

Plant Species

Accepted Name: *Emblica officinalis* GAERTN.

Family: EUPHORBIACEAE

Synonyms:

- *Phyllanthus emblica* L.

Used in: Ayurveda, Siddha, Unani, Folk, Sowa Rigpa, Chinese

Habit: Tree

Distribution: This species is paleotropical in its distribution occurring in the Indo-Malesia belt, Sri Lanka and South China. Within India, it is reported to be abundant in the deciduous forests of Madhya Pradesh and widely cultivated in the plains of Jammu & Kashmir, Himachal Pradesh, Uttar Pradesh, Sikkim, Bhutan, Assam and Western Ghats. This species is globally distributed in the Paleotropics. Within India, it is found in the mixed deciduous forests ascending to an altitude of 1350 m. on the hills. It is often cultivated in gardens and homeyards.



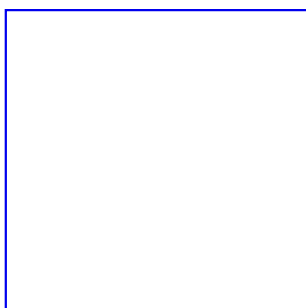
Common Uses

The fruit and seed of Amalaki is used in the form of powder and juice to treat fever, lack of appetite, piles, worms, anaemia, jaundice, intrinsic haemorrhage, hoarseness of voice, hiccup, cough, fainting, heart diseases, vomiting, burning sensation, abdominal pain, leprosy, rheumatism, erysipelas, , pox, greying of hair, diabetes, suppression of urine, leucorrhoea, burning sensation in female genitals, eye diseases, as preventive measure, for promoting intellect, as rejuvenative, and aphrodisiac. Diabetes: In case of diabetes /prameha fruit juice or powder of the amalaki fruit and powder of nisa (curcuma longa) in equal quantity is recommended. (10-15 gms) (Ah.U.40) Rejuvenative Daily intake of amalaki fruit is recommended as a rejuvenative. (Ah.U.39). It retains vitality, increases life span, youthfulness and resistance power. Eye diseases Powder of amalaki, harethaki (Terminalia chebula) and vibhethaki, (Terminalia bellerica) is used internally and externally in eye diseases. Laxative. Powder of amalaki, harethaki (Terminalia chebula) and vibhethaki, (Terminalia bellerica) is used internally with hot water as a laxative (10-15 gms).

Herbarium



Geographical Distribution Map



Conservation Concern Details

State	Threat States ^{With Assessment} year	Trade
Chhatisgarh	VU ²⁰⁰³	High
Madhya Pradesh	VU ²⁰⁰³	High

Languages (No. of Names) :	Vernacular Names
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Arabic (3) :	amla khushk, amlag, amlaj
Hindi (23) :	ambala, amla, amlika, anvurah, anwala, aonla, aonta, aoula, auna, aamla, amalaci, amalak, amvala, anola, anuli, anvula, anwerd, anwiya, aola, aungra, aunra, awala, daula
Kannada (21) :	dadi, dhanya, nelli, nellikai, aamalaka, aamalakee, amalaka, ambla, betta nelli, bettada nelli, bettada nelli kaayi, cattu, chattu, chattu daadi kaayi, dhatri, dodda nelli, nelli chattu, nellka, nilika, perunelli, sudhe
Malayalam (9) :	nelly, nellikai, amalakam, nellikka, nellikkaya, nellimaram, nilica, nilicamaram, nilika
Marathi (11) :	aouli, avalkati, avil, avla, awla, aamlee, anvala, aonli, arola, avala, bhuiawali
Sanskrit (41) :	amala, amalaka, amalakah, amalakam, amalaki, amraphalam, amulki, dhatri, dhatri-phala, dhatriphalam, kamu, sriphalam, tisyā, umrita, vayastha, adiphala, akara, amamalakam, amlika, amraphala, amrita, amritaphala, amruthaphala, bahuphala, dhatrika, dhatriphala, jatiphala, karshaphala, kayastha, pancharasa, parvakeeta, rohani, shadarasa, shanta, shiva, shriphala, shriphali, tishya, triphala, vrishya, vrittaphala
Tamil (127) :	alakam@, amalakam, amarikam, ampal, korankam, mintu, mirutupala, nelli, nelli muli, nellikkaai, nellikkai, nellikkay, peru nelli, tattari, tattiri, toppi, toppunelli, alakam1, alikam, amalagam, amalai, amalakam1, amalakamalam, amalaki, amalakki, amalam2, amirtai4, amirtapalai1, amirtapalam@, ampal1, ampalkamaram, amukam2, amutai2, amuttam1, anantai@, andakaram, antakaram, antakaramaram, antakolam#, antakolam@, antakoram, antor, atikoram, attakolam, attakoram, avutanci, cilata, cinkitakam, cinkitakamaram, ciripalam1, cirottam2, citupalam, civai, civam1, indul, intul, intulam, intulapam, intuli a, intuli x, intuli1, iratai1, kaiyirkani, kanakam1, kantamulakam, kantattiri, kantumalalam, kapi2, kapitattiri, kapitattirimaram, kattunelli, kayastam2, kokkam, konkal, konkam, korankamikam, korankamikamaram, kotam2, kotimukakkini, kotimukakkinimaram, makanti, makantika, makantikam, malainelli, mamalakam, mamalakkay, mankantikamaram, miruntikam 2, miruntikamaram, miruntu, mirutupala#, mirutupala@, mirutupalamaram, mitintu#, mitintu@, mituntumaram, nelli-kay, nellie kai, nellie poo, nellikai, pancatcaravaruni, parainatavanci, parainatavancimaram, perunelli, tamalaikkay, tantiri, tattili, tattinimaram, tattirimaram, tattiripalai, tattiripalam, tecomantaram1, tecomantiram, tecomaram1, tiriciyam2, tiriciyapalam, tiripalati, toppi#, toppi@, totti@, tottiki, tottikimaram, tuppunelli, tuttarikam, vanamalakam, yankoram, yantikoram
Telugu (33) :	amalakamu, nelli, pedda usiri, putla yusirika, triphalamu, usiri, usirikai, usrikayi, aamalakamu, aamalaki, amalaki, asereki, assereki,

	nelli kaaya, oosree, pedda usirika, peddavusirika, pullayusirika, triphalam, u, usari, usarika, userakee, useri, userikai, usirika, usirikaaya, usirikaya, usiriki, usiuka, usri, vusirika, vusirikaya
Tibetan (3) :	sk yu ru ra, skyu ru ra, skyu-ru-ra
Urdu (18) :	aamla, amal khushk, amal khusk, amala khushk, amla, amla khushk, amla khusk, amla sabz, amlay taza aur farba, baobarang, guthli, guthli nikala hua, guthli nikalal hua, khushbu amla, murraba-i-amlam, tirphala, triphala, aonla
English (3) :	ambal, amioki, emblic
Persian (4) :	amelah, ameleh, amla, amuleh
Parts Used (No. of Names) :	Trade Name
FRUIT (5) :	AMALA, AMLA, AMLA DRY, NELLI, NELLICHATTU
FRUITS (5) :	AMLA, AMLA WITHOUT SEEDS, EMBLICA OFFICINALIS, NELLI CHETTU, NELLIKAI
Not recorded (13) :	AAVALA BEENAGUTALIKA, AAWALA SUKHA (MEDIUM), AAWALA SUKHA (NAYA), AMLA, AMLA DRY, AMLA WITH GUTHALI, AMLA WITHOUT GUTHALI, AMLA WITHOUT SEEDS, ANWALA SUKHA, AWALA BINA GUTLIKA, MURABBA AAMLA TIN, NELLIKKA, PACHA NELLIKA
POWDER (1) :	AMLA
SEEDS (1) :	AMLA BEEJA



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