



## AMLA (indian gooseberry)

Botanical Name: Emblica Officinalis  
Common Name: Gooseberry, Phyllanthus Emblica, Emblica, Indian Gooseberry, Amla

Amla, also known as Indian gooseberry is the secret to thick, shiny, healthy hair of many Indian women. A potent antioxidant and an important health rejuvenator when taken internally, amla is a popular Ayurvedic remedy for many health conditions. Applied topically, amla is an excellent hair rejuvenator. A very nourishing herb it prevents scalp infections, hair loss, and premature greying. It also adds lustre and shine to hair due to its astringent nature. Learn more about how to use amla for healthy hair here.

### Amla in ayurveda

Ayurveda describes amla as a cooling, astringent, digestive, laxative, stomachic, and aphrodisiac medicine. It also has anti-pyretic, anti-inflammatory and diuretic properties. Due to its numerous therapeutic effects on various organs and systems, it has been found to be useful in problems ranging from chest diseases such as cough, asthma, and bronchitis, digestive ailments like dyspepsia, hyperacidity and ulcers and anaemia, jaundice, diabetes, bleeding conditions, eye diseases, allergic and other skin problems to gynaecological problems.

### Plant Description

Amla is a medium-sized deciduous tree with gray bark and reddish wood which successfully grows in variable agro-climatic and soil conditions. Amla leaves are feathery, linear oblong in shape and smell like lemon. The flowers are greenish yellow in colour which starts appearing in the beginning of spring season. The matured tree can tolerate a high temperature of 45°C as well as a freezing temperature. Thus, it is not much influenced by hot winds and frost. It is a potential crop which grows in the marginal soils and various kinds of degraded lands such as salt-affected soils, salines and dry and semi-dry regions. Amla tree is found growing in the plains and sub-mountain on tracts all over the India and Indian subcontinent. .

### Amla (Indian gooseberry) in Other Languages

Indian	Chhoti elachi, e(e)lachie, ela(i)chi, illaichi
Marathi	aavala
Gujarati	aamla
Sanskrit	amalaka
Hindi	amla
Tamil	nellikai
Thai	ma kham pom



Note: - Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order

## Uses

It is aperient, carminative, diuretic, aphrodisiac, laxative, astringent and refrigerant. It is the richest known source of vitamin 'C'. It is useful in anaemia, jaundice, dyspepsia, haemorrhage disorders, diabetes, asthma and bronchitis. It cures insomnia and is healthy for hair. It is considered as one of the most rejuvenating drugs, imparting a long healthy life and weight gain. It also acts as an antacid and antitumorigenic agent.

Taj Agro makes use of the best Amla fruit available. The product is most potent and it has very effective form of Amla Extract available in Vegetable capsules.

Naturally extracted Amla has been prepared using only the finest quality of fruits grown in the pristine environment of the lower Himalayan range of mountains, a potential land for any herb. Morpheme Amala is free from color, yeast, gluten, wheat, corn, dairy products or any other artificial additives. Morpheme is global leader in scientifically validated herbal supplements.

## Overall benefits of Amla in the body:

- \* Promotes food absorption
- \* Promotes fertility and memory
- \* Helpful herb for diabetes
- \* Powerful skin and hair rejuvenator
- \* Helpful as an eye and liver toner
- \* Restores stomach and intestinal digestive enzymes
- \* Supports heart and lungs
- \* Reduces body heat and/or weight naturally



## Health Benefits of Amla

- It is very helpful in skin diseases.
- It promotes glow on skin and delays wrinkles or loosening of skin.
- It stimulates hair follicles thus promoting hair growth and also improves texture of the hair.
- It prevents premature graying of hairs and dandruff.
- Amla act as natural hair conditioner and provides good nourishment and also helps in normalizing blood supply
- It acts as an effective natural cure for indigestion, acidity, constipation, gastric troubles, and flatulence.
- It is helpful in improving liver function.
- It helps in lowering cholesterol and blood sugar level.
- It has very good results in chronic cough, child hood and allergic asthma and tuberculosis.
- It provides nourishment to the nerves and is helpful in paralytic conditions.
- It also works as brain tonic and helps to alertness and memory.
- It helps in improving quality of sperms due to its madhur (sweet) vipaka property.
- It also acts as anti-inflammatory agent thereby suppresses pain and swelling.
- Amla finds great application in improving eyesight.
- It also improves general health weakness and makes our body's immune system strong therefore help to fight diseases.
- It fights chronic diseases like hypertension, high Cholesterol, Diabetes, AIDS, influenza, Chronic cough and cold, Chronic infections, Chronic fatigue and Chronic inflammatory conditions
- Amla Juice is best to increase sperm count in males

## Natural Benefits and Curative Properties:

Many medicinal virtues have been attributed to Indian gooseberry. The fresh fruit is light, laxative and diuretic. A tablespoonful each of fresh gooseberry juice and honey mixed together forms a very valuable medicine for the treatment of several ailments. It should be taken every morning. Its regular use will promote vigor in the body within a few days. When fresh fruit is not available, dry powder can be mixed with honey

## Respiratory Disorders

This medicinal tonic is highly beneficial in fighting various respiratory disorders. It is especially valuable in seasonal cough and cold. Amla is also useful in recurrent respiratory infections such as tonsillitis, sinusitis and sore throat.

## Diabetes

Amla, with its high vitamin C content, is considered valuable in diabetes. Amalaki VegiCaps along with a cup of fresh bitter gourd juice, taken daily for two months will stimulate the islets of Langerhans i.e. -the isolated group of cells that secrete the hormone insulin. It therefore, reduces the blood sugar in diabetic patient. Diet restrictions should be strictly observed while taking this herb. Being the best eye toner, it will also prevent eye problems as complications of diabetes.

## Heart Disease

Amla (Indian gooseberry) is considered as very effective remedy for heart diseases. It tones up the heart muscles and makes them strong. The heart then pumps the blood flawlessly throughout the body. Amla is also known to build the health by destroying the heterogeneous elements and regenerating the body energy.

## Eye Disorders

The Amla, taken with honey, is useful in preserving eye sight. It will also be beneficial in the problem of conjunctivitis and glaucoma. It reduces intraocular tension in an effective manner. Generally, two capsules twice a day with 1/2 cup of Amla juice can be taken mixed with honey twice daily works in most of the cases.

## Rheumatism

Amla (Indian gooseberry) is useful in fighting rheumatism. Amla VegiCaps with two teaspoonful of jaggery should be taken twice daily for a month in this disease.

## Scurvy

As an extremely rich source of vitamin C. Indian gooseberry is one of the best remedies for scurvy. It heals bleeding gums and spots over the body.

## Prevents Aging

Amla (Indian gooseberry) has revitalizing effects. It contains an element which is very valuable in preventing aging and in maintaining strength in old age. It improves body resistance and protects against infection. It strengthens the heart, hair and different glands in the body. It is said that the great ancient sage Muni Chyawan rejuvenated himself in his late 70s and regained his virility by the use of amla.

## Hair Tonic

Amla (Indian gooseberry) is an accepted hair tonic in traditional recipes for enriching hair growth and hair pigmentation. Amla is excellent for strengthening the roots of your hair and maintaining its color and luster.

## Liver Functions

Regular use of pain killers, antibiotics and medication, regular intake of alcohol, all cause toxin build-up in the liver. Amla helps in strengthening the liver, and ridding the body of these toxins. It thus helps to purify and clean the blood. This is why amla is good for the skin, and if taken in combination with neem, it can help clear out pimples that are caused due to impure blood.

According to the accounts in the Caraka Samhita, by consuming a rasayana made with amla as the main ingredient, one will "live for a hundred years without any sign of decrepitude." Relying on amla alone, and following a unique ceremonial approach-including hand collection of the fruits from a forest of amla trees on the day of the full moon and reciting the mantra Om until the fruits are imbued with a sweet nectar (that overcomes the sour, astringent taste)-it is said that "one will live in enjoyment of youth for as many thousands of years as the number of fruits one eats according to this method.

Amla, Amalaki, Emblica officinalis, Indian Gooseberry, Natural rich source of Vitamin C, Diabetes, Anti-Aging, Skin Toner, Eye Disorders, Heart Disease, Rheumatism, Respiratory Disorders.

#### Medicinal use

In traditional Indian medicine dried and fresh fruits of the plant are used. All parts of the plant are used in various Ayurvedic/Unani Medicine [Jawarish Amla] herbal preparations, including the fruit, seed, leaves, root, bark and flowers. According to Ayurveda, amla fruit is sour (amla) and astringent (kashaya) in taste (rasa), with sweet (madhura), bitter (tikta) and pungent (katu) secondary tastes (anurasas). Its qualities (gunas) are light (laghu) and dry (ruksha), the post-digestive effect (vipaka) is sweet (madhura), and its energy (virya) is cooling (shita).

According to Ayurveda, amla is specific to pitta due to its sweet taste and cooling energy. However, amla is thought to balance vata by virtue of its sour taste, and kapha due to its astringent taste and drying action. It may be used as a rasayana (rejuvenative)] to promote longevity, and traditionally to enhance digestion (dipanapachana), treat constipation (anuloma), reduce fever (jvaraghna), purify the blood (raktaprasadana), reduce cough (kasahara), alleviate asthma (svasahara), strengthen the heart (hrdaya), benefit the eyes (chakshushya), stimulate hair growth (romasanjana), enliven the body (jivaniya), and enhance intellect (medhya). According to Unani System of Medicine the Mizaj of Amla is Sard Khushk so that it is very good remedy for Haar Amraz[Hot Diseases][clarification needed]

In Ayurvedic polyherbal formulations, Indian gooseberry is a common constituent, and most notably is the primary ingredient in an ancient herbal rasayana called Chyawanprash. This formula, which contains 43 herbal ingredients as well as clarified butter, sesame oil, sugar cane juice, and honey, was first mentioned in the Charaka Samhita as a premier rasayana or rejuvenative compound.]

#### Food and digestion

Amla strengthens absorption and assimilation of food. It improves digestion and stimulates our taste buds to relish food better. It can be used by everyone without fear of gastric irritation, or increased acidity. It can also be used to ease "too much heat" - a popular belief - in the body. It aids in better absorption and assimilation of iron from the gut. It also acts as a laxative in large doses due to its high fibre content.

Amla is best used as an ingredient in our diet regularly. It can be used as an alternative to tamarind, lemon or such other fruits to add flavour to food. It can be used as dry powder, fresh juice; or for dressing, by grating it coarse, or fine. It can also be used to prepare chutneys [paste] to be used as an adjuvant in our meals. It can be preserved for a long time in sugar syrup or as pickle and used regularly.

Amla is one of the best sources of natural vitamin C. It contains 20 times more vitamin C than an orange. Even when it is dried, or baked, it contains tannins, which prevent loss of vitamin C. Vitamin C, an antioxidant, fights free radicals, which cause many chronic and grave diseases like arthritis, high blood pressure, heart problems, Alzheimer's, cancer, and so on. Vitamin C is also required for our body's natural defences and healing mechanisms.

#### Quality Assurance

As we believe in providing quality products that are close to nature, we conduct various stringent quality tests under the supervision of the experts. These tests are performed with due care from the very initial stage of procurement of the products to the final stage of delivery to the end users.

#### Packaging

We also provide reliable packaging of the cardamom seed oil and other cardamom products. During the packaging procedure, we keep the hygienic level high and also ensure that there is no human touch. Moreover, the packaging has also helped in the easy and safe delivery of the products.

We are dealing with various esteemed clients located in India as well as in the markets of New Zealand and Dubai. We also promise to serve a superlative range of cardamom and cardamom products which includes green cardamom powder to our new customers as we serve to our existing satisfied clientele.

The frequent and concrete feedbacks from our customers have also helped in the advancement of the managerial activities and serving the products as per the demand prevailing in the market. Last but not the least; we are also looking forward to provide more beneficial deals in the forthcoming years.

## Ingredients

### Supplement Facts:

Serving size: 1 Vegicap

Servings per container: 60

Each 250 mg capsule contains: Amla fruit extract (*Emblica officinalis*)

Dosage: 1-2 Capsules two times a day after meal or or as directed by your health practitioner.



### Contact Us

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