

Gooseberry

Phyllanthusemblica

Order:
Malpighiales

Family:
Phyllanthaceae

Genus:
Phyllanthus

Species:
P.emblica



MORPHOLOGY

- The tree is small to medium in size, reaching 1–8m (3ft3in–26ft3in) in height.
- Mottled bark.
- Pinnate leaves.

USES

Use in Tradition System Of Medicine:

- Liver and digestive problems
- Hair problems

CHEMICAL COMPOSITION

- Ascorbic acid
- Tannin
- Flavonoid
- Emblicanin

MEDICINAL PROPERTIES

- Anti-inflammatory
- Antioxidant

ACTIVEPHYTOCHEMICALS

- Ascorbicacid
- Tannin
- Flavonoid
- Emblicanin
- Punigluconin

REFERENCES

- Hussain, S. Z., Naseer, B., Qadri, T., Fatima, T., & Bhat, T.A. (2021). Anola (*Emblica officinalis*): morphology, taxonomy, composition and health benefits. In Fruits grown in highland regions of the himalayas: nutritional and health benefits (pp.193-206). Cham: Springer International Publishing.
- Ikram, A., Khalid, W., Aziz, M., Arif, M.A., Jha, R.P., Khalid, M.Z., ... & Sultana, F. (2021). Nutritional and biochemical composition of amla (*Emblica officinalis*) and its therapeutic impact: A review. ActaScientificNutritionalHealth (ISSN:2582-1423), 5(2).