

## AMLA : THE SUPERFRUIT YOU NEED



Medicinal plants are nature's gift to human beings to promote a disease-free healthy life. Amla, also known as **Indian Gooseberry**, is a potent herb in Ayurveda and is considered as **Superfruit**. The Amla tree, *Phyllanthus Emblica* belonging to family Euphorbiaceae is native to India and Nepal.

Not every fruit can be termed as Super. Superfruits are fruits which are packed with antioxidants, fiber, vitamins & minerals, and other nutrients that can help you live longer, look better and even prevent disease. Amla is a powerhouse of nutrients and hence this wonder berry is nothing less than a superfruit. It is a rich source of Vitamin C (20 times more than Orange). The vitamin C naturally found within the amla fruit is proved to be absorbed faster than any synthetic vitamin supplement and is stabilized by the presence of natural tannins, which help amla to maintain its vitamin content even through/after processing.

Amla is one of the rare fruits which possess **5 different tastes** known as **Panchrasa** viz. sweet, sour, pungent, bitter, astringent except salty. It balances all three doshas Vata, Pitta and Kapha. Usually all sour foods increase Pitta but due to its cold property and sweet after taste it pacifies pitta. Its Panchrasa properties improves digestion whereas high fiber content prevents constipation.

Due to its pitta balancing properties, it is a great herb to improve eye sight as eyes are the site of **Alochak Pitta** (One of the types of Pitta). As a rich source of Vitamin C along with detoxifying properties and pitta pacifying effect, it clears acne, reduces skin irritation and blemishes. It is the most popular ingredient used in various Hair Care products as Amla makes hair silky, dense and prevents greying of hair.

### आमलकी वयःस्थापनानाम् ।

Amla is considered as best **Rasayan** herb (Rejuvenators). It is age sustain action. Studies prove its immune-stimulating activity, anti-oxidant and anti-ageing properties. It improves digestion, boosts immunity, improves memory and tones up the functions of organs of the body. Hence, it is the main ingredient of **Chyanvanprash**.

Amla helps to boost metabolism and aids weight loss. It also has hypoglycaemic activity and hence is a great herb for Diabetes patients. It also lowers cholesterol and supports the cardiac system.

Amla can be consumed in various forms. Drinking fresh juice of amla is the best but if you can't handle the sour taste or is not easily available, you can also use dried amla powder regularly with the dose of 5-10gms per day.