

# Amla

## Indian Gooseberry



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## *A versatile fruit and a superfood*

Amla the name of my company! *I love it is such a special fruit.* In Ayurveda it is considered one of the most important medicinal plants as it bestows so many health benefits. As a preventative it is a rejuvenative and therefore keeps us forever young. The vitamin C values are immense at 479 mg / 100 ml; which accounts for its restorative anti-oxidant, free radical scavenging activity. It rejuvenates not only the tissues internally but can be used as a tonic for the eyes and the hair. For this put an amla fruit cut up in a glass of water and let it rest for 12 hours and use it as a wash.

As a medicine it has important value for the digestive system, as an appetiser. Not only does it increase the agni but is a laxative too. It is balancing for all three of the doshas but mostly for pitta. In acid indigestion it can bring relief. It is one of the important herbs in the formula called Triphala; probably the most famous formula in Ayurveda. It is also used for the respiratory tract whereby it is useful for a sore throat and in asthma; as it is a great anti-inflammatory. It is the chief ingredient of the famous Indian formula, Chawanaprash. It is given to children and adults alike to build their immune systems and prevent them from colds.

As a superfood it is a great berry for Spring and Summer. It cools in the summer whilst cleans the immune system in Spring. It possesses 5 out of the 6 tastes (no salt) and therefore is a meal in one. The main tastes are sour and astringent, and therefore beware it is very sour. But as it contains pectin it is a great fruit to make into a jam or a syrup