

# Amalaki



**AMALAKI**  
(*Emblica Officinalis*)



# Amalaki guna - karma

अम्लं समधुरं तिक्तं कषायं कटुकं सरम् ।  
चक्षुष्यं सर्वदोषघ्नं वृष्यमामलकीफलम् ॥  
हन्ति वात तदम्लत्वात्पित्तं माधुर्यशैत्यतः ।  
कफं रुक्षकषायत्वात् फलेभ्यो अभ्यधिकं च तत् ॥  
(सु.सु.४६/१४३-१४४)

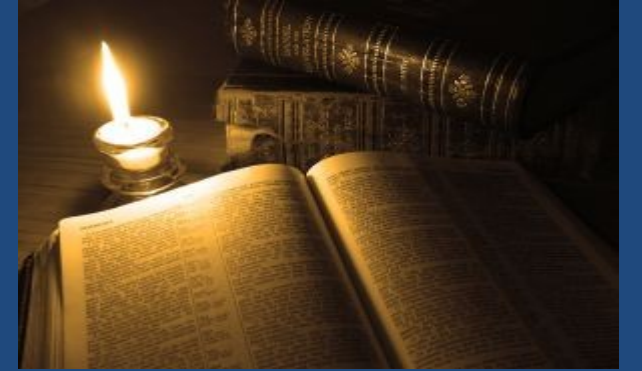
Rasa : lavana varjita pancharasa

Guna : sara, ruksha

Virya : sheeta

Vipaka : madhura

Doshagnata : vata shamana due to amla rasa, pitta shamana  
madhura and sheeta guna, kapha shamana due ruksha and  
kashaya rasa



- **Botanical Name : Emblica Officinalis**
- **Family : Euphorbiaceae**
- **Taste : Five Tastes (Sour, Astringent, Sweet, Bitter and Pungent). It does not contain Salty taste.**
- **Parts Used : Fruits**
- **Properties :**
  - Anti-oxidant**
  - Immunomodulator**
  - Hypoglycemic**
  - Hypolipidemic**
  - Hypotensive**
  - Antacid**
  - Tonic**
  - Mild laxative**



# Bahya prayoga of amalaki for netra

Sl.no	netra kriya	Ingredients	Indication
1.	Anjana	Amalaki ,Aja grita, pippali, saindhava lavana ,madhu	naktaandhya
2.	seka	Decoction of amalaki, prapoundarika, yashti madhu, haridra, padmaka	pittakshiroga
3.	aschottana	Ksheera prepared by kalka or kwatha of amalaki,karanja and madhuka	netrashula
4.	pindi	Amalaki	Pittaja abhishyanda
5.	prakshalana	Sheeta kashaya of amalaki, nimba, kapitta, yashti madhu, khadira, lodra	All types of corneal diseases
6.	lepa	Lepa prepared by amalaki, aksha, and pathya, 1:2:3 parts respectively	Srava in pittaja and raktaja netra vaikara

# ABHYANTARA PRAYOGA OF AMALAKI FOR NETRA

Sl.no	Form	Ingredients	Indication
1.	kwatha	Amalaki, vibhitaki, haritaki fruits in the ratio of 12:6:3	Abhishyanda, srava, raga, shula, timira
2.	Churna	amalaki, haritaki, pippali and flowers of ashoka, priyangu, shala, utpala	Vidagdha drishthi roga
3.	kwatha	Amalaki, vibhitaki, haritaki, patola, nimba, vasa	Rakta srava
4.	kwatha	Amalaki, vibhitaki, haritaki, patola, musta, vasa	Shotha, shula, akshipaka
5.	kwatha	amalakyadigana	chakshushya

# Amalaki as ekamulika prayoga in netra roga

Sl.no	indication	Part used	Method of preparation	Method of application	reference
1.	Nava Netrabhisyaanda	Fruit	Dhatriphala swarasa is extracted	Applied externally to both eyes	Chakradatta 59/5
2.	Timira	Not mentioned	Amalaki swarasa is extracted payasa is prepared	Internally	Su. sa Uttaratantara 17/49
3.	Pittabhisyaanda	Not mentioned	Kalka is prepared & pindi is made	Applied in the form of pindi	SAS, Uttara Khanda 13/26
4.	All types of Netra vikaras	Not mentioned	Fresh Amalaki are plucked and swarasa extracted	Applied to the eyes	CD 59/39

# Amalaki as nitya rasayana

Sl.no	Name of yoga	phalashruti
1.	Amalaki rasayana	Indriya bala vruddhi , vayasthapaka
2.	Amalaka grita	Indriya sthirata,Balya , medhya, vrushya
3.	Amalaka avaleha	Dirghayu, swasthya, sharirika and manasika bala vruddhi
4.	Brahma rasayana	Dirghayu and tarunyata
5.	chyavanaprasha	Given in balahina and kshaya

# Latest Research on amalaki

- Amalaki has shown chemopreventive action on skin carcinogenesis.
- Rationality of rasyana therapy adaptogenic , anti oxidant and anti inflammatory agent.
- Lot of research work is going on in the field of ethno veterinary science.
- Inhibition of aldose reductase by tannoid principles of Amalaki : implications for the prevention of diabetic cataract.
- Amalaki Used in the cosmetology



# conclusion

- Amalaki has been a superstar of eastern medicine for thousands of years.
- It is one among triphala and used in all most all major yogas.
- Amalaki is used as best medicines in most of eye disorders.
- Amalaki is pathya for eyes.

