



A Comprehensive Literary Review on the Effect of Amlaki (*Emblica Officinalis*, Gaertn) in Mandagni

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Abstract

There are so many herbs have been used in the management of Mandagni. Amlaki is very common herb, used by vaidyas in different conditions, including problems of digestion. The Amlaki (*Emblica officinalis*, Gaertn) has been designated as a “Rasayan” and “Vayasthapak” and is highly effective towards preventive, nutritive, curative aspect. Recent studies show antioxidant property in Amlaki fruits. It is also maintain normal gastric secretion without adverse effect even if used for a longer period. It is most efficacious medicine in acid peptic disorder in all ages. In present study different Ayurvedic literature of the Vedic period, Samhita period, Samgraha period and modern era has been reviewed to collect information regarding the properties, action and therapeutic uses, and those have been furnished here in a methodical manner, and finally a conclusion has been made regarding its effectiveness on Mandagni. The aims and objectives of this study is to focus the knowledge of pharmacodynamics of Amlaki on the scholar and practitioner of this field to encourage them towards the use of said herbs in different digestive problems.

Keywords: Amlaki, Mandagni, Rasayan, Dhatri etc.

Introduction

Amlaki is the most popular plant in the Indian system of medicine. It is also known as Adiphala, Akara, Amlaki, Amalakam, Amraphala, Amrita, Amritaphala, Bahuphali, Dhatri, Dhatrika, Dhatriphala, Kayastha, Pancharasa, Shriphala, Shriphali, Vayastha, Vrishya, Vrittaphala etc. It is a deciduous, small or medium sized tree with crooked trunk and spreading branches, branchlets of 10-20 cm, stipules minute, bark greenish grey exfoliating in conchoidal flakes; Leaves subsessile, 10-13 by 2.5-3 mm, fruits are fleshy, globose (1.3–1.6 cm diameter), with six obscure vertical furrows.^[1] In Ayurveda dried fruits and ripe fruits pulps has been taken in fresh condition as the parts of use. Fruits pulp of Amlaki has been taken into different Ayurvedic ethical preparations like Sitopaladi churna, Bhaskar laban churna, Triphala churna, Talisadya churna, Avipattikar churna, Chandraprava Vatika, Agnitundi Vati, Dhatri lauha, Yogaraj guggul, Kaisore guggul, Kutajavaleha, Chayawanprash Avaleha, Rohitakarista, Kumaryasava etc. ^[2] by our classic for the treatment of gastrointestinal disorder and also use as a “Rasayan” and “Vyavasthapak” and others disease condition, the ancient literature like Charak Samhita (2500 BC/1000 BC), Sushrut Samhita (500 BC), Ashtanga Hridaya (400 AD), Sarangadhar Samhita (1300 AD), Cakradutta (1100 AD), Bhabprakash (1600 AD) have also used this drug in different

systemic disorders. Several important Ayurvedic Pharmacopoeias like Dhanwantari Nighantu, Raja Nighantu, Kaiyadeva Nighantu, Madan Pal Nighantu, Bhava Prakash Nighantu, Priya Nighantu etc. have been vividly reviewed and those have also been stated here in present work. Amlaki having five rasas like amla, madhur, katu tikta and kashaya (lavan rahit and amla pradhan) and guna of Amlaki are guru, ruksha and shita ^[3]. Amlaki is a potent tridosahara herb. The agnivardhak activity of Amlaki prevent Mandagni (diminished state of digestive fire). In present study all those information have been furnished in tables.

Materials & Methods

Review of Ayurvedic literature of different era like Charak Samhita (2500 BC/1000 BC), Sushrut Samhita (500 BC), Ashtanga Hridaya (400 AD), Sarangadhar Samhita (1300 AD), Cakradutta (1100 AD), Bhabprakash (1600 AD) and different nighantus like Dhanwantari Nighantu, Raja Nighantu, Kaiyadeva Nighantu, Madan Pal Nighantu, Bhava Prakash Nighantu, Priya Nighantu etc. have been done vividly to collect data. The information regarding the properties, action, therapeutic uses etc. have been furnished in tables very methodically.

Scientific Name: *Emblica officinalis*, Gaertn

Family: Euphorbiaceae

Varga: Amradi varga (Raja Nighantu)

Table 1: Properties of Amlaki as per different classical texts.

Properties	D.N. ^[4]	R.N. ^[5]	K.N. ^[6]	M.P.N. ^[7]	B.P.N. ^[8]	P.N. ^[9]
Rasa	Madhur Amla Katu Tikta Kashaya	Madhur Amla Kashaya	Madhur Amla Tikta Katu Kashaya	Madhur Amla Kashaya	Madhur Amla Tikta Kashaya	Madhur Amla Katu Tikta Kashaya
Guna	Ruksha	Laghu	—	Ruksha	Ruksha	Laghu
Virya	Shita	Shita	Shita	—	Shita	Shita
Vipaka	—	Madhura	—	—	—	—

Table 2: Karma (action) of Amlaki on dosha as per different classical texts.

Dosha Karma	D.N.	R.N.	K.N.	M.P.N.	B.P.N.	N.A.	P.N.
Vata Shamak	+	-	+	+	+	-	+
Pitta Shamak	+	+	+	+	+	+	+
Kapha Samak	+	+	+	+	+	+	+

Table 3: Karma (action) of Amlaki on as per different classical texts.

	D.N.	R.N.	K.N.	M.P.N.	B.P.N.	N.A.	P.N.
Anulomana	+	-	-	-	-	-	+
Ayusha	-	-	-	+	-	-	+
Chakshushya	-	-	+	-	-	-	-
Deepak	+	+	+	-	+	-	-
Grahi	-	-	-	-	+	-	-
Jwaraghna	+	-	-	-	-	-	-
Keshya	+	-	+	-	+	-	-
Mutrala	-	-	-	-	+	-	-
Rasayana	+	+	-	-	+	-	+
	D.N.	R.N.	K.N.	M.P.N.	B.P.N.	N.A.	P.N.
Ruchikarak	-	+	-	-	-	-	-
RaktaSrava Rodhak	-	-	-	-	+	-	-
Sukra bardhak	+	-	+	+	+	-	-
Virechak	-	-	-	-	+	-	+
Pachak	+	-	+	+	+	+	+

D.N.: Dhanwantari Nighantu

R.N.: Raja Nighantu

K.N.: Kaiyadeva Nighantu

M.P.N.: Madan Pal Nighantu

B.P.N.: Bhava Prakash Nighantu

N.A.: Nighantu Adarsa

P.N.: Priya Nighantu

Dosage

Powder: 6-12 gms.

Parts Used: Dried fruits, Ripe fruits used generally in fresh condition.

Chemical Constituents: Organic acids and/or vitamin: Ascorbic acid (Vit. C), Gallic acid, Tannin (~25%), Nicotinic acid etc.

Carbohydrate: Glucose (~16%); Minerals (~0.7%), Calcium, Phosphorus, iron, water etc.

Discussion

After vivid review of the literatures it has been revealed that Amlaki (*Embllica officinalis*, Gaertn) is carrying the five rasas like amla, madhur, katu tikta and kashaya and guna of Amlaki

are guru, ruksha and shita. It belongs to Shita virya and Madhur vipaka. Amla rasa pacify vata, Madhur rasa and shita guna pacifies pitta, ruksha guna and kashaya rasa pacify kapha. So it is found that Amlaki is a potent tridoshahara herb. As per Dravyaguna Nighantu Amlaki having the action of pachan (digestion), deepan (stimulates the secretion of gastric juice), Anulomana (carminative), Amlatanashan (prevents hyperacidity) and yakrit uttejak (hepatostimulant). Its actions over gastro-intestinal tract is very satisfactory because it shows deepan (stimulates the gastric juices), pachan (digestion). Anulomana (carmination) and yakrit uttejak (hepatostimulant). So Amlaki is very helpful to manage Mandagni.

Conclusion

After above discussion it could be concluded that Amlaki having effective digestive and carminatives action. It has the potent preventive, nutritive, curative value. Amlaki can be used safely in the state of Mandagni

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