**Importance of** *Emblica officinalis***: A Review**

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**Abstract**

Plants play a major role in our lives. They are the living entities that have a significant impact on mankind. Directly or indirectly, plants are connected with our lives and we both are interdependent on each other. Plants help to maintain the ecosystem. There are many plants that are full of medicinal properties such plants are vital for improving our health. It is a fact that one quarter of the medicines we use are derived from plants and four out of five people in this world rely on plants for their primary health care. This review article throws light on the importance of *Emblica officinalis* Gaertn. (Indian gooseberry), a herb which is used to cure various health related ailments and diseases such as infertility, cholesterol, digestive issues, diabetes etc.

**Keywords**: Ailments, cholesterol*,* Infertility*, Emblica officinalis*, Medicinal

**Introduction**

Since time immemorial medicinal herbs have been discovered and used in traditional medicines. Plants and plant-based antidote forms the cornerstone for most of the present-day drugs which we use for treating a number of diseases (1, 2). The multifariousness of these plants has been an area of interest because of their numerous benefits (3). These plants play a pivotal role in research and ethnomedicine (4). Indian gooseberry also known as amla is one of the essential herbs in Ayurveda (5). Every part of the plant is used for medication (6). This plant contains high amount of polyphenol and is also abundant with vitamin-c (also called ascorbic acid) which acts as anti-oxidant. It also contains other secondary metabolites such as tannin, flavonoids etc (7). It has also been reported to have anti-diabetic and anti-cholestrol phenomena (8).

**Classification** (9)

Kingdome: Plantae

Division: Angiospermae

Class: Dicotyledonae

Family: Euphorbiaceae

Genus: *Emblica*

Species*: officinalis* Geartn.

**General description of Amla**

The amla plant is 8 to 18 metres tall, with a thin, light-grey bark that flakes off in minute, erratic flakes. Flowers are greenish yellow, in auxiliary fascicles, unisexual, males numerous on short, slender pedicels, females few, sub sessile, ovary 3- celled; fruits are globose, fleshy, pale yellow, with six obscure vertical furrows enclosing six trigonous seeds in two-seeded three crustaceous cocci found throughout India, the seacoast districts, and on hill slopes up to 20 degrees (9).

**Various uses of** *Emblica officinalis*

**Anti-diabetic activity**

Amla has been found to reduce diabetes with the help of its antioxidant and free radical eating action. It also cures diabetic nerve damage (10).

**Anti-cholesterol effect**

A lot of studies have shown that it significantly lowers the cholesterol (low density lipoprotein) amount and also halts the work of hydroxymethylglutaryl-coenzyme A reductase which acts as a culprit in deposition of cholesterol (11).

**Cure for infertility**

Regular consumption of amla fruit keeps the menstrual cycle in check in menstruating female. It helps in conceiving and sustains the reproductive organs of male and female (12).

**Healthy skin**

This plant has a lot of anti-oxidants which can improve our skin conditions. It has an important vitamin i.e., Vit-C which has anti-ageing phenomena and can also fight fine lines and wrinkles (13).

**Good for hair**

Various studies have proved that this plant is a blessing for people who are suffering from hair problem. Its extract is used in making many products like herbal shampoo. Amla along with coconut oil make hair follicle strong and prevents hair fall (14).

**Improves digestion**

Due to the fiber content in amla fruit, it helps in smooth bowel movements and prevents constipation (15).

**Benefits the eyes**

Intake of amla has been found to improve the eyes and decrease the risk of development of cataract, glaucoma and conjunctivitis (16).

**Conclusion**

This review article describes the elegant advantage of the important plant *Emblica officinalis* and how it is used to treat specific day-to-day occurring diseases. The above findings make us realise that the beneficial effects of *Emblica* plant have a scientific and logical research. The information provided in this article guarantees that the plant can be used as a versatile agent. All existing disease prevention methods are compatible with this herb’s medicinal characteristics. This new and advanced methods to study medicinal plants provide a detailed information about the use of this plant. This review contributes to the health implementation and fulfil the goal of good health and wellbeing.

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