

Phyllanthus emblica

Scientific classification

Kingdom	: Plantae
Clade	: Angiosperms
Order	: Malpighiales
Family	: Phyllanthaceae
Genus	: <i>Phyllanthus</i>
Species	: <i>P.emblica</i>
Part used	: Rootbark, leaves, fruits



Description

The tree is small to medium in size, reaching 1–8 m (3 ft 3 in–26 ft 3 in) in height. The branchlets are not glabrous or finely pubescent, 10–20 cm (3.9–7.9 in) long, usually deciduous; the leaves are simple, subsessile, branchlets, light green, resembling pinnate leaves. The flowers are greenish-yellow. The fruit is nearly spherical, light greenish-yellow, quite smooth and hard on appearance, with six vertical stripes or furrows. The taste of Indian emblica is sour, bitter and astringent, and it is quite fibrous.

Medicinal uses

Emblica exhibits strong antioxidant activity. It has immunomodulatory, anti-inflammatory, antiulcer, hepatoprotective, antiviral, antipyretic and anticancer properties. It is excellent source of Vitamin C. it is used in treatment of Jaundice, diarrhea, cardiovascular disease, cold , cough, piles, leprosy, skin disease, bronchitis. Its also enhances the immunity.