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Amla

'Amla' literally means 'sour' another name for Amalaki is Dhatri; Dhatri means 'mother' or 'nurse', indicating that Amalaki is the ultimate carer and healer. It is the major ingredient in Chywanaprash; the elixir tonic paste that is a superb rejuvenative for the lungs, all three doshas and the reproductive system. Use Amalaki for reducing inflammation in the digestive tract,, assisting the bowels and strengthening the heart.

Common Name

Indian gooseberry (E), Amla (H), Amalaki

Latin Name

Embllica officinalis – Fructus (Euphorbiaceae)

Sanskrit

Amalaki, Dhatri

Bio-medical Action

Antacid, anti-inflammatory, anti-pyretic, alterative, adaptogen, digestive, laxative, hepato-protective, astringent, haemostatic, anti-oxidant, cardio tonic, nutritive, ophthalmic, tonic, aphrodisiac

Dosage

250mg–30g/day or 1–15ml/day of a 1:3 @ 25% tincture

Notes

- The tree that yields these gooseberry-like fruits grows throughout India. The Varanasi variety is considered to be the best.
- The cultivated variety are large and fleshy while the wild fruits are small.
- Its massive Vitamin C content is one of the highest in the vegetable kingdom (20 times an orange!) and it is heat stable due to the tannin content maintaining stability. The stability of the Vitamin C content in Chywanaprash has been questioned.¹
- Although Amalaki has a predominantly sour flavour it can increase the agni and digestive function without aggravating pitta. It is energetically cooling and has a sweet post-digestive effect. Amalaki is a rare exception to the rule that sour aggravates pi
- Amalaki's prabhava is having a sattvic effect that raises the quality of consciousness and the overall well-being of the body.
- Amalaki relieves vata via its sour taste, pitta by its sweet taste and cold energy, and kapha by its astringent taste and dry nature; it thus calms all three doshas.
- Clinical trials report a cardio-protective effect as well as a reduction in serum cholesterol levels indicating an anti-atherogenic effect.⁵

Contraindications

Caution in high kapha and ama. Not in diarrhoea, dysentery at high doses.



Shatavari is a cooling and nourishing herb from the asparagus family. It contains precursors to female hormones that help tonify and balance the reproductive system. A natural alternative to HRT, Shatavari is clinically proven to alleviate many symptoms of the menopause including dryness and hot sweats.



Aloe Vera is renowned for maintaining youthful looks, healthy skin and balanced digestion. It's particularly good for women's health and tonifies the reproductive system. It has cooling properties to help alleviate menopausal symptoms and also works well to support gentle detoxification of the liver.