

Amla – Indian Gooseberry

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Amla is a unique fruit packed with minerals

GEEK TALK

Emblica Officinalis

BUT WE TALK

Amla (Hin), Indian Gooseberry, Nellikai (Tam), Amalika (Sanskrit), Gooseberries

GOEGRAPHICAL DISTRIBUTION

This species is paleotropical in its distribution occurring in the Indo-Malesia belt, SriLanka 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 the 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 homes.

DID YOU KNOW?

Legend has it that Amla originated from the drops of Amrita (immortal drink of the Gods), which spilled on earth accidentally. Hence the halo effect that it cures every disease and extends longevity!

The tree is small to medium in size, reaching 8 to 18 m in height, with a crooked trunk and spreading branches. The branchlets are glabrous or finely pubescent, 10–20 cm long, usually deciduous; the leaves are simple, subsessile and closely set along branchlets, light green, resembling pinnate leaves.

The flowers are greenish-yellow. The fruit is nearly spherical, light greenish-yellow, quite smooth and hard on appearance, with six vertical stripes or furrows.

Its culinary uses are very famous in southern India and the most famous is Andhra Amla Pickle (Usirikaya Pachadi). Other Famous culinary uses are Amla Murabba, Gooseberry Raita, and Indian Gooseberry Thokku.

Amla fruit can also be consumed raw. Amla is also the prime most ingredients for making of Indian Ayurveda medicine Chyawanprash.

CULINARY USES

Amla is used as juice, chutneys, pickles, murabba, candies and other condiments.

KITCHEN PHARMACY

- Amla is a unique fruit that is packed with adequate levels of minerals such as copper, calcium, phosphorus, manganese, magnesium, and potassium
- Daily consumption of raw amla reduces constipation problems, as it rich in fiber and hence serves as a gentle laxative.
- Amla is the powerhouse of anti-oxidants and thus helps in fighting off the free radicals in your body. Daily consumption of raw amla or juice reduces the risk of many serious diseases including cancer.
- Amla increases hemoglobin in the blood, the RBC (red blood cells) count and purifies the blood.
- Amla paste can be applied over the skin to glow to the skin and also Amla Hair Oil strengthens hair and also reduces dandruff.
- With all these great medicinal benefits it is used as a base ingredient in Ayurveda.
- Amla is a good source of Vitamin C and anti-oxidants. it helps improve digestion, immunity, detoxify the liver,

help control diabetes and check cholesterol levels.

- Amla is also used to make skin products like creams, shampoos, conditioners, hair oils, scrubs etc.

