

## **Indian Gooseberry or Amla**

**Latin Name(s):** Emblica officinalis

**English Name(s):** Indian Gooseberry

**Sanskrit / Indian Name (s):** Amla, Amalaki



**Cure for:** It is also used as a laxative to relieve constipation in piles. The dried fruit is useful in hemorrhage, diarrhea and dysentery. It is also a rich source of iron, thus used as a remedy for anemia, jaundice and dyspepsia.

Some other benefits of amla are; it reduces or eliminates the risk of environmental pollutants, normalizes cholesterol, reduces unwanted fat, cures ulcers, reduces or prevents cancer, detoxifies the body, regulates digestion, has inhibiting effects against the HIV virus, promotes metabolic function.