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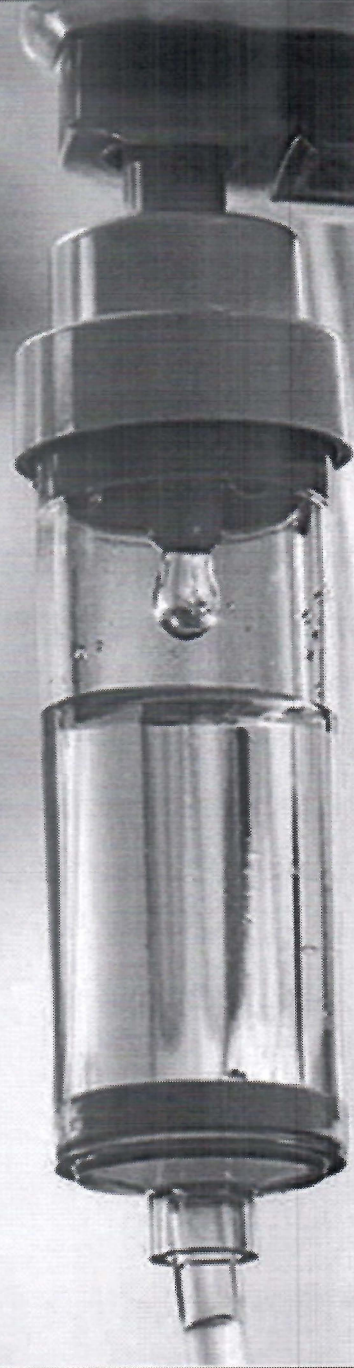
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Compare the Effectiveness of Cold
and Glycerine Magnesium Sulphate
Application on Thrombophlebitis Among
Patients Receiving Intravenous Therapy

→ Page No : 21



Review Article - Amalaki

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Revered seers of Ayurveda expounded the immortal and sacred science of life consisting of three principles viz. Etiology (Hetu), symptomatology (Linga) and knowledge of drugs (Aushadh) as a means to well-being per excellence to healthy and diseased. Drug is an integral component of this Trisutri Ayurveda.

Ayurvedic classics says, "Nothing in the world exist which does not have therapeutic utility" (Ch Su26/12). This is enough to prove importance of drug in Ayurvedic classics.

Ayurveda considers Aushadha as one of the four essential components for maintaining health. The drug which is rich in pharmacological activities, which could be made into various forms of medicaments, having specific therapeutic action and available in plenty are praised by the legends of science. Ample of references are available in the classics regarding the wonders a good drug can produce as well as the ill effects an improper drug can create.

In Ayurveda, the ancient authors have recognized the importance of medicines, especially of the herbal medicines. They have focused their attention on the plants and their preparations. In the preservation of health and cure the diseases. Large number of plants have been identified and recapitulated with their properties and uses.

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Amalaki

Latin Name:

Emblica officinalis Gaertn
(Phyllanthus emblica linn)

Family:

Euphorbiaceae

Classical Names:

Amalaki, Vayasya, Vrishya,
Dhatrithala, Amritaphala,
Amalaka, Tisyaphala, Sripthalam

Synonyms:

Sanskrit:

Amrtaphala, Amalaka,
Dhatrithala

Assamese:

Amlakhi, Amlakhu, Amlaku

Bengali:

Amla, Dhatri

English:

Emblic Myrobalan, Indian
gooseberry

Hindi:

Amlika, Amalaka, Amvala

Gujrati:

Ambala, Amala

Kannada:

Nellikayi, Bela nelli,
pottadenollikayi

Kashmiri:

Aml, Embali

Malayalam:

Nellikha

Marathi:

Anvala, Avalkathi

Oriya:

Ainla, Anala

Punjabi:

Aula, amla

Tamil:

Nellikai, nelli

Telugu:

Usirika

Urdu:

Amla, Amlaj

Parts Used:

Fruit, Root bark, Stem Bark,
Leaf, Seed

Gana:

Charak Samhita:

Vayasthapana, Virechanopaga

Sushruta Samhita:

Triphala, Parushakadi

Bhav Prakash:

Haritakyadi Varga

Dhanvantari Nighantu:

Guduchyadi Varga

Kaiyadev Nighantu:

Aushadhi Varga

Distribution:

Throughout India, in deciduous forest and on hill slopes upto 200m, also cultivated in plains.

Botanical Description:

A small to medium sized deciduous tree, 8-18m in height with thin light grey bark exfoliating in small thin irregular flakes.

Leaves

Leaves simple, very many, subsessile, closely set along the branchlets, distichous, light green having the appearance of pinnate leaves.

Flowers

Flowers greenish yellow, in axillary fascicles, unisexual, males numerous on short slender pedicels, female few, subsessile, ovary 3-celled.

Fruit

Fruits globose, fleshy, pale yellow with six obscure vertical furrows enclosing 6 trigonous seeds in 2-seeded 3 crustaceous cocci. The fruit is green when tender changing to light yellow when mature, it is sour and astringent in taste.

Properties and Uses:

The root bark is astringent and is useful in ulcerative stomatitis and gastrohelcosis.

The bark is useful in gonorrhoea, jaundice, diarrhoea and myalgia.

The leaves are useful in conjunctivitis, inflammation, dyspepsia, diarrhoea and dysentery.

The fruits are sour, astringent, bitter, acrid, sweet, cooling, anodyne, ophthalmic, carminative, digestive, stomachic, laxative, alterant, alexeteric, aphrodisiac, diuretic, antipyretic, tonic and trichogenous. They are useful in diabetes, cough, asthma, bronchitis, headache, ophthalmic disorders, dyspepsia, colic, flatulence, hyperacidity, peptic ulcer, erysipelas, skin diseases, leprosy, haematemesis, inflammations, anaemia, emaciation, hepatic disorders, jaundice, strangury, diarrhoea, dysentery, intrinsic haemorrhages, leucorrhoea, menorrhagia, cardiac disorders, intermittent fevers and greyness of hair.

Seeds are reported to be useful in asthma, bronchitis and biliousness.

Ayurvedic Properties:

Rasa-

Amla, Madhura, Kashaya, Tikta, Katu

Guna-

Guru, Sheet, Rukshya

Virya-

Sheet



Vipaka-

Madhura

Doshaghnata-

Tridoshashamaka (especially Pittashamaka)

Rogaghnata:

Paittika-vikara, Daha, Amlapitta, Paittika-shirahshula, Netraroga, Mutravarodha, Khalitya, Palitya, Mastishka Daurbalya, Drishtimandya, Indriya Daurbalya, Aruchi, Trishna, Agnimandya, Vibandha, Yakridvikara, Arsha, Parinamashula, Udavarta, Hridroga, Pradara, Raktapitta, Yakshma, Shukrameha, Garbhashaya Daurbalya, Swasa, Kasa, Mutrakrichchhra, Paittika-prameha, Kushtha, Visarpa, Jeerna Jwara, Shotha.

Karma:

Dahaprashamana, Amlatanashaka, Rochana, Deepana, Anulomana, Chakshushya, Keshya, Medhya, Nadibalya, Balya, Yakriduttejaka, Stambhana, Sransana, Hridya, Shonitasthapana, Kaphaghna, Vrishya, Garbhasthapana, Mootrala, Pramehaghna, Kusthaghna, Jwaraghna, Rasayana.

Chemical Constituents:

A good source of vitamin C; carotene, nicotinic acid, riboflavin, D-glucose, D-fructose, myoinositol and a pectin with D-galacturonic acid, D-arabinosyl, D-xylosyl, L-rhamnosyl, D-glucosyl, D-mannosyl and D-galactosyl residues, embical,

mucic, Indole acetic acid and four other auxins- a1, a3, a4, and a5, two growth inhibitors- R1 and R2; phyllembic acid and phyllembin (fruits) and fatty acids (seed oil); leucodelphinidin, procyanidin, 3-O-gallated prodelphinidin and tannin (bark); ellagic acid lupeol, oleanolic aldehyde and O-acetyl oleanolic acid (root); tannins, polyphenolic compounds; 1, 2, 3, 6-trigalloylglucose, terchebin, corialgin, ellagic acid, alkaloids, phyllantidine and phyllantine (leaves and fruits).

Pharmacological Activities:

Dried fruit is used in haemorrhage. It is cooling, refrigerant, diuretic & laxative antitumor, immunomodulating, antioxidant.

Antiulcer, antioxidant, anti-inflammatory, spasmolytic, mild CNS depressant, hypolipidaemic, antiatherosclerotic, antimutagenic, antimicrobial, antifungal, antitumor, hypoglycaemic, antibacterial, adrenergic potentiating, HIV-1 reverse transcriptase inhibitory action.

Important formulations:

Chavanprasha, Dhatri Lauha, Dhatriyadi Ghrita, triphala Churna

Therapeutic use-

Raktapitta, Amlapitta, Prameha, Daha

Dose:

3-6gm of drug in powder form
5-10ml of fresh juice



Patients with acute coronary syndromes (ACS) display diffuse coronary atheroma instability and heightened risk of early and late recurrent coronary events.

High Intensity Rosuvastatin