

# INVESTIGACION & USOS DE LA FRUTA AMALAKI EN LA MEDICINA AYURVEDA

1. <http://www.islamset.com/sc/plants/siddique.html>
2. <http://www.holisticonline.com/Herbal-Med/Herbs/h123.html>

## Reduction in Oxidation

[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17569287&ordinalpos=3&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17569287&ordinalpos=3&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

## Free Radical Scavenging

[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17623464&ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17623464&ordinalpos=2&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

## Anti - Aging

[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17506915&ordinalpos=4&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17506915&ordinalpos=4&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

## AntiBacterial

[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17337425&ordinalpos=8&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17337425&ordinalpos=8&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

## Colesterol

[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=16521700&ordinalpos=16&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=16521700&ordinalpos=16&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

## Diabetic Cataracts

[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17679931&ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17679931&ordinalpos=1&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

## Enhances Memory

[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17343883&ordinalpos=8&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=17343883&ordinalpos=8&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

## Liver Health

[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=15997120&ordinalpos=38&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=15997120&ordinalpos=38&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

## AntiPyretic and Anelgesic Effects

[http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=15374611&ordinalpos=53&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed\\_ResultsPanel.Pubmed\\_RVDocSum](http://www.ncbi.nlm.nih.gov/sites/entrez?Db=pubmed&Cmd=ShowDetailView&TermToSearch=15374611&ordinalpos=53&itool=EntrezSystem2.PEntrez.Pubmed.Pubmed_ResultsPanel.Pubmed_RVDocSum)

## Amalaki Health Benefits

Amla is a very powerful anti-inflammatory herb. It enhances production of Red Blood Cells, strengthens teeth, hair and nails. It has also been used to increase lean body mass and help with weight management.

Amla reduces unwanted fat because it increases total protein levels; this is due to its ability to create a positive nitrogen balance and it also significantly reduces the levels of free fatty acids. In addition, amla, in a raw or natural form, reduces cholesterol and cholesterol induced atherosclerosis (Obstruction of the arteries), making it a useful natural product to fight obesity.

Reduces bad cholestorol levels - LDL

Antiartherosclerosis

AntiUlcer

Excellent source of Vitamin C 30x more than oranges

Antibacterial

Supports Cardiovascular health

Supports healthy Lungs

Enhances food absorption

Balances stomach acids

Fortifies the liver

Nourishes the brain and mental functioning

Supports the heart

Strengthens the lungs

Regulates elimination

Enhances fertility

Helps the urinary system

Good for the skin

Promotes healthier hair

Acts as a body coolant

Flushes out toxins

Increases vitality

Strengthens the eyes

Improves muscle tone

Acts as an antioxidant

Enhances immunity

1. Excellent source of Vitamin C Amalaki is the most concentrated form of Vitamin C found in the plant kingdom, and when the whole fruit is used rather than an active ingredient, the Vitamin C is easily assimilated by the human body. The Vitamin C in the Amalaki fruit is bonded with tannins that protect it from being destroyed by heat or light.

2. Enhances food absorption The regular use of Amla-Berry tablets can strengthen digestion, absorption and assimilation of food. People taking it notice that they enjoy the taste of food better. It enhances all thirteen digestive fires (agni). But it works more slowly and gently than ginger or other digestion-enhancing herbs, so it can be taken by people with a lot of Pitta without fear of creating excess stomach acid. In addition, it improves assimilation of iron for healthy blood.

3. Balances stomach acids Because it improves digestion but does not heat the body, Amla-Berry is ideal for calming mild to moderate hyperacidity and other Pitta-related digestive problems. It should always be taken with food in this case.

4. Fortifies the liver Amla-Berry helps purify the Rasa Dhatu (nutrient fluid) and Rakta Dhatu (blood), thus supporting the functions of the liver. It also strengthens the liver, helping it in eliminating toxins from the body. Research shows that Amalaki helps lower cholesterol.

5. Nourishes the brain and mental functioning Amla-Berry is good for the brain. It is medhya--nurturing for the mind and enhancing coordination among dhi (acquisition), dhriti (retention), and smriti (recall). It helps sharpen the intellect and mental functioning. It supports the nervous system and strengthens the senses.

6. Supports the heart It is hridya, which means it nurtures the heart, blood and circulation. It supports the cardiovascular system. On the other hand, it sometimes acts as a cardiac stimulant. For this reason, if you have a heart condition, you should check with a medical doctor before using Amla-Berry tablets.

7. Strengthens the lungs The Amla-Berry tablets help pacify Kapha dosha as well. Therefore, Amla-Berry is a wonderful tonic for strengthening and nourishing the lungs (which are a major seat of Kapha dosha in the body), and the entire respiratory tract. It also pacifies Shleshaka Kapha, which among other things governs moisture balance in the lungs.

8. Regulates elimination Amla-Berry tablets pacify Apana Vata, thus helping with the downward flow of energy in the body. They keep the function of elimination regular and ease constipation.

9. Enhances fertility By balancing Apana Vata and by nurturing all the dhatus (body tissues), Amla-Berry also keeps menstruation regular and healthy. Amla-Berry supports the reproductive systems of both men and women and can help overcome difficulty in conceiving. It is a vrishya herb, which means that it enhances all the seven tissues (dhatus), including the reproductive tissue. This herb nurtures the ovaries and sperm, and it has a property called garbhasthapana, which means it enhances fertility and the possibility of conception. It is especially nurturing for women, strengthening the uterus and supporting reproductive health.

10. Helps the urinary system Because it enhances all the thirteen agnis (digestive fires) and supports Apana Vata, Amla-Berry is especially supportive to the urinary system and can be helpful if you experience a mild burning sensation while urinating. It supports natural diuretic action, but does not force water from the body like diuretic pills. In other words, it helps eliminate waste from the body but does not over-stimulate the urinary system.

11. Good for the skin Because Amla-Berry strengthens digestion, helps the liver detoxify and is rich in Vitamin C and other minerals, it is very good for the complexion. Amla-Berry moisturizes the skin, cleanses the tissues of toxins, and supports immunity of the skin against bacterial infection. It helps enhance glow and luster.

12. Promotes healthier hair Amla-Berry boosts absorption of calcium, thus creating healthier bones, teeth, nails and hair. It also helps maintain youthful hair color and retards premature graying, and supports the strength of the hair follicles, so there is less thinning with age.

13. Acts as a body coolant Although Amla-Berry is good for all doshas and seasons, it is especially effective in the hot season to cool Pitta dosha. It is an especially good rasayana for people with Pitta and Vata body types.

14. Flushes out toxins Individuals who have been eating "junk" food for a while tend to have accumulated deposits of preservatives and additives in the liver. Amla-Berry helps support the liver in flushing out chemicals and additives from the physiology.

15. Increases vitality Because it has five tastes and supports all the doshas and many body functions and cleanses the blood and the microchannels of the body, Amla-Berry increases energy and removes fatigue. It supports regeneration of cells-the process by which tired old cells are replaced by vital, new ones.

16. Strengthens the eyes Amla-Berry is called chakshushya, which means "strengthening the eyes"- (Chakshu means "eye" and ayushya means "rasayana" so it is literally a "rasayana for the eyes"). It supports the health of the eye by enhancing both Ranjaka Pitta (the subdosha of Pitta that governs liver function and the blood plasma) and Alochaka Pitta (the subdosha of Pitta that governs the eyes and vision). The tridoshic nature of Amalaki also makes it a good tonic for the eyes.

17. Improves muscle tone Amla-Berry enhances protein synthesis, which is why it is good for strengthening muscles and building lean muscle mass. Its unique ayurvedic action offers athletes and body-builders a natural way to tone muscles and build lean mass.

18. Acts as an antioxidant Amla-Berry tablets and other rasayanas that contain Amalaki are effective broad-spectrum antioxidants and free radical scavengers, helping to reduce disease and slow the aging process. 19. Enhances immunity All of the benefits already mentioned make Amla-Berry a strong immunity booster.

The fruit juice and its sediment, and residue, have anti-oxidant properties due to Vitamin C content. Amalaki is a carminative and stomachic. The aqueous extract increases cardiac glycogen levels and decreases serum GOT, GPT and LDL in rats having induced myocardial necrosis. It is used in Ayurveda as a cardi tonic, aphrodisiac, antipyretic, antidiabetic, cerebral and gastrointestinal tonic. It raises the total protein level and increases the body weight due to positive nitrogen balance. It has been found to have an anabolic effect.

For medicinal purposes dried and fresh fruits of the plant are used. Amla fruit is sour and astringent in primary taste, with sweet, bitter and pungent secondary tastes, and is cooling in action. It is light and dry. [2] It is a rasayana tonic that promotes longevity, and is especially good for the heart. It strengthens the lungs, helping to fight chronic lung problems as well as upper respiratory infections. [3] The fruit allegedly contains 720 mg of vitamin C per 100 g of fresh fruit pulp, or up to 900 mg per 100 g of pressed juice. Apart from this it also contains tannins; a reason why even dried form retains most of the vitamin content. The fruit is an adaptogen which means it is a food grade, nontoxic herb that normalizes body function, balances the neuroendocrine system and improves immunity. In Ayurveda the fruit alone is considered a rasayana for pitta.[4]

The fruit contains a series of diterpenes referred to as the gibberellins, as well as the triterpene lupeol, flavonoids (e.g. kaempferol-3-O- $\beta$ -Dglucoside, quercetin-3-O- $\beta$ -Dglucoside), and polyphenols (e.g. emblicanin A and B, punigluconin and pedunculagin). Also present are the phyllantine and zeatin alkaloids, and a number of benzenoids including amlaic acid, corilagin, ellagic acid, 3-6-di-O-galloyl-glucose, ethyl gallate, 1,6-di-O-galloyl- $\beta$ -Dglucose, 1-di-O-galloyl- $\beta$ -Dglucose, putranjivain A, digallic acid, phyllemblic acid, emblicol, and alactaric acid.[5]

Particularly in Southern India, the fruit is pickled with salt, oil, and spices, and also used as a primary ingredient in the Ayurvedic rasayana (5) tonic Chyawanprash and in the nourishing laxative triphala where it is mixed with chebulic and belleric myrobalans. The Caraka Samhita, the main text of Ayurvedic herbal medicine, describes emblic and chebulic myrobalans as possessing the same virtues, though they have slightly different nature:

They have healing virtues and are auspicious (used in sacred and ceremonial occasions). They restore the faults (doshas) to their normal course. They are light (as food). They enkindle digestive fire, and are good pacanas (digestive aids). They promote longevity and induce nourishment. They deserve every praise (for the virtues they possess). They prevent the effects of age more than any other drug. They alleviate all varieties of ailments, and impart strength to the intellect and the senses. They quickly conquer vitiligo, abdominal tumors, flatulence, dropsical swellings (edema), chlorosis, alcoholism, piles, ailments of the grahani (duodenum), chronic intermittent fever, diseases of the chest, diseases of the head, diarrhea, disgust for food, cough, gonorrhoea, epistaxis, enlargement of the spleen, abdominal dropsy when new, discharge of phlegm matter, hoarseness of the voice, discoloration or loss of complexion, anemia, intestinal worms, waste of dhatus (main body components), some forms of asthma, vomiting, loss of virility, weakness of the limbs, blockage of ducts of various kinds, sensation like a wet blanket covering the chest, a similar sensation in the heart, and dullness of the memory and understanding. Those who are suffering from indigestion, those who habitually take dry food and drink, those who have been weakened by sexual indulgence and wine and poisons, and those who are afflicted by hunger and thirst and heat, should eat myrobalans.