

PHYLLANTHUS EMBLICA



ABOUT THE PLANT:

Phyllanthus emblica, also known as emblic, emblic myrobalan, myrobalan, Indian gooseberry, Malacca tree, or amla, from the Sanskrit आमलकी (āmalakī), is a deciduous tree of the family Phyllanthaceae. Its native range is tropical and southern Asia.Ripening in autumn, the berries are harvested by hand after climbing to upper branches bearing the fruits. The taste of Indian emblic is sour, bitter and astringent, and it is quite fibrous. In Ayurveda, dried and fresh fruits of the plant are used as a common constituent. Indian gooseberry, or amla, is a fruit tree that grows natively in parts of Asia. It has several culinary and herbal medicine uses, particularly in its native India. The fruit is rich in vitamin C and often purported to have potential antioxidant and heart-health benefits.

REPORT DONE BY:

T.Keerthana

111022487057