in heat water.
3. Excessive hemorrhage from the womb therefore take seed powder and apply this to the channel tract doubly in an exceedingly day to best results.
4. Amla is a wonderful remedy for emission disorder like white discharge, per world analysis study amla contain virtuals makes it useful for channel health eat aamlaeverday.
5. In leucorrhoea blood from womb used the paste that created by twently weight unit pulp of dried type in one hundred sixty gms of water.
6. Antioxidant others nutrients, amla help boost immunity and keeps youhealth you will have it in any type raw battery- powered, murabba, or do-it-yourself candies

7. A natural blood setup and organic cleansers merely combine amla powder in your daily cooking.
8. Amlaseed powder used for increase the iron it take daily one tablespoon.
9. Irritability of the bladder use a paste of fruit alone or with nelumbium, speciosum, saffron and rosewater, applying it over the affected region.
10. Emblicaoffcinalis has historically been wont to rheumatic pains, asthma, nausea, constipation and numerous cancers.
11. Amla is employed to reconstruction and maintain new tissues and will increase red blood corpuscle count.
12. Emblicaoffcinalis is incredibly helpful inhibitor for the interference of age-releatednephritcdiaease.
13. Amla seeds area unit usually want to cure the respiratory illness.
14. The phyllanthusemblica fruit has been utilized in ancient medication for generation to treat symptoms starting from constipation to the treatment of tumors.

CONCLUSION:

In ayurvedic healthful plant has gained targeted in currently days. The prime reason is alternative system of medication impactivewith the few range of facet effect than the chemicals. Plant based mostly system of medication is that the natural they nit produce drawback. Amla has been thought of the simplest of the ayurvedicrejuvenative herbs.Emblicaoffcinalis has varied medicinsl applications, however it is would likeof hour to explore its healthful values at molecular level with facilitate assorted biotechnological tools and techniques. During this review, we have got tried to congregate morphological, phytochemical and health assets of phyllanthusemblica, a healthful herb wide utilized in several ayurvedic healthful systems.

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