

AMLA - A REVIEW FROM BRIHATTRAYI AND ITS THERAPEUTIC USE

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ABSTRACT

Background: Ayurveda is a science of life. It reflects a wonderful amalgamation of the combination of science and philosophy. This holistic knowledge of living is divine which was passed on the disciples and to the common man by various oral narrations and writings. Different *Samhitas* are available as authenticated Ayurvedic text.

Introduction: *Phyllanthus emblica* Linn. Or *Embolica officinalis* Gaertn. commonly known as Indian gooseberry or Amla is one of the most important medicinal plants in Indian traditional systems of medicine (Ayurveda, Unani and Siddha). According to believe in ancient Indian mythology, it is the first tree to be created in the universe. Several parts of the plant are used to treat a variety of diseases, but the most important is the fruit. It belongs to the family of Eupho. **Materials and Methods:** Brihatrayi includes -Charak Samhita, Sushrut Samhita and Ashtang Sangraha. All the references of Amla are taken from Brihatrayi. All the references are documented in tabular form highlighting the main aspect of that particular reference. Guna karmatmak study is done with the help of available references. **Result and Discussion:** In this literature study, it is observed that Amla is an important aushadhiya dravya. It is ingredient of many formulations. These formulations are used in chikitsa of many disease conditions.

KEYWORDS: Brihatrayi, Indian gooseberry, traditional, Euphorbiaceae, aushadhiya dravya, chikitsa.

MATERIAL AND METHOD

Material -Brihatrayi – It includes

1. *Charak Samhita*
2. *Sushrut Samhita*
3. *Ashtang Sangraha*

METHODOLOGY

1. All the references of Amla Phala are taken from *Brihatrayi*.
2. All the references are documented in tabular form highlighting the main aspect of that particular reference.

Synonyms of Amalaki

Synonyms	Mean of synonyms
<i>Āmalakī</i> (आमलकी)	The most common and classical name in Ayurveda.
<i>Dhatri</i> (धात्री)	Meaning "nurse" or "mother," as it nourishes like a mother.
<i>Amalaka</i> (आमलक)	A variant of <i>Āmalakī</i> .
<i>Anvayi</i> (अन्वयी)	Signifying its widespread or pervasive qualities.
<i>Vayasya</i> (वयस्य)	Means "friend of health/longevity"
<i>Shiva</i> (शिवा)	Meaning auspicious or pure; connected to its divine qualities.
<i>Kantaki</i> (कण्टकी)	Refers to its slightly astringent/tangy taste.
<i>Amritaphala</i> (अमृतफल)	"Nectar fruit," pointing to its rejuvenating properties.
<i>Tishyaphala</i> (तिष्यफल)	"Auspicious star fruit," often mentioned in astrological context.
<i>Kayastha</i> (कायस्थ)	Known for supporting body metabolism.

Taxonomical Hierarchy of *Phyllanthus emblica* (Amla)

Some older references may place Amla under the family **Euphorbiaceae**, reflecting historical taxonomy before

phylogenetic reclassifications moved it to **Phyllanthaceae**.

Rank	Classification
Kingdom	Plantae
Division	Magnoliophyta (Angiosperms)
Class	Magnoliopsida (Dicots)
Order	Malpighiales
Family	Phyllanthaceae
Genus	<i>Phyllanthus</i>
Species	<i>Phyllanthus emblica</i>



Fig 1: Amla fruit.



Fig 2: Amla Tree.

OBSERVATIONS

References found in Brihatrayi are as follow.

1. Charak Samhita**Sutrasthanh**

Ref.no.	Name/ Synonyms	Gana/ kalpa, kalpana	Indication/Contraindication
2/26	<i>Amlak</i>	<i>peya</i>	<i>Virukshmiya</i>
2/31	<i>Amlak</i>	<i>yavagu</i>	<i>Kantharogaghani</i>
4/11/13	<i>Amlak</i>	<i>Mahakashaya</i>	<i>Kushthaghna</i>
4/13/24	<i>Amlak</i>	<i>Mahakashaya</i>	<i>Virechnopag</i>
4/16/36	<i>Amlak</i>	<i>Mahakashaya</i>	<i>Kashahar</i>
4/16/39	<i>Amlak</i>	<i>Mahakashaya</i>	<i>Jwarhar</i>
4/18/50	<i>Dhatri</i>	<i>Mahakashaya</i>	<i>Vayasthapan</i>
5/12	<i>Amlak</i>	<i>Ahar dravya</i>	<i>Continuous used dravya</i>
15/7	<i>Amlak</i>		<i>Collection in Aturalaya</i>
21/23	<i>Amlak</i>	<i>Churna</i>	<i>Treatment of Medoroga</i>
21/26	<i>Amlak</i>		<i>Atisthauylaya vinashaya</i>
23/38	<i>Amlak</i>	<i>Kharjuradi Manth</i>	<i>Chirchhid rogi chikitsa</i>
25/40	<i>Amlak</i>	<i>Agraya</i>	<i>Vayasthapanam</i>
26/49	<i>Amlak</i>	<i>Viruddh virya dravya</i>	<i>It is amla ras but not Ushna virya</i>
26/50	<i>Amlak</i>	<i>Bhedak amla ras</i>	<i>Kaitha is an amla dravya but still sangrahi</i>
26/83	<i>Amlak</i>		<i>Contraindicated with milk</i>
27/147	<i>Amla</i>		<i>All ras except lavan</i>
27/282	<i>Amlak</i>	<i>Leha</i>	<i>Properties of amla chatani</i>

Vimansthan

Ref.no.	Name/Paryaya	Varga /skandha /gana	Other details
7/21	<i>Amla</i>		<i>Description of Prakrati vighaat</i>
8/136	<i>Amla</i>	<i>Virechandrayakalp</i>	
8/140	<i>Amla</i>	<i>Amla skandha</i>	

Chikitsa Sthan

Ref.no.	Name / Paryaya	Kalpa / Kalpana/ Yog	Karma	Prayog in Vyadhi / Avastha / Lakshan / pathya - Apathya etc.
1/1/1	Amlaki	Chapter Manglacharan		
1/1/25	Amlak	Amsodhan aushadh		
1/1/36	Amlaki		Guna and Karma of Amla	
1/1/37	Amlak			Use of seedless amla
1/1/41	Amlak	Leha		First Brahmrasayan
1/1/46	Amlak	Leha		First Brahmrasayan
1/1/58	Amlak	Leha		Second Brahmrasayan
1/1/65	Amlak	Leha		Second Brahmrasayan
1/1/66	Amlak	Leha		Second Brahmrasayan
1/1/75	Amlak	Leha		Amlak rasayan
1/1/76	Amlak	Leha		Haritakyadi rasayan
1/1/77	Amlak	Leha		Haritakyadi yoga
1/1/81	Amlaki			Importance of rasayan
1/2/4-6	Amlak	Amlak Ghrita		यथाग्निं प्रातः प्रातः प्रयोजयेत्
1/2/7	Amlak	Amlakavaleha		पौर्वाह्निकः प्रयोगो नापराह्निकः
1/2/8	Amlak	Amlak Churna		तद्वर्षन्ति सात्यपथ्याशी प्रयोजयेत्
1/2/10	Amlak	Amlakavaleha		
1/3/3	Amlak	Amlakayas Brahmrasayan		
1/3/10	Amlaki	Kevalamlak rasayan		श्रीर्वेदा वाक् च रूपिणी
1/3/12	Amlaki	Kevalamlak rasayan		
1/3/17	Amlak	Lauhadi rasayan		श्रुतधारी महाधनः
1/3/41	Amlakani	Triphla rasayan		Use churna of four Amla after meal
1/4/19	Amlak	Churna	Second Indrokta rasayan	
2/1/28	Amlak	Brumhani Gutika		
2/4/18	Phalsarik	Vrusya Ghritabhrista Matsyamamsa		
3/184	Amlak	Peya		In constipated fever
3/187	Amlak	Peya		In sweatless fever
3/202	Amlak	Kvath		Vishamjvarnashak
3/207	Amlak	Jatyadi kvath		
3/220	Amlak	Pippalyadi Grita		Jirnajvara
3/225	Amlak	Baladi Ghrita		क्षयकासशिरःशूलपार्श्वशूलांसतापनुत्
3/230	Amlak			Virechan dravya
4/35	Amlak			Raktapitta
4/57	Amlak			Virechan in Raktapitta
4/79	Amlak			Pravridh Raktapitta
5/119-120	Amlaki	Traymanadya Ghrita		
5/122	Amlak	Amlakadya Ghrita		
5/124	Amla	Drakshyad Ghrita		Pittaj gulma, Sarvapittavikarnut.
5/133	Amlak			Edable dravya in Pittaj Gulma

6/26	Amlaki	Pramehanashak yog		
6/30	Amlak			Ten yog of Pittaj prameha
6/36	Amlak			Kaph-pittaj prameha
6/48	Amlak			Use of yav in prameha
7/155	Dhatri	Mahakhadir ghrita		
8/67	Amlak			Rajyakshma
8/101	Amlak	Leha	Yakshmanashak	
8/137	Amlak	Yog	Mukhvairasyanashak	
10/31	Amlaki	Amlakadi Ghrita		Pittaj Apsamar

11/38	Dhatri	Amritprash ghrita		
11/50	Dhatri	First sarpiguda		
11/63	Dhatri	Leha	Third Sarpiguda	Tamak swas, Halimak, Kamla
11/66	Navamlak	Leha	Fourth Sarpiguda	क्षीणः क्षतः शुष्कश्च मानवः।
12/32	Dhatri	Arishta	Ashatsatsrishta	
12/100	Dhatri			Jalgardabh chikitsa
14/143	Amlak	Arishta	Abhayarishta	गुदजा यांति सङ्घयम्
14/148	Amlak	Arishta	Falarishta	
14/153	Amlak	Arishta	Second Falarishta	
14/158	Navamlak	Arishta	Kankarishta	
14/202	Amlak	Yush	khadyush	Raktarsh
15/120	Amlak	Arishta	Takrarishta	दीपनं शोथगुल्मार्शः क्रिमिमेहोदरापहम्।
15/152	Amlak	Asava	Duralabhasava	
16/58	Amlak	Swaras		Kaphaj pandu
16/89	Dhatri	vatak	Shilajatu vatak	
16/101	Dhatri	Leha	Dhatriavaleha	लिहात् पाणितलं।
16/111	Dhatri	Arishta	Dhatryarishta	
16/135	Amla			Halimak chikitsa
17/129	Amlak	Shatyadiyog		
17/135	Dhatri	Swaras	Hikkanashak	
18/90	Dhatrighal			Pittaj kaas
18/92	Dhatrighal			Pittaj kaas
18/94	Amlak			Pittaj kaas
18/107	Dhatri	Ghrita	Pittajanya kaas	
18/118	Dhatri			Vatanubandhi kaphaj kaas
18/120	Dhatri	Leha	Kaphaj kaas	
18/122	Dhatri	Leha	Kaphaj kaas	
18/136	Amla	Pippalyadisneha		
18/165	Dhatri	churna	kaas	
18/184	Amlak	Yavagu		Kaas roga
20/32	Dhatri	swaras		Trishna and Vaman
21/54,61	Amlak	Mustadi Kwath		Visarp
21/67	Amlak			Virechan in Visarp
21/101	Amlak	swaras		Annapan in visarp
21/111	Amlak	Laghu ahar		
21/112	Amla	Mansrash		
22/36	Amla	Lepa	Trishna nashak	
23/226	Dhatri			Pathya in Visha
24/139,140	Amlak			Paitik madatyay
24/171	Amlak	Yush		Kaphaj madatyay
24/183	Amlak	Raag(Chatani)		Madatyay
26/53	Amlaki		Mutrakrikshanashak	
26/99	Amlak	Rasayan	Kaphaj hriday rog	
26/260	Dhatri			Andhyanashak
26/261	Dhatri	Dhatryadi raskriya		
26/273	Dhatri	Mahanil Taila		
26/277	Amlaki	Prapaundarikadi taila		
26/279	Amlak	Tiladi yog		
28/243	Amlaki	Abhayamlaki Rasayan		
29/57	Amlak			
29/63	Dhatri	Jivaniya ghrita		
29/86	Dhatri			Vatrakt
29/99	Amlak	Sukumar taila		
30/78	Amlak	Dhatkyadi taila		
30/117	Amlak			Chikitsa of Swetpradar
30/149	Amlak			Shukradosh Chikitsa
30/229	Dhatri			Stanya rog chikitsa

30/251	Dhatri			Stanya dosh chikitsa
30/259	Amlak	Yush		Stanya dosh
30/274	Dhatri	churna		Treatment of foul smelling milk

Kalpa sthan

Ref. no.	Name/Paryaya	Kalpa/Kalpana	Karma	Prayog in vyadhi/ Avastha/ Lakshana/Pathya-Apathya etc.
1/8	Amlaki			Lakshana of Jangal desha
1/12	Amlak			Pittaj anupan
1/14	Amlak			Hinyog of vaman
1/16	Amla			बलवच्छलेष्मप्रसेकग्रन्थिज्वरोदरारुचिषु
7/30	Dhatri	swaras	virechan	Kaphaj patient
7/42	Dhatri	Kalyanak gud		
7/65	Amlak	Trivrtadi virechan yog		
7/67	Amlak	Gulmarognashak		
8/10	Amlak			Six yog of Amaltas
8/13	Dhatri	swaras	virechan	
8/17	Amlak			One yog of Amlaki swaras
9/6	Amlak	Lodhra churna		
10/11	Amla			Purification of sehund milk
10/20	Amla			Different use of snuhi milk
11/15	Dhatri	kwath	Virechan	
12/12	Amlaki	Leha yog		

Siddhi sthan

Ref. no.	Name/Paryaya	Kalpa/Kalpana	Karma	Prayog in vyadhi/Avastha/Lakshana/Pathya-Apathya etc.
12/43	Dhatri	Basti	Raktapittanashak	

2. Sushrut Samhita**Sutrasthan**

Ref. No.	Name/Paryaya	Gana/kalpa/kalpana	Other detail
38/54	Amlak	Mustadi gana	Destroy kaphaj roga & yonidosha
38/56	Amlak	Triphala gana	Kapha, pitta, kushtha and meha nashak
38/60	Amlaki	Amalakyadi gana	All types jwara nashak, Chakshushya
39/4	Amlak	Adhobhag doshahar	Virechaka dravya
40/5	Amlak	Viryapradhan dravya	Pittashamak due to Sheetvirya whenever its rasa Amla
42/19	Prachin amlak	Amlavarga	
44/21	Dhatri	Leha	Virechak leha
44/54	Amlak	Pindit	Vishnashak and virechaka
44/70	Amlak	sheet guna	Pitta, meda & kapha nashak
46/139	Amlak	Phalvarga	Excellent in all fruits
46/206	Amlak	Phalmajja	Properties same as kolmajja
46/338	Dhatri		Excellent in amlavarga
46/378	Amlak	Yush	Hridya, laghu, samshaman
46/469	Amlak	Churna	Taken before, mid & after meal

Nidansthan

Ref. No.	Name/Paryaya	Nidan topic	Other detail
16/60	Amlakasthi	Gilayu	Kanthagat adhistan disease

Chikitsa sthan

Ref. No.	Nama/Paryaya	Kalpa/Kalpana	Karma	Prayoga in vyadhi/ Avastha /Lakshana /Pathya-Apathya etc.
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5/10	Amlak	Kwatha	Kapha nashak	Kapha dominate Vatrakta
5/12	Amlak	Rasa	Parisheka	All types of Vatarakta
6/13	Amlak	Kalka	Takrakalpa	Agnivridhi & suppress the Arshas
6/15	Dhatri	Kwath		Arsha nashak
9/8	Dhatri	Mahatiktak ghrut		Kusthanashak
9/44	Dhatri	Churna		Kustharoga
9/47	Dhatri	Churna		Kustha nash
9/56	Amlak	Vajrak rail	Kalka	Kustha nashak
10/14	Amlak	Yush		Used in all types of kustha
10/15	Amlak	Rasa, yusha		Kusthamukta
11/8	Amlak	Rasa	Pramehanashak	5 yog in Sarvaprameha
12/10	Amlak	Avaleha	Shalsaradi leha	Mehanasha
24/100	Amlak			Should not eat dahi at night without adding Amla
26/24	Amlak	Rasa, Churna	Vajikaran amlak yog	80 year old become young
28/20	Amlak	Churna	Madhvadi yog	Arishta shamak

Kalpa Sthan

Ref. No.	Nama/Paryaya	Kalpa/Kalpana	Karma	Prayoga in vyadhi/ Avastha/Lakshana/Pathya-Apathya etc.
5/78	Amlakam	Vanshtvagadi agad	Antivenom	Lootadi poison
6/3	Amlak	Kshara agad	Antivenom	Mostly used in snake bite

Uttar tantra

Ref. No.	Nama/Paryaya	Kalpa/ Kalpana	Karma	Prayoga in vyadhi/ Avastha/Lakshana/Pathya-Apathya etc.
10/8	Dhatri	Mushtadya anjan	Pittahar	Pittaj Abhisyand
10/12	Dhatri	Churna	Aschyotan	Pittaj Abhisyand
11/14	Amlaki	Churna	Anjan	Pishtak
12/11	Dhatri	Khand	Anjan	Rakta Abhisyand
15/14	Amlak	Kalka	Aschyotan	Arma complications
17/12	Amla	Rasa	Anjan	Pitta vidagdhd drishti
17/19	Dhatri	Rasa	GomutradiRasakriya	Naktandhya
17/22	Amlak	Rasa	Ajamedo anjan	Naktandhya
17/48	Amlak	Ahar		Timir
18/13	Dhatri	Parishek		Kukunak
21/46	Amlak	Kwath or Rasa	Karnapurna	Karnashrav
34/3	Prachibalam	Kwath	Sinchan	Sheetputana
39/138	Amlak	Yush		Dvandaj jwar
39/199	Amlak	Kwath	Kiratadikwath	Vaat-pittaj jwar
39/207	Dhatri	Kalka then ghruta	Pippalyadi ghruta	Jirna jwar
39/225	Amlaki	Kalka	Kalashyadi ghruta	Jirna jwar
39/248	Dhatri	Svaras	Triphladi ghruta	Plihavidhi, agnimandya
39/251	Amlak	Yavakuta churna	Patoladi ghruta	Excellent for Netra roga
39/304	Amlak	Kalka, gandush	Dadimadi kalka	Mukhvairasya
41/52	Amlak	Kwath	Eladi ghrutam	Rajayakshma
44/28	Amlak	Churna	Sauvarchladi yog	Pandu roga
44/40	Amlaki	Kalka, swaras	Drakshadi ghruta	Lagharak
45/18	Dhatrithal	Churna		Pathya in Raktapitta
46/20	Dhatrithal	Svaras	Ghruta	Murchha
49/22	Amlak	Yush	Ghruta	Vataj chhardi
49/36	Amlak	Churna		Chhardi
49/27	Amlak	Churna	Krishnadiyoga	Hikka
51/47	Amlak	Chhal, salatu, pakva phal		Pathya in swas hikka
51/55	Amlak	Churna		Swas
52/16	Amlak	Churna	Pathyadi churna	Kasa

52/18	Dhatri	Churna		Kasa
52/34	Amlak	Churna	Kharjuradi yoga	Kasa
52/36	Amlak	6 masha Churna	1 tola ghrita	With Milk anupan in kasahar
52/39	Amlaki	Swaras	Kalyan guna	Kasaswasadihar
53/12	Amlak	Kalka	Ghrita trayam	Vataj swarbheda
55/22	Dhatrighal	Swaras	Dhatrighalrasa	Mutroudavarte
57/10	Amlak	Avaleha		Arochaka
57/13	Phal	Bhaksya		Pathya in arochaka
58/37	Amlak	Churna	Abhyadi kalka	Mutra rujahar
58/40	Amlak	Pottali swaras		Mutra dosha har
58/41	Dhatri	Swaras	Elayuto Dhatrighalrasa	Mutradosha
58/66	Amlak	Kalka	Mahabalaghrit	Jivaniya, vrishya, yoniroga

3. Ashtang hridaya Sutrasthan

Ref. No.	Name/paryaya	Gana/kalpa/kalpana	Other detail
3/51	Dhatri	Sharad ritucharya	Ahar vidhi
5/32	Amlak		Mix with dadhi
6/158	Amlak	Aushadhvarga	Sheet virya
8/43	Amlak	Sevaniya ahaar	Pathya
10/25	Dhatri	Skandh	Amla
14/24	Amlak	Churna	Atisthaulya chikitsa
18/23	Dhatri	Kwath	Hinyoga of vaman
29/36	Dhatri	Ahar	Vrana rogi

Chikitsa sthan

Ref. No.	Name/paryaya	Kalpa/kalpana	Karma	Prayog in vyadhi/Avastha/Lakshana/Pathya-Apathya etc.
1/30	Amlak	Yavagu	Vata anuloman	Vibandh
1/31	Amlak	Peya	Vatahar	Udar shool and vibandh
1/33	Amlak	Peya		Dah and jwar nashak
1/50	Dhatri	Kashaya		Chaturthaka jwara
1/56	Amlak	Fanta or hima	Drakshadi yoga	Vatapittaj jwar
1/69	Amlak	Hima		All types of jwara
1/76	Amlak	Shak		Jwar
1/90	Amlak	Kalka	Pipalyadi ghrita	Jwar chikitsa
1/100	Dhatri	Rasa		Virechana
1/128	Dhatri	Kalka	Kawal prayoga	Aruchi
3/29	Dhatri	leha	Vataj kasa	kasnashak
3/31	Dhatri	leha		Hridaya roga and kasanashak
3/50	Dhatri	Leha	Vata-kapha	Kasa
3/60	Amlak	Kalka	Kantakari ghrita	Kaphaj roga
3/97	Dhatri	Leha	Amratprash ghrita	Kasa
3/108	Dhatri	Leha	Dhatri ghrita	Vayasthapan, ayushya
3/138	Dhatri	Swarasa	Vashishtha haritaki rasayana	Don't need of any regimen
3/176	Gauramlak			Kasa roga gym
4/40	Dhatri	Churna	Kaphaj	Swasa roga
4/41	Dhatri	Churna	Kaphaj	Swasa roga
5/11	Amlak	Ghrita		Rajyakshama
5/44	Amlak	Leha	Kaphaj	Swarbheda
5/45	Dhatri	Churna	Kaphaj	Swarbheda
6/16	Dhatri	Rasa	Pittaja	Chhardi
7/22	Amlak	Shak	Ahar	Madatyay
7/107	Dhatri	Rasa		Mada-murchha
8/70	Amlak	Churna	Duralbharishta	Arsha
8/150	Dhatri	Kalka	Piluphala sukta	Arsha

12/6	Amlak	Rasa		Prameha nashak
14/89	Amlak	Kalka	Mishrak sneha	Virechaka
16/41	Amlak	Rasa		Kamala roga
16/44	Dhatri	Anjana		Kamala roga
16/54	Dhatri	Rasa	Virechana	Halimaka
22/14	Dhatri	Kwatha	Kaphahar	Vatrakta

Kalpasthan

Ref. No.	Name/paryaya	Kalpa/kalpna	Karma	Prayoga in vyadhi/ Avastha/Lakshana/Pathya- Apathya etc.
2/19	Dhatri	Kalyanak guna	Virechana	Kushtha, arsha, kamla
2/21	Amlak	Avipatti yoga	Pittaj vikara	Mutrakraksha, jwar
2/36	Dhatri	Rasa	Virechana	
2/40	Dhatri	Swarasa		

Uttarsthan

Ref. No.	Name/ paryaya	Kalpa/kalpna	Karma	Prayoga in vyadhi/Avastha/Lakshana/ Pathya-Apathya etc.
1/10	Dhatri	Leha	Balopcharniya	Sneha pichu chikitsa
2/14	Dhatri	Kwatha	Pitta dosha	
2/36	Dhatri	Churna		Dantotapatti
2/48	Dhatri	Leha		Balasoosha
5/8	Amlak	Gajahvyadi yoga	Sinchana	Grahbadha
9/2	Dhatri	Kwatha	Parisheka	Kumbhika
11/2	Amlak	Kwatha	Aschyotana	Upanaha
11/40	Dhatri	Pishti	Lepan on copper patra	Mahanil gutika
11/40	Amlak	Patra	Dhoopan	Mahanil gutika
13/43	Amlak	Akshabijadi gutika	Anjana	Timira roga
13/44	Amlak	Shadmakshik yoga	Anjana	Timira
13/66	Dhatri	Sauviradi	Anjana	Timira
14/20	Amlak	Churna	Netra seka	
16/43	Amlak	Vyaghradi sandhav	Ghrit lipta patra dhoop	Shotha and vedana
24/27	Dhatri	Kalka		Darunaka
24/45	Dhatri	Prapaundrikadi tail	Nasya and abhyanga	All types of palitya
32/6	Dhatri	Lepa	Vamana, virechana	Jalgardabha
39/11	Amlak	Virechana yoga	Virechana	
39/15	Dhatri	Brahm rasayana		Three thousand amala
39/24	Amlak	Abhayamlaka leha		Smriti, medha
39/28	Amlak	Amalaka rasayana	Medha, bala, buddhi	Life span one thousand year
39/35	Dhatri	Chyawanprash	Five hundred amla used	Swasa kasa
39/60	Dhatri	Varahi churna		Balya, medhya
39/80	Amlak	Bhilawa's 11 yoga	Medha and ayu is excellent	
39/148	Dhatri	Amalaki rasayana		Disease of old age
39/149	Dhatri	Dhatryadi rasayana	Saundarya and tarunata	Amla used which riped in Magh-falgun month
40/16	Dhatri	Vajikarana yoga	Vajikara	Vajivata Maithun
40/27	Dhatri	Amlaka yoga	Balya	Young even at age of 80 yr
40/48	Dhatri	Agraya dravya	Prameha	
40/56	Dhatri	Agraya dravya	Vayasthapana	

Therapeutic use of Amala explained in Brihatrayi

Charak Samhita	Sushrut Samhita	Ashtang hridaya
Virukshniya	Destroy kaphaj roga & yonidosha	Atisthaulya chikitsa

<i>Kantharogaghani</i>	<i>Kapha, pitta, kushtha and meha nashak</i>	<i>Hinyoga of vaman</i>
<i>Kushthaghna</i>	<i>All types jwara nashak, Chakshushya</i>	
<i>Virechnopag</i>	<i>Virechaka dravya</i>	<i>vibandh</i>
<i>Kashahar</i>	<i>Pittashamak due to Sheetvirya whenever its rasa amla</i>	<i>Vayasthapan, ayushya</i>
<i>Jwarhar</i>	<i>Loota poison and snake bite</i>	<i>Dantotapatti</i>
<i>Vayasthapanl</i>	<i>Virechak leha</i>	<i>Darunaka</i>
<i>Raktapittanashak</i>	<i>Vishnashak and virechaka</i>	<i>Timira</i>
<i>Virechan in Raktapitta</i>	<i>Pitta, meda & kapha nashak</i>	<i>Balya</i>
<i>Pravridhd Raktapitta</i>	<i>Excellent in all fruits</i>	<i>Medhya</i>
<i>Kaphaj pandu</i>	<i>Properties same as kolmajja</i>	<i>Jalgardabha</i>
<i>Raktarsha</i>	<i>Excellent in amlavarga</i>	<i>Dantotpatti</i>
<i>Pittaj gulma</i>	<i>Hridya, laghu, samshaman</i>	<i>Swasa</i>
<i>Edable dravya in Pittaj Gulma</i>	<i>Taken before, mid & after meal</i>	<i>Kasa</i>
<i>Chikitsa of Swetpradar</i>	<i>Kanthagat adhistan disease</i>	<i>Balashosha</i>
<i>Shukradosh Chikitsa</i>	<i>Arshanashak</i>	<i>Kamala</i>
<i>Stanya rog chikitsa</i>	<i>Kushthanashak</i>	<i>Halimaka</i>
<i>Stanya dosh chikitsa</i>	<i>Kanthagat adhistan disease</i>	<i>Upanaha</i>
<i>Stanya dosh</i>	<i>Mehanashak</i>	<i>Swarbheda</i>

DISCUSSION

In this literature review study, it is observed that Amla is an important aushadhiya dravya. It has been used for treating pittaj vikar, madatyata, jwar, shwas, kas, swarbhed, rajyakshma, etc. Acharya Charaka has mentioned it in kushthaghna, kasahara, virechanopag, jwarhara, vayasthapan mahakashaya similarly acharya Sushrut mentioned in mustadi, triphla and amalakyadi gana. Also it has pittashamak action due to its sheet virya, Madhur vipak. Thus it is useful in pitta pradhan conditions mentioned above.

Moreover, the integration of Amala into therapeutic regimens requires a standardized approach, including preparation methods, dosing guidelines, and identification of possible contraindications (e.g., excess use may aggravate vata due to dryness cç).

CONCLUSION

With the help of above mentioned references and observations, it is concluded that Amala is essential ahariya and aushadhiya dravya and not a vyadhi hetu of any disease.

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