Amla Extract

General description:

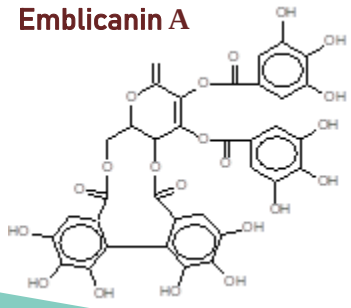
- Botanical name : *Emblica officinalis* Gaertn.
- Family : Euphorbiaceae
- Common Name : Amla, amlaki, Indian Gooseberry
- Part used : Fruit

Amla is being used as traditional and functional food in Asia, has physiological benefits such as hepato-, cyto- and radio-protection, as well as hypolipidemic effects.[1] It is used both as a medicine and as a tonic to build up lost vitality and vigor. All parts of the plant are used for medicinal purposes, especially the fruit, which has been used in Ayurveda as a potent rasayana.

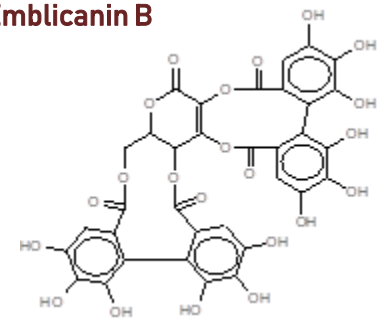
Phytochemistry

E. officinalis is highly nutritious and is an important dietary source of vitamin C, minerals and amino acids. Glutamic acid, proline, aspartic acid, alanine, and lysine are the major amino acids present in amla. The fruit contains tannins such as emblicanin A, emblicanin B, gallic acid and ellagic acid. Phyllemblin, the another active principle of amla acts on cardiovascular system.[2]

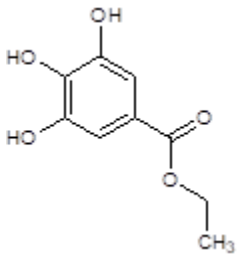
Emblicanin A



Emblicanin B



Phyllemblin



Medicinal Uses:

Amla strengthens the heart, improve eye sight and imparts a natural glow to hair and body. It is a powerful anti-oxidant that prevents premature ageing. *E. officinalis* is used as diuretic, laxative, antipyretic, aphrodisiac tonic. Amla controls digestive problems, and used in the treatment of burning sensation, Polydipsia (over thirst), dyspepsia and other complaints of digestive system [3]. Hepatoprotective and immune-stimulating activity have also been reported [4].

Recommended dose: Not well established

Available grades: 30%, 40% Tannins

Specifications :

Botanical/ Scientific name	*Emblica officinalis*
CAS No.	90028-28-7
Description	Brown to brownish black hygroscopic powder with characteristic odor
Identification	TLC
Heavy metal	Not more than 20 ppm
Arsenic	Not more than 1 ppm
Lead	Not more than 10 ppm
Content of Tannins	20, 30, 40%
Microbiological profile	As per JPN Food Regulation

References

1. Chen TS et al. 2009. Supplementation of *Emblica officinalis* (Amla) extract reduces oxidative stress in uremic patients. Am J Chin Med. 37(1):19-25.
2. Meena & Singh, 2010. Evaluation of physicochemical and preliminary phytochemical studies on the fruit of *Emblica officinalis* gaertn. Asian J of Pharm and Clinical Res. 3(3): 242-243,
3. Kuma et al. 2012. Recent trends in potential traditional Indian herbs *Emblica officinalis* and its medicinal importance. J of Pharmacog and Phytochem, 1(1): 24-32
4. Madhuri et al. 2011. Antioxidant immunomodulatory and antioxidant activities of *Emblical officinalis*: an overview. Int Res J of Pharmacy. 2(3):270-272