



AAMLA

Fruit

The drug *Amla* consists of pericarp of dried mature fruits of *Phyllanthus emblica* L. (Euphorbiaceae); drug is mostly collected in winter season after ripening and in kashmir in summer. Drug yielding plant is a small or medium sized tree, found both in natural state in mixed deciduous forests of the country ascending to 1300 m on hills, cultivated in gardens, home yards or grown as a road side tree.

- **Temperament:** Cold, Dry 2?
- **Action(s):** Cardiotonic (Muqawwi-e-Qalb), Astringent (Qabiz), Calming agent (Musakkin), Brain tonic (Muqawwi-e-Dimagh)
- **Therapeutic Use(s):** Weakness of brain (Zof-e-Dimagh), Amnesia (Nisyan), Headache (Suda), Gastric ulcer (Qarha-e-Meda), Hyperacidity (Humuzat-e-Meda), Diarrhoea (Ishal)
- **Dose:** 3 to 5g.
- **Important Formulation(s):** Anoshdaru, Murabba-e-Amla, Majoon-e-Maqawwi-e-Rahem, Majoon-e-Mundi, Majoon-e-Lana, Majoon-e-Kundur, Qurs-e-Mulaiyin, Jawarish-e-Amla Sada, Sufoof-e-Hazim Kalan, Dawa-ul-Misk Motadil Sada, Itrifal Zamani, Itrifal-e-Sagheer, Itrifal-e-Ustukhuddus, Sufoof-e-Amla.