

HEALTH BENEFITS OF AMLA OR INDIAN GOOSEBERRY FRUIT (PHYLLANTHUS EMBLICA)

Foods can be effectively used as medicine to treat and prevent disease. Ayurveda, the 5,000 year old ancient Indian health science, have mentioned benefits of food for therapeutic purpose. According to Ayurveda, amla balances all three doshas. In Ayurvedic polyherbal formulations, Indian gooseberry is a common constituent .It may be used as a rejuvenative to promote longevity, to enhance digestion , treat constipation , reduce fever , purify the blood , reduce cough , alleviate asthma , strengthen the heart , benefit the eyes , stimulate hair growth and enhance intellect *

Whether eaten raw, mixed with other herbs, or dried and used as a seasoning, amla fruit is one of the healthiest fruits. The amla fruit has 30 times more vitamin C than an orange, which makes it one of the richest vitamin C fruits available. Research has proven that vitamin C can reduce the severity of colds, act as a natural antihistamine and boost the immune system.

Research has proven that amla can help prevent free radicals, fight cancer and reduce inflammations caused by various conditions because it is rich in antioxidant and anti-inflammatory chemicals such as quercetin , gallic and ellagic acids and corilagin. A study done in Japan by scientists at the Faculty of Pharmaceutical Sciences at Nagasaki University discovered through preliminary research that amla fruit extracts prevent the growth of cancerous cells. A human pilot study demonstrated a reduction of blood cholesterol levels in both normal and hypercholesterolemic men with treatment and also has been found to reduce inflammation caused by arthritis and joint pain.

Other benefits of eating and ingesting amla fruit include regulating bowel movements and easing constipation because of its high fiber content, and preventing cataracts in diabetic patients by blocking aldose reductase, which contributes to the onset of cataracts in diabetic patients. Amla also can be helpful in relieving stress. Research has shown that amla fruit acts as a sedative, which improves sleep, relaxes muscles and can have a calm, soothing effect.

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