



**AMALAKI (*EMBLICA OFFICINALIS* GEARTN): AN OVERVIEW ON THERAPEUTIC
USES WITH SPECIAL REFERANCE TO BRIHATTRAYI**

Sarvesh Kumar Bharati^{1*}, Aparna Dixit², Bhuwal Ram³ and Anil Kumar Singh⁴

¹M.D.(Ay), Dept. of Dravyaguna, I.M.S, B.H.U, Varanasi, India.

²JR II, Dept. of Dravyaguna, I.M.S, B.H.U, Varanasi, India.

³Associate Professor, Dept. of Dravyaguna, I.M.S, B.H.U, Varanasi, India.

⁴Professor, Dept. of Dravyaguna, I.M.S, B.H.U, Varanasi, India.

***Corresponding Author: Dr. Sarvesh Kumar Bharati**

M.D.(Ay), Dept. of Dravyaguna, I.M.S, B.H.U, Varanasi, India.

Article Received on 25/12/2016

Article Revised on 15/01/2017

Article Accepted on 06/02/2017

ABSTRACT

Ayurveda- the earliest system of health sciences believes in the intimate relationship of man and nature. Post *Vedic* Period is the period when *Ayurveda* emerged in its crystalline form as a result of discussion and serious thinking in the proceeding era. It is the *Samhita* period. In *Samhita* period, *Charaka Samhita*, *Sushruta Samhita* and *Ashtanga Hridaya* were known as leading *samhita* in the field of medicine. These are also known as ‘*Brihatrayi*’ of *Ayurveda*. In the classics of *Brihatrayi*, *Amalaki* is widely mentioned for the treatment in many diseases in compound form. *Amalaki* is used in *Brihatrayi* as *Rasayana* (Rejuvenating), *Vayasthapana* (Age sustaining), *Atisthoulya* (Obesity), *Prameha* (Diabetes), *Kustha* (Skin disorder), *Arsha* (Hemorrhoids), *Pandu* (Anaemia), *Netra roga* (Eye disorder), *Vrana* (Wound) etc. The external and internal administration of the drug is prescribed in the classics as *Svarasa*, *Lepa*, *Dhuma*, *Taila*, *Vasti*, *Kshara*, *Kalka*, *Kashaya*, *Ghrita*, *Churna*, *Peya*, *Kwatha*, *Gutika*, *Varti* etc. *Amalaki* (*Embllica officinalis* Geartn), a native plant of India, is a medium-sized deciduous tree found throughout the country. The fruits are globular, fleshy, smooth and striated with yellowish-green colour. They contain an obovate-obtusely triangular six-celled nut. Traditionally, the fruit is used as astringent, cardiogenic, diuretic, laxative, liver tonic, stomachic, restorative, antipyretic, anti-inflammatory, hair nourisher and digestive medicine. The present work aims to discuss formulations and therapeutic indications of *Amalaki* as described in *Brihatrayi* in chronological order.

KEYWORDS: *Amalaki*, *Embllica officinalis* Geartn, *Brihatrayi*, *Charaka samhita*.

INTRODUCTION

Ayurveda; the earliest system of health sciences believes in the intimate relation of man and nature. *Ayurveda* flows with the harmony and peace of the entire philosophical milieu that enlightened the mind of man in the different era- viz. *Vedic*, *Upanishad*, *Samhita* period and so on. With the passage of time, it incorporated many new thoughts and ideas about diseases and its treatment. However, in mean while it also faces some dark phase, in which many thoughts and ideas were dropped or lost but again it came forward with all its basic and original strength for the welfare of mankind and the whole universe.

Amalaki is a well known drug since *Vedic* period. ‘*Amala*’ and ‘*Amalaki*’ were the two names used to denote the drug *Amalaki* in this period. Other treatises like *Upanishad*, *Kalp sutra*, *Panini Ashtadhyayi*, *Patanjali Mahabhashya*, *Shankayana Grihasutra*, *Kataka Grihasutra* and *Shankalikhita Dharmasutra* designate this drug in the name of *Amalaka*. In

Shankayana Grihasutra, *Amalaki* is considered as *Uttama Phala* (Best fruit). The illustration of ‘*Amalaki*’ in *Kataka Grihasutra* is as customary practices of *Indranikarma* relating to ‘*Kanya snana vidhi*’ which is done to young lady prior to her marriage, highlighting the health care importance of the drug in ancient times. There is a reference of *Phalguna-shukla Ekadashi* or *Amalaki Ekadashi* from *Brahmana Purana*. *Amalaki* tree is considered sacred by *Hindus* as the Lord *Vishnu* is believed to dwell here and it is worshipped on *Amalaki Ekadashi*. *Amalaki* is also decribed in *Jaiminiya Upanishada* and *Jaiminiya Upanishada Brahmana* by name of *Amala* (*Jaiminiya Upanishada* 1/12/4/6, *Jaiminiya Upanishada Brahmana* 1/38/6).^[1]

Post *Vedic* Period is the period when *Ayurveda* emerged in its crystalline form as result of discussion and serious thinking in the proceeding era. This is the *Samhita* period. In *Samhita* period *Charaka Samhita*, *Sushruta Samhita* and *Ashtanga Hridaya* were known as leading *samhita*. These are also known as ‘*Brihatrayi*’ of

Ayurveda. *Amalaki* is widely mentioned for the treatment of many diseases in single and compound form by the classics of *Brihatrayi*.^[2] The external and internal administration of the drug is prescribed in the classics in *Samhita* period as *Svarasa* (juice), *Lepa* (ointment), *Dhuma* (smoking), *Taila* (oil), *Vasti* (Enema), *Kshara*, *Kalka* (paste), *Kashaya* (decoction), *Ghrita*, *Churna* (powder), *Peya*, *Kwatha* (decoction), *Gutika* (tablet), *Varti* (suppository) etc. In *Brihatrayi*, *Amalaki* is indicated in *Atisthoulya* (Obesity), *Vayasthapana* (Age sustaining), *Krimi* (Worm infestation), *Rasayana* (Rejuvenation), *Vajikarana* (Aphrodisiac), *Jvara* (Fever), *Prameha* (Diabetes), *Kustha* (Skin diseases), *Shotha* (Oedema), *Garhani dosha* (Gastrointestinal disorder), *Arsha* (Haemorrhoid), *Kamala* (Jaundice), *Pandu* (Anaemia), *Kasa* (Respiratory diseases), *Netra roga* (Eye disorder) and *Yonivyapada* (Gynaecological diseases) etc.^[3]

Embllica officinalis, a native plant of India, is a medium-sized deciduous tree found throughout India. The fruits are globular, fleshy, smooth and of striated with yellowish-green color. They contain an obovate-obtusely triangular six-celled nut. Traditionally, the fruit is used as astringent, cardiogenic, diuretic, laxative, liver tonic, stomachic, restorative, antipyretic, anti-inflammatory, hair nourishing and digestive medicine. It is used for a variety of ailments such as anaemia, hyperacidity,

diarrhoea, eye inflammation, anomalies of urine, leucorrhoea, jaundice, nerve debility, liver complaints, and cough.^[4] It is reported to be effective in the treatment of peptic ulcer and dyspepsia. It is also reported to have hepatoprotective, antioxidant, antimutagenic, cytoprotective, antitumor, antifungal, antimicrobial, hypolipidemic, and antiatherosclerotic effects.^[5] The fruits of *E. officinalis* are reported to contain ascorbic acid, hydrolysable tannins, emblicanin A and emblicanin B along with pedunculagin and punigluconin.^[6]

MATERIAL AND METHOD

1. *Charaka Samhita* (1000 BCE – 4th Cent.)^[3]

Charaka has described *Amalaki* in *Sutra-Sthana*, *Chikitsa-Sthana*, *Kalpa-Sthana*, and *Siddhi-Sthana* mostly for the treatment of diseases and for *Rasayana karma* (to increase the body immunity). In *Charaka Samhita*, *Amalaki* is prescribed in different kinds of diseases in different dosages form. It is included in *Kushthaghna*, *Virechanopaga*, *Kasahara*, *Jvarahara*, *Vayasthapana Mahakashaya* and *Amlaskandha*. The drug is prescribed in the form of *Vasti* (*Anuvasana*, *Asthapana* and *Niruha vasti*); *Lepa*, *Avaleha*, *Svarasa*, *Kashaya*, *Kshara*, *Churna*, *Taila*, *Ghrita*, *Peya*, *Kwatha* (*Leha*, *Gutika*) and *Varti*. In above mentioned preparations, the different parts of the plant such as *Tvaka*, *Patra*, and *Phala* are used to prepare the drug.^[3]

Table 1: Different preparations and indications of *Amalaki* in *Charaka Samhita*^[3]

S. No	Preparations	Indications/Action	References
1.	<i>Yavagu</i>	<i>Rukshana Karma</i>	Su 2/26
2.	<i>Yavagu</i>	<i>Kanthya</i>	Su 2/31
3.	<i>Churna</i>	<i>Atisthoulya</i>	Su 21/23
4.	<i>Mantha</i>	<i>Madya</i>	Su 23/38
5.	<i>Phala</i>	<i>Vayasthapana</i>	Su 25/40
6.	<i>Svarasa</i>	<i>Krimi</i>	Vi 7/21
7.	<i>Samshodhana Aushadha</i>	<i>Shodhana</i>	Chi 1-1/25
8.	<i>Prathama Bramha Rasayana</i>	<i>Rasayana Karma</i>	Chi 1-1/41
9.	<i>Chyavanaprasha</i>	<i>Rasayana Karma</i>	Chi 1-1/65
10.	<i>Amalaki Rasayana</i>	<i>Rasayana Karma</i>	Chi 1-1/75
11.	<i>HaritakyadiYoga</i>	<i>Rasayana Karma</i>	Chi 1-1/76
12.	<i>Amalaka Ghrita</i>	<i>Rasayana Karma</i>	Chi 1-2/4
13.	<i>Amalaka Avaleha</i>	<i>Rasayana Karma</i>	Chi 1-2/7
14.	<i>Amalaka Churna</i>	<i>Rasayana Karma</i>	Chi 1-2/8
15.	<i>Kevalamalaka Rasayana</i>	<i>Rasayana Karma</i>	Chi 1-2/10
16.	<i>Triphala Rasayana</i>	<i>Rasayana Karma</i>	Chi 1-3/41
17.	<i>Dvitiya Bramha Rasayana</i>	<i>Rasayana Karma</i>	Chi 1-4/19
18.	<i>Brimhani Gutika</i>	<i>Vajikarana</i>	Chi 2-1/28
19.	<i>Peya</i>	<i>Jvara Vibandha</i>	Chi 3/184
20.	<i>Jatyadi Kvatha</i>	<i>Jvara</i>	Chi 3/207
21.	<i>Pippalyadi Ghrita</i>	<i>Jvara</i>	Chi 3/1220
22.	<i>Kharjura Tarpana</i>	<i>Raktapitta</i>	Chi 4/33
23.	<i>Trayamanadya Ghrita</i>	<i>Gulma</i>	Chi 5/120
24.	<i>Drakshadya ghrita</i>	<i>Gulma</i>	Chi 5/124
25.	<i>Santarpana Yoga</i>	<i>Prameha</i>	Chi 6/22
26.	<i>Kvatha</i>	<i>Prameha</i>	Chi 6/26
27.	<i>Svarasa</i>	<i>Prameha</i>	Chi 6/26
28.	<i>Kvatha</i>	<i>Kaphaja Prameha</i>	Chi 6/28

29.	<i>Kvatha</i>	<i>Pittaja Prameha</i>	Chi 6/30
30.	<i>Svarasa</i>	<i>Kapha-pittaja Prameha</i>	Chi 6/36
31.	<i>Phalatrikadi Kvatha</i>	<i>Prameha</i>	Chi 6/40
32.	<i>Madhvasava</i>	<i>Prameha</i>	Chi 6/41
33.	<i>Udaka pana</i>	<i>Prameha</i>	Chi 6/46
34.	<i>Pathya</i>	<i>Prameha</i>	Chi 6/48
35.	<i>Patoladi Kvatha</i>	<i>Kushtha</i>	Chi 7/62
36.	<i>Mustadi Churna</i>	<i>Kushtha</i>	Chi 7/65
37.	<i>Kanakabindvarishta</i>	<i>Kushtha</i>	Chi 7/77
38.	<i>Mahatiktaka Ghrita</i>	<i>Kushtha</i>	Chi 7/144
39.	<i>Mahakhadira Ghrita</i>	<i>Kushtha</i>	Chi 7/153
40.	<i>Kalyanaka Ghrita</i>	<i>Unmada</i>	Chi 9/35
41.	<i>Amritaprasha Ghrita</i>	<i>Kshatakshina</i>	Chi 11/38
42.	<i>Ashtashatarishta</i>	<i>Shvayathu</i>	Chi 12/32
43.	<i>Narayana Churna</i>	<i>Udara roga</i>	Chi 13/125
44.	<i>Abhayarishta</i>	<i>Arsha</i>	Chi 14/138
45.	<i>Kanakarishta</i>	<i>Arsha</i>	Chi 14/159
46.	<i>Takrarishta</i>	<i>Grahani Dosha</i>	Chi 15/120
47.	<i>Duralabhasava</i>	<i>Grahani Dosha</i>	Chi 15/152
48.	<i>Haridradi Ghrita</i>	<i>Kamala</i>	Chi 16/53
49.	<i>Dhatryavaleha</i>	<i>Kamala, Pandu</i>	Chi 16/101
50.	<i>Manduravataka</i>	<i>Pandu</i>	Chi 16/102
51.	<i>Dhatryarishta</i>	<i>Kamala, Pandu</i>	Chi 16/111
52.	<i>Svarasa</i>	<i>Halimaka</i>	Chi 16/ 135
53.	<i>Churna</i>	<i>Hikka</i>	Chi 17/129
54.	<i>Leha</i>	<i>Kasa</i>	Chi 18/92
55.	<i>Kalka</i>	<i>Kasa</i>	Chi 18/184
56.	<i>Panchama Kshara</i>	<i>Grahani Dosha</i>	Chi 15/ 187
57.	<i>Triphaladi Pradeha</i>	<i>Visarpa</i>	Chi 21/87
58.	<i>Saindhavadi Varti</i>	<i>Kaphaja Akshi Roga</i>	Chi 26/242
59.	<i>Drishtiprada Varti</i>	<i>Netra Roga</i>	Chi 26/254
60.	<i>Sukumaraka Taila</i>	<i>Vatashonita</i>	Chi 29/98
61.	<i>Dhatakyadi Taila</i>	<i>Yonivyapada</i>	Chi 30/78

2. *Sushruta Samhita* (1000 BCE – 5th Cent.)^[7]

- In *Sushruta Samhita*, *Amalaki* is mentioned in *Sutrasthana*, *Chikitsa sthana*, *Kalpasthanana* and *Uttaratantra*.
- *Amalaki* is described in *Mustadi*, *Triphala*, *Amalakyadi Gana* and *Amlavarga* in *Sutrasthana*.
- *Sushruta* mentioned *Mustadi gana* (Su38/54) which is useful in *shleshmanishudana*, *yonidoshahara*, *stanyashodhana* and *pachana* (Su38/55).
- *Triphala* (Su38/56) is useful in *Kaphapittagni*, *mehakushthvinashani*, *chakshushya*, *dipani*, *vishamjvaranashni* (Su. 38/57).
- *Amalakyadi gana* (Su.38/60) for *sarvajvarapaha*, *chakshushya*, *dipani*, *vrishya* and *kapha-aroachakanashana* (Su.38/61).
- *Amalaki phala* is *Shita Virya* and *kaphapittamedapaham guna* (Su.44/70).
- *Amalaki phala* is *Amla*, *Madhura*, *Tikta*, *Kashaya* and *Katu Rasa*, *Sara Guna* and useful as *Chakshushya*, *Sarvadoshaghnam*, *Vrishya* and pacifies *Tridosha* (Su. 46/143).
- *Amalaki phala majja* has the property of *Trishna*, *chhardi* and *vamashak* (Su.46/206).
- *Sushruta* quoted *Dhatri* and *Dadima* are *agrya* (superior) in *Amla dravya* (Su. 46/338).
- *Dadima-amlaka Yusha* has the property of *Hrid-daha*, *sanshamana* and *laghu* (Su. 46/378).
- *Sushruta* quoted the *Amalaki kashaya* in *shleshmaprabala Vatarakta* (Ci. 5/10).
- *Sushruta* described *Amalaka svarasa* along with *Haridra* and *Madhu* (Honey) in *Prameha*. (Ci 11/8).
- *Triphala* along with *Aragvadha* and *Mridvika* decoction used in *Phenmeha*. (Ci. 11/9).
- *Triphala kvatha* used in *Ksharameha* (Ci.11/9).^[7]

Table 2: Different preparation and indication of *Amalaki* in *Sushruta Samhita*.^[7]

Si. No.	Preparations	Indications/Actions	References
1.	<i>Svarasa</i>	<i>Pathya in vrana</i>	Su 19/34
2.	<i>Phala</i>	<i>Pathya</i>	Su 20/5

3.	<i>Virechaka Leha</i>	<i>Kaphaja and Sukumara</i>	Su 44/21
4.	<i>Kvatha</i>	<i>Pittaja Vatarakta</i>	Chi 5/8
5.	<i>Kvatha</i>	<i>Kaphaja Vatarakta</i>	Chi 5/10
6.	<i>Svarasa</i>	<i>Vatarakta</i>	Chi 5/12
7.	<i>Amlaka Kalpa Vidhi</i>	<i>Arsha</i>	Chi 6/13
8.	<i>Khadira Vidhana</i>	<i>Kushtha</i>	Chi 10/13
9.	<i>Guduchi Vidhana</i>	<i>Kushtha</i>	Chi 10/14
10.	<i>Svarasa</i>	<i>Prameha</i>	Chi 11/8
11.	<i>Kashaya</i>	<i>Prameha</i>	Chi 11/8
12.	<i>Triphala Kashaya</i>	<i>Phenameha</i>	Chi 11/9
13.	<i>Triphala Kashaya</i>	<i>Ksharmeha</i>	Chi 11/9
14.	<i>Navayasa Louha</i>	<i>Kasa, Shvasa, Prameha</i>	Chi 12/11
15.	<i>Virechana Ghrita</i>	<i>Pittodara</i>	Chi 14/6
16.	<i>Ghrita</i>	<i>Ahiputna</i>	Chi 20/57
17.	<i>Vidanga Tandula Yoga</i>	<i>Rasayana</i>	Chi 27/7
18.	<i>Vijayasaradi Rasayana</i>	<i>Rasayana</i>	Chi 27/12
19.	<i>Brahmi Ghrita</i>	<i>Rasayana</i>	Chi 28/6
20.	<i>Kalyanaka Sarpi</i>	<i>Visha</i>	K 6/8
21.	<i>Triphala Kalka</i>	<i>Mushika Visha</i>	K 7/37
22.	<i>Amalakaphalapatradi Varti</i>	<i>Praklinnavartma</i>	U 12/49
23.	<i>Pippalyadi Ghrita</i>	<i>Jirna jvara</i>	U 39/220
24.	<i>Kalashyadi Ghrita</i>	<i>Jirna jvara</i>	U 39/225
25.	<i>Patoladi Ghrita</i>	<i>Jvara</i>	U 39/228
26.	<i>Panchagavya Ghrita</i>	<i>Vishama Jvara</i>	U 39/240
27.	<i>Dadimdi Kalka Gandusha</i>	<i>Mukhavairasya</i>	U 39/304
28.	<i>Triphaladi Churna</i>	<i>Pandu</i>	U 44/24
29.	<i>Amalaka Churna</i>	<i>Kasa</i>	U 52/36
30.	<i>Dhatrithalalasa</i>	<i>Mutra udavarta</i>	U 55/22
31.	<i>Amalaka Svarasa</i>	<i>Mutradosha</i>	U 58/40

3. *Ashtanga Hridaya* (7th Cent. A.D.)^[8]

In *Ashtanga Hridaya*, *Amalaki* has been mentioned in *Sutrasthana*, *Chikitsasthana* and *Uttarasthana*.

- *Vagbhatta* mentioned *Triphala* (*Amalaki*, *Haritaki*, *Bibhitaki*) in *Parushakadi gana*, *Mushkakadi Gana*, *Mustadi Gana* and *Virechanadi Gana*.
- *Vagbhatta* mentioned *Amalaki* in *Parushakadi gana*. It is useful in *Trishna*, *mutramaya* and *Vatavikara* (Su 15/13).
- *Vagbhatta* has mentioned *Amalaki* in *Mushkakadi Gana*. It is useful in *Gulma*, *Meha*, *Ashmari*, *Pandu*, *Medoroga*, *Arsha*, *Shukra* and *Kaphaja* diseases (Su 15/32).
- *Vagbhatta* also described *Amalaki* in *Mustadi Gana*. It is used in *Yoniroga*, *Stanyaroga* and as *Malapachaka* (Su 15/40).
- *Amalaki* has *Shita virya*, *Amla Rasa*, *Katu Vipaka*, *Keshya* and *Chakshushya* properties (Su 6/159).
- *Amalaka Churna* is indicated in *Atisthoulya Chikitsa* (Su 14/24).
- *Dhatrithalalasa* along with *Haridra* and *Madhu* used in *Prameha* (Chi. 12/5).
- *Amlaka svarasa* along with *Guduchi* and *Madhu* is indicated in *Prameha* (Chi. 12/7).
- In *Kaphapittaja Prameha*, *Dhatrithalalasa* is indicated (Chi. 12/17).^[8]

Table 3: Different preparations and indications of *Amalaki* in *Ashtanga Hridaya*^[8]

Si. No.	Preparations	Indications/Actions	References
1.	<i>Parushakadi gana</i>	<i>Trishna, Mutramaya, Vatavikara</i>	Su 15/13
2.	<i>Mushkakadi Gana</i>	<i>Gulma, Meha, Ashmari, Pandu, Medoroga, Arsha, Shukradosh</i>	Su 15/32
3.	<i>Mustadi Gana</i>	<i>Yoniroga, Stanyaroga, Malapachaka</i>	Su 15/40
4.	<i>Pathya</i>	<i>Vrana</i>	Su 8/42
5.	<i>Amalaka Phala</i>	<i>Pathya</i>	Su 10/34
6.	<i>Amalaka Churna</i>	<i>Atisthoulya</i>	Su 14/24
7.	<i>Peya</i>	<i>Malavibandha</i>	Chi 1/30
8.	<i>Yavagu</i>	<i>Jvara</i>	Chi 1/31
9.	<i>Peya</i>	<i>Jvara</i>	Chi 1/33
10.	<i>Phanta</i>	<i>Jvara</i>	Chi 1/54

11.	<i>Mantha</i>	<i>Raktapitta</i>	Chi 2/15
12.	<i>Amalaka Churna</i>	<i>Kasa roga</i>	Chi 3/78
13.	<i>Svarasa</i>	<i>Shvasa</i>	Chi 4/41
14.	<i>Leha</i>	<i>Rajyakshma</i>	Chi 5/44
15.	<i>Kvatha</i>	<i>Arsha</i>	Chi 8/70
16.	<i>Svarasa</i>	<i>Prameha</i>	Chi 12/5
17.	<i>Svarasa</i>	<i>Prameha</i>	Chi 12/7
18.	<i>Kvatha</i>	<i>Prameha</i>	Chi 12/8
19.	<i>Svarasa</i>	<i>Prameha</i>	Chi 12/17
20.	<i>Svarasa</i>	<i>Arsha</i>	Chi 14/65
21.	<i>Kvatha</i>	<i>Arsha</i>	Chi 14/89
22.	<i>Svarasa</i>	<i>Pandu</i>	Chi 16/30
23.	<i>Leha</i>	<i>Pandu</i>	Chi 16/32
24.	<i>Triphala Kvatha</i>	<i>Pandu</i>	Chi 16/43
25.	<i>Dhatri Kvatha</i>	<i>Pandu</i>	Chi 16/54
26.	<i>Kvatha</i>	<i>Visarpa</i>	Chi 18/5
27.	<i>Kvatha</i>	<i>Kushtha</i>	Chi 19/10
28.	<i>Kalyanaka Guda</i>	<i>Kushtha, Arsha, Kamla, Gulma, Meha</i>	K 2/19
29.	<i>Tail Nasya</i>	<i>Nasya in Bhuta Chikitsa</i>	U 5/8
30.	<i>Lepa</i>	<i>Abhyanga in Bhuta Chikitsa</i>	U 5/8
31.	<i>Anjana</i>	<i>Mutra</i>	U 5/44
32.	<i>Mahanila Gutika</i>	<i>Shukla Roga</i>	U 11/41
33.	<i>Kvatha</i>	<i>Timira</i>	U 13/7
34.	<i>Triphala Kvatha</i>	<i>Timira</i>	U 13/11
35.	<i>Anjana</i>	<i>Timira</i>	U 13/66
36.	<i>Bramha Rasayana</i>	<i>Rasayana</i>	U 39/15
37.	<i>Leha</i>	<i>Rasayana</i>	U 39/149
38.	<i>Gudika</i>	<i>Rasayana</i>	U 39/166
39.	<i>Svarasa</i>	<i>Vajikarana</i>	U 40/16
40.	<i>Svarasa</i>	<i>Vajikarana</i>	U 40/27
41.	<i>Dhatri</i>	<i>Prameha</i>	U 40/48
42.	<i>Triphla Churna</i>	<i>Akshiroga</i>	U 40/50
43.	<i>Dhatri</i>	<i>Vayasthapana</i>	U 40/56
44.	<i>Triphala Guggulu</i>	<i>Vrana</i>	U 40/56

DISCUSSION AND RESULT

Ayurveda is one of the branches of Vedas. It is a stream of the science, which is coming down since eternity, parallel to the Vedic Scripture from generation to generation. To prove the authoritative of *Veda*, *Ayurveda* was utilized as powerful tool in its support, which indicates the importance of applied aspect of *Ayurveda*. All over the globe, a new tendency has been observed in the field of health care, which is more precise for promotion and maintenance of well being, prevention and cure of diseases; and tries to find out newer and newer drugs preferably either from plant source or the sources other than synthetic one. In *Samhita* period *Charaka Samhita*, *Sushruta Samhita* and *Ashtanga Hridaya* were known as leading *Samhita* in the arena of health. These are also known as 'Brihatrayi' of *Ayurveda*. *Amalaki* is widely mentioned for the treatment of many diseases in compound form as well as single dosages form by the classics of *Brihatrayi*.

In *Charaka Samhita*, *Amalaki* has been described in *Sutra-Sthana*, *Chikitsa-Sthana*, *Kalpa-Sthana*, and *Siddhi-Sthana*, mostly for the treatment of diseases and for *Rasayana karma* (rejuvenation of the body). In this

Samhita, *Amalaki* is prescribed in different kind of diseases in different dosages form. It is included in *Kushthaghna*, *Virechanopaga*, *Kasahara*, *Jvarahara*, *Vayasthapana mahakashaya* and *Amlaskandha dravya*. The drug is prescribed in the form of *Vasti* (*Anuvasana*, *Asthapana* and *Niruha vasti*); *Lepa* (*Triphaladi lepa*); *Avaleha* (*Chyavanaprasha*, *Amalakavaleha*); *Svarasa* (*Prameha*); *Kashaya* (*Jvaraghna mahakashaya*); *Kshara* (*Panchama kshara*); *Churna* (*Triphaladi churna*); *Taila* (*Sukumarakata*,); *Ghruta* (*Amalaka ghruta*); *Peya* (*Jvara vibandha*); *Kwatha* (*Phalatrikadi Kwatha*); *Leha* (*Triphaladi leha*); *Gutika* (*Brinhani Gutika*) and *Varti* (*Saindhavadi varti*, *Dritiprada varti*). In above mentioned preparations the different parts of the plant are used for preparation of drug such as *Tvaka*, *Patra*, and *Phala*. *Amalaki* is indicated in *Atisthoulya* (Obesity), *Vayasthapana* (Age-sustaining), *Krimi* (Worm infestation), *Rasayana* (Rejuvenation), *Vajikarana* (Aphrodisiac), *Jvara* (Fever), *Prameha* (Diabetes), *Kushtha* (Skin diseases), *Shotha* (Oedema), *Garhani dosha* (Gastrointestinal disorder), *Arsha* (Haemorrhoid), *Kamala* (Jaundice), *Pandu* (Anaemia), *Kasa* (Respiratory diseases), *Netra roga* (Eye disorders) and *Yonivyapada*

(Gynaecological diseases) etc. In this *Samhita*, *Amalaki* is known as best *Vayasthapana* drug.^[3]

In *Sushruta Samhita*, *Amalaki* is mentioned in *Sutrasthana*, *Chikitsa sthana*, *Kalpasthan* and *Uttaratantra*. In this *Samhita*, *Amalaki* is described in *Mustadi*, *Triphala*, *Amalakyadi Ganas* and *Amlavarga*. *Amalaki* is indicated as *Pathya* (Wholesome) in *vrana* (Wound), *Vatarakta* (Goute), *Prameha* (Diabetes), *Visha* (Poison), *Rasayana* (Rejuvenating agent etc. *Triphala* (*Haritaki*, *Amalaki* and *Bibhitaki*) is useful in *Kaphapittanashaka*, *Mehakushthanashaka*, *Chakshushya*, *Dipana*, *Vishamjvaranashnaka* (Su 38/57). *Amalaki phala* is *Shitavirya* and *kaphapittamedanashaka guna* (Su 44/70). *Amalaki phala* (fruit) is *Amla*, *Madhura*, *Tikta*, *Kashaya* and *Katu Rasa*, *Sara Guna* and useful as *chakshushya*, *sarvadoshagnam*, *vrishya* (Su 46/143). According to him *Amalaki* pacifies *Tridosha* (Su 46/143).^[7]

In *Ashtanga Hridaya*, *Amalaki* has been mentioned in *Sutrasthana*, *Chikitsasthana* and *Uttarasthana*. *Vagbhatta* mentioned *Amalaki* in *Parushakadi gana*, *Mushkakadi gana*, and *Mustadi gana*. *Parushakadi gana* is useful in *Trishna*, *mutramaya* and *Vatavikara* (Su 15/13). *Mushkakadi Gana* is useful in *Gulma*, *Meha*, *Ashmari*, *Pandu*, *Medoroga*, *Arsha*, *Shukra* and *Kaphaja* diseases. *Mustadi Gana* is used in *Yoniroga*, *Stanyaroga* and as *Malapachaka* (Su 15/40). *Amalaki* has *Shita Virya*, *Amla Rasa*, *Katu Vipaka*, *Keshya* and *Chakshushya* properties (Su 6/159). *Amalaki* is indicated in *Ashmari* (calculous), *Medoroga* (obesity and fat disorder), *Rajayakshma* (tuberculosis), *Prameha* (diabetes) and *Vrana* (wound) etc.^[8]

CONCLUSION

Amalaki is a plant with very high therapeutic value since Vedic period. The present review on *Amalaki* in *Brihatrayi* (i.e. *Charaka Samhita*, *Sushruta Samhita* and *Ashtanga Hridaya*) can be useful to know about the different formulations of *Amalaki*, in which different parts of this plant have been used. In this way, we can use *Amalaki* to cure different ailments. In this regard, further studies are needed to carry out to explore other useful aspects of *Amalaki* for its therapeutic potential in preventing and curing the diseases.

REFERENCES

1. *Dravyaguna Vijnana* Part IV; by Acharya P.V.Sharma; Published by Chaukhambha Bharati Academy: Varanasi, India; Reprinted, 2014; 28.
2. Glossary of vegetable drugs in *Brihatrayi*; by Thakur Balwant Singh and Dr. K. C. Chunekar; published by Chaukhambha Amarbharati Prakashan, Varanasi, India; Revised edition, 2015; 465.
3. *Charaka Samhita* of Agnivesha, Elaborated by Charaka and Dridhabala with the Ayurveda Dipika commentry by Chakrapaniidatta, Edited by Vaidya Jadavji Trikamji Acharya, Chawkambha Vidyabhawan, Varanasi, Reprint, 2000.

4. Pandey, G. *Dravyaguna Vijnana (Materia Medica-Vegetable Drugs) Part I*; Krishnadas Academy: Varanasi, India, 2002; 2: 102.
5. *Indian Herbal Pharmacopoeia*; RRL Jammu Tawi and IDMA, 1999; 2: 50.
6. Ghosal, S.; Tripathi, V. K.; Chauhan, S. Active constituent of *Emblica officinalis*: part 1sthe chemistry and antioxidant effects of two new hydrolysable tannins, emblicanin A and B. *Indian J. Chem.*, 1996; 35B: 941–948.
7. *Sushruta Samhita*, Edited with Ayurveda Tattva-Sandipika by Kaviraja Ambika Dutta Shastri; Chaukambha Sanskrit Sansthan, Varanasi, 5th edition, 1982.
8. Ashtanga Hridaya, of Vagbhatta with the commentaries 'Sarvangasundara of Arunadatta and Ayurveda Rasayana' of Hemadri, Edited by Pt. Hari Sadaiva Shastri Paradakara, Chaukambha Sanskrit Prakashan, Varanasi, Reprint, 1997.