

AMAYIKA PRAYOGA OF AMALAKI: A REVIEW FROM BRUHATRAYI**DR.ASHWINI HIREMATH¹, DR.S.S.SARAWAD², DR. G.S.KULKARNI³**¹P.G SCHOLAR, ²PROFESSOR, ³HOD & PROFESSOR, DEPT OF PG STUDIES IN DRAVYAGUNA, B.V.V.S AYURVED MEDICAL COLLEGE & HOSPITAL, BAGALKOT.DOI: <https://doi.org/10.47071/pijar.2020.v05i05.004>**ABSTRACT**

In Bruhatrayi's, Acharyas delineated numerous such kinds of single drug recipes or therapies which are successfully prescribing by the traditionally practicing Ayurvedic physicians in different diseases. Amalaki is the natural remedy used in Ayurveda for longback and it is believed to increase the defense against many ill conditions. It is a potent herb rich with Anti-oxidant, Vitamin-C, Tannin and Gallic acid. Amalaki possesses key properties like Rasayana (Adaptogenic), Ajara (Anti-ageing), Ayushprada (prolonged cell life)etc.the current article is to highlight the different amayika Prayoga or single drug therapy of Amalaki which is used in Many diseases mentioned in Bruhatrayi.

KEYWORDS: Amalaki, Amayika Prayoga, Single drug therapy, Bruhatrayi.**INTRODUCTION**

There is a gradual increased demand for herbal medicine in global market but meagerness of medicinal plants is becoming a challenge to the future of plant based traditional systems of medicine such as Ayurveda. The present situation anticipates the requirement for supplementary, simple and cost effective medicaments based on single drugs. In Bruhatrayi's , Acharyas delineated numerous such kinds of single drug recipes or

therapies which have been prescribing by the traditional practicinaries and physicians in different disease conditions¹.

Charaka Samhita, Sushruta Samhita, Astanga hrudaya are acclaimed as the most ancient, comprehensive and authoritative works of Ayurveda which occupies a very important place in the history of world's medical science. In Bruhatrayi, Amalaki is one of the most oftenly mentioned drug as single drug

usage or in compound formulation in case of various diseases.

Amalaki or Indian gooseberry (*Embllica officinalis* Gaertn.) is known for its medicinal and therapeutic properties from the ancient time in India and considered as a wonder fruit for health conscious population. Owing to its significant medicinal and nutritive value, it finds a prominent place in ancient Indian mythological literatures like Vedas, Shivpuran, Askandhpuran, Padmapuran, Ramayana, Kadambari, Charak Samhita, Sushrut Samhita, etc. and considered as Amrit Phal (life giving fruit). "Amalaki" is having prime position amongst the Antiageing drugs. It is the best tissue rejuvenating herb. It is a potent herb rich with Anti-oxidant, Vitamin-C, Tannin and Gallic acid. Amalaki possesses key properties like properties like Rasayana (Adaptogenic), Ajara (Anti-ageing), Ayushprada (prolonged cell life), Sandhaniya (Improves cell migration and cell binding)²

Keeping this in view the present study has been taken to trace out the amayika paryoga of amalaki in various disease conditions. For the present study, the original text of Charaka

Samhita, Sushruta Samhita, Astanga hrudaya along with available commentaries are consulted.

Collection of Amalaki:

Amalaki is usually grown in janagala desha. the best time to collect the fruit is a period of three months between mid-january to mid March i.e. Pushya, Magha and Palguna masa. One should collect such fruit which is having the features of maturity viz. nehavanti (juicy), and mrudu (pulpy)³.

Properties :

The fruit of Amalaki is having amla rasapradhana lavanavarjita pancha rasa. it is having guru guna, sheeta veerya and Madhura vipaka. Amalaki phala is having tridosha shamaka property. By the virtue of its sourness, it act as vatahara, by the virtue of its sheeta veerya and Madhura rasa it act as pittahara and by its ruksha guna and kashaya rasa it is kaphahara⁴.

Amalaki rejuvenates all of the tissues in the body and builds ojas. In general, amalaki is powerful ally for many systems of the body. It is known to promote energy, reproductive health, and healthy cholesterol levels. Amalaki is also a tonic for the heart, the arterial system, the respiratory

system, the sense organs, and the mind⁵.

Nutritive value of Amalaki⁶:

Amalaki is an excellent source of Vitamins C and E. it increases immunity and fights off free radicals. Due to its fibre rich content, it cures constipation and all other abdominal diseases. It is beneficial in fatty liver, cholesterol and heart diseases. The nutritional value of amalaki per 100grams is as follows;

Nutrients	Value per 100gms
Total Calories	48
Total fat	0.5g
Protein	1g
Total carbohydrates	10g
Water	86g
Dietary fiber	5g
Omega -3 fatty acids	48mg
Omega-6 fatty acids	276 mg

Vitamin A, IU	290 IU
Vitamin C	478 mg
Vitamin E(alpha tocopherol)	0.16mg
Vitamin B6	0.1mg
Folate	6mg
Calcium, Ca	25mg
Iron , Fe	0.9mg
Magnesium, Mg	10mg
Phosphorous, P	21mg
Potassium,K	198 mg
Sodium, Na	13mg
Zinc,Zn	0.12mg
Copper, Cu	0.1mg
Manganese	0.1mg
Selenium	0.6mcg
Chloride	25.6mg

MATERIALS & METHODS:

Brihatrayi (Charaka Samhita, Sushruta Samhita and Astanga Hridaya) with their commentaries were screened to compile references of amayika Prayoga of Amalaki. The references, indication and method of administration were tabulated.

AMAYIKA PRAYOGA OF AMALAKI TOLD IN CARAKA SAMHITA⁷:

Sl.no	References	Indication	Amayika Prayoga
1	Ca.chi 2/183	Jwara associated with vibandha	Gruel prepared out of amalaki and pippali and given with ghee.
2	Ca. chi 2/ 187	Jwara associated with asweda, trishna, anidra	Peya prepared out of amalaki and shunti fried in ghee and added with sugar.
3	Ca. chi2/ 230	For the purpose of Virechana in case of Jwara	Amalaki swarasa with milk
4	Ca. chi 4/ 57	Raktapitta(for the purpose of Virechana karma)	Amalaki mixed with plenty of honey and sugar
5	Ca. chi5/133	Pittaja gulma	Pathya of amalaki phala
6	Ca. chi 6/	Sweetra, kaphaja kushta	Regular intake of amalaki

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7	Ca.chi21/67	Visarpa	Amalaki swara with ghee
8	Ca. chi 21/109	Visarpa	Mantha prepared out of amalaki,honey,a
9	Ca. chi 30/117	Swetapradara	Amalaki bija kalka mixed with madhu and given with water
10	Ca. chi 30/117	Sweta pradara	Amalaki churna or swarasa given with madhu

AMAYIKA PRAYOGA OF AMALAKI TOLD IN SUSHRUTHA SAMHITA⁸:

Sl.no	References	Indication	Amayika Prayoga
1	Su. Chi5/10	Kaphaja vatarakta	Kashaya of amalaki and haridra mixed with honey and given
2	Su.chi 24/15	Swastha	Amalaki kashya for face and eye wash
3	Su. Chi 26/	vajikaranartha	Bhavana of amalaki churna, sugar, madhu, ghee with amalaki swarasa
4	Su. U 12/49	Praklinna vartma roga	5 tola of Amalaki patra and phala boiled with 40 tola water till 8 parts ramians. Then shift it to tamra patra and then heated, ghanavati are prepared
5	Su. U 15/ 14	Arma upadrava	Karanja bija, amalaki, madhuka kalka/ Kashaya sidha dughda mixed with madhu and used as ashotana.
6	Su. U 17/49	Timira	Amalaki kalka or amalaki sidha dugdha
7	Su. U39/137	Vatapithaja jwara	Yusha prepared out of dadima, amalaki and mudga
8	Su. U 44/40	Lagharaka (pandu roga)	Ghrita prepared out of amalaki, draksha, guduchi
9	Su. U 48/18	Tridoshaja trishna	Gandusha with amalaki swarasa or keeping amalaki churna inside the mouth.
10	Su. U 49/22	Vataja chardhi	Yusha prepared out of amalaki, mudga and given with saindhava, ghrita.
11	Su. U 50/27	Hikka	Amalaki churna given with shunti and madhu
12	Su. U52/36	Kaasa	Amalaki churna sidha kshira given with ghrita.
13	Su. U 58/40	Mutra dosha	Swarasa taken by pottali method and mixed with madhu and given internally.

AMAYIKA PRAYOGA OF AMALAKI TOLD IN ASTANGA HRUDAYA⁹:

Sl.no	References	Indication	Amayika Prayoga
1	A.H Su 14/24	Atibruhmana	Amalaki and yava churna
2	A.H Chi 1/30	Jwara associated with vibandha	Yavagu prepared out of fried yava in ghrita and then processed with pippali and amalaki
3	A.H Chi 1/33	Jwara associated with trishna	Yavagu processed with amalaki nagara and sugar
4	A.H Chi 2/15	Mandagni and amlabhilasha in case of Rakta pitta	Mantha prepared out of amalaki and dadima
5	A.H Chi 3/79	Kaasa	Amalaki churna boiled in milk and mixed with ghrita and given interally.
6	A.H Chi 5/44	Swarabedha	Churna of amalaki, katphala and yosha
7	A.H Chi12/6	Prameha	Amalaki mixed with madhu and given internally at afternoon
8	A.H Chi 14/65	Pittaja gulma	1 prastha of ghee cooked with amalaki swarasa and Ikshu and 1/4 th part of pathya.
9	A.H Chi 16/32	Kamala	Swarasa of amalaki and mrudivika
10	A.H 16/41	Kamala	Aragwadha mixed with trayushana and given internally with amalaki swarasa
11	A.H U 11/2	Eye diseases	Aschothana with Kashaya prepared out of patola patra and amalaki patra
12	A.H U 39/80	Bhudhi and ayushya vardakartha	Bhallataka consumed with husk of amalaki
13	A.H U 39/160	For pleasing look like that of peacock	Kashaya prepared out of Amalaki boiled with Krishna taila and aksha.

DISCUSSION:

Amalaki rejuvenates all of the tissues in the body and builds ojas. In general, amalaki is powerful ally for many systems of the body. Amalaki is also a tonic for the heart, the arterial

system, the respiratory system, the sense organs, and the mind.

Amayika prayoga of Amalaki has been explained in Bruhatrayi in various disease conditions. In Caraka samhita, 10 refernces of Amayika prayogaof

Amalaki have been given and is used in Jwara, Raktapitta, Gulma, sweetra, kushta, Visarpa and sweetha pradara. In Sushruta samhita 13 references have been given and is used specially in netra rogas like vartma roga, arma and timira, also indicated in Vatarakta, Jwara, trishna, chardhi, hikka, kaasa, and mutra doshas. In Asthanga Hrudaya 13 references have been given and Amalaki is used in Jwara, raktha pitta, swara bheda, Prameha, Gulma, kamala and Netra roga.

If the dosha dushya sammorchhana is simple then even the single Dravya is capable of eliminating this sammorchhana and reducing the doshabala is enough. These single drugs also regulating the functions of the srotas of the involved dosha-dushya and even has the ability to prevent recurrence of the diseases.

CONCLUSION:

Amalaki or Indian gooseberry (*Emblca officinalis Gaertn.*) is known for its medicinal and therapeutic properties from the ancient time in India. The present review of Amalaki from bruhatrayi can be useful to know about the different Amayika prayoga of Amalaki in different disease conditions.

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