INTRODUCTION

The whole world is made up of mainly two constituents one is prakriti (nature) and other is purusha (human being). These are complementary for each other due to same composition i.e. panchabhautika (five basic components of life). A human life starts from prakriti, gets nutrients and grows in the lap of nature. Disease is a process which attacks on our health like an enemy and hampers quality and quantity of life. We can defeat it and return our previous healthy condition by choosing appropriate drugs which have just opposite quality against the quality of disease. So drugs are very important for physician same as books for writer, weapons for soldiers, field for farmers etc. In other word we can say that recognition of drugs and to know their qualities and clinical uses are basic need for being a good physician. So in this paper there is a description of easily available and commonly used drug ‘Amalaki’ which is used in both healthy and diseased persons.

Vedic Concept

Basic concept of Ayurveda starts from Vedas. Main sutra of treatment are given in Vedas, The word Amala (Aa+Mala), where ‘Aa’ means completely, expel out the heterogeneous agent (malas) because it is very essential to both healthy and diseases to excrete the malas from the body. Fruits of Amalaki were considered as nectar fruits (Amrita phala) among the region of Aryavarta but in due course of time, it lost its value among the physicians. It may or may not be, but till now in the beginning of winter its brightness over the green trees holds back sometimes even for the busy schedule pedestrian. For that very reason is it called as trisra (Dipta) phala. If we consider a hymn of Yajurveda ‘Yakshat Ajuhanh indraya tishyam/ yavaih lajaih Somam ghreetaam vyantvajasya hotarjaja’ Veda commentator Mahidhara clear it the Tishyam means Amalaki mixed with Yava, Laja, Soma and Ghreeta and prepared an Odana (a type of boiled rice) and it will definitely gives the strength and vigour (vrishya) for all the user. What so
ever, it definitely gives brightness or strength to the prakriti or purusha. But the state of the body always catabolic in nature; so is Amalaki alone able to rejuvenate the human body or not? Yes it is. But how? Because Amalaki has the special quality to enhance the qualitative Rasadhatu, which give nutrition (Preenana) to all Dhatus and its Parthiva quality also helps to compensate the decease nature of all dhatus through Jivaniya effect by originate the pure Shonita (blood). So, why it is not called as Vayastha or Dhatri? But Dhatri means not only prepared pure Rasa Dhatu but simultaneously it also increases the Upadhatu especially for lactating mothers and that is real usefulness of the name Dhatri. But question may arise apart from Lactating mothers- Dhatri! No, Ayurvedic drugs having that type of selective nature, it acts where its needs only. That is the miracle and that is the blessing of Almighty on Ayurveda. Veda always gives full regards to each and every Herb. After all they are homogenous with the human body as they grow with us from same environment, from a same nature. Then what about the Newton’s Third law, it is also right but it only depends upon the Physicians extreme stupidity. Mother also get angry of her offspring, so, why not the herbs. In short we can say that knowledge of drugs is basic requirement before going on treatment path. Now we are describing the short ‘Biographical profile’ of our herb ‘AMALA’.

**Botanical Name:** Emblica officinalis

**Family:** Euphorbiaceae

**Synonyms:** Amala, Dhatri, Vayasya, Vrishya, Tishyaphala

**General Characteristics:**

- **Rasa:** five rasa (except lavana), mainly amla rasa
- **Guna:** guru, ruksha, sheeta, sara
- **Virya:** Sheeta
- **Vipaka:** Madhura
- **Dosha prabhava:** tridosha shamaka

**Field of action:** mainly rakta

**Mode of action:** with the help of vipaka and virya

**Chemical composition:** mainly vit. C, Calcium, Iron, Protein

**Prabhava:** rasayana

**Part used:** mainly fruit

**Samhita Period**

Amalaki is an easily available, well known, commonly used plant. Its useful part is fruit. It has five rasa i.e. madhura, amla, katu, tikta, kashaya, (except lavana) in which amla rasa is predominant. It has guru, ruksha, sheeta and sara property in which ruksha guna is predominant so it is used as pathya in virukshana. Due to amla rasa it is vata shamaka, due to madhura vipaka and sheeta virya, pitta shamaka, due to ruksha property and kashaya rasa it is kapha shamaka so it has a combined effect of tridosha shamaka but predominance in kapha pitta hara. It has predominance of amla rasa but it does not vitiate pitta because its mode of action is madhura vipaka and sheeta virya so it is used in amlapitta also. It has deepa property so it improves agni of different site like increases koshta agni and work as deepan-pachana means it improves digestive enzymes by which increases appetite and interest in taking meal and proper digestion (deepana, pachana, rochana) as well as it is beneficial for improving eye sight (chakshushaya) and for improving glow and lusture of skin (kushthaghana) and hair (keshya). It is purifying in nature and has sara and anulomana property so it is virechanopaga and used in vibandha (constipation) and vishtambha (bhedi). It promotes and
sustains dhatus so it maintains youthfulness and prolongs life (work as rasayana and vayasthapana, balya, paushtika). Due to madhura vipaka and sheeta vyriya it is beneficial for increasing virility means work as virshya. It has ruksha property so it is a very useful apatarpana drug (virukshana). It is also useful as a pathya for kanthya. In samhitas it is an important drug which can be used regularly due to its qualities (abhayas yogya dravya). Not only its fruit but also its beejamajja is also used in pradara roga due to its stambhaka property. It is also used for improving lactation and after all it is a most common ingredient in compound Ayurvedic medicines so it is also famous as Dhatri in samhita.

Diseases in samhita as where it is used:

<table>
<thead>
<tr>
<th>1. Prameha (diabetes)</th>
<th>8. Jvara (fever)</th>
<th>15. Shiroroga (disease related to head)</th>
</tr>
</thead>
<tbody>
<tr>
<td>4. Vibandha (constipation)</td>
<td>11. Pandu/Kamla (anaemia and jaundice)</td>
<td>18. Klaibya (impotency)</td>
</tr>
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Nava Samiksha:
The fruit of amalaki is rich source of calcium, vitamin C, iron and protein. So it is useful in joint pain, anaemia, vit.C deficiency.

DISCUSSION AND CONCLUSION:

Amalaki is one of the most important drugs in Ayurvedic treatment. It is not only used in the cure of disease but also in the maintenance of the healthy state of individual. Amalaki is well known drug for the treatment of pittaja rogas but it can be tridosha shamaka. It is a good source of Vit-C, protein, calcium, iron so it can be used as a food supplement.

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