



amla-gooseberry

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Cruising Review

Amla-Gooseberry: Publications and Research from SwissMixIt



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The Mediterranean diet has long been known to provide a variety of health benefits such as cardiovascular protection, cancer prevention, and lowering gastrointestinal inflammation. Oregano (*Origanum vulgare*) is an herb prominent in the Mediterranean diet, and has been shown to possess several bioactive properties including anti-oxidant, anti-microbial, anti-inflammatory, and analgesic properties

PDF Version of the webpage (first pages)

Amla Gooseberry Botanical Information

The Mediterranean diet has long been known to provide a variety of health benefits such as cardiovascular protection, cancer prevention, and lowering gastrointestinal inflammation. Oregano (*Origanum vulgare*) is an herb prominent in the Mediterranean diet, and has been shown to possess several bioactive properties including anti-oxidant, anti-microbial, anti-inflammatory, and analgesic properties

Keywords: Amla fruit, *Phyllanthus emblica*, *Emblica officinalis* Gaertn, Amla, Physico-chemical, Phytochemical, Functional, Sensory quality, Indian gooseberry, Amla, nutraceutical, age-related macular degeneration, AMD, Cardiovascular Disease, Pharmacology, Vascular functions, Hematology, Lipid profile, Phenolics, Antioxidant activity

Description and Research Abstract: Amla (Indian gooseberry) and its processed products are rich source of vitamin C, phenols, dietary fibre and antioxidants.

Due to its high Vitamin C content which on an average is 600 mg/100 g, EO is well-known as an immunity boosting food. In addition to vitamin C, EO is a rich source of antioxidants, including polyphenols, which confer EO its free radical scavenging potential.

Emblica officinalis Gaertn (i.e., *Phyllanthus emblica*/ Indian gooseberry/ Amla) (EO) has been used extensively as a nutraceutical in several diseases since it is known to boost immunity and offers numerous health benefits such as antioxidant, anti-inflammatory, and anti-aging effects. The goal of our study was to test the hypothesis that EO will rescue human AMD RPE transmembrane cells from mitochondria-induced cellular damage. In conclusion, EO improved cellular and mitochondrial health, thereby playing a key cytoprotective role in AMD in vitro. Further studies are required to examine the mechanisms that mediate the cytoprotective effects of EO.

In conclusion, amla supplementation showed acceptable palatability, improved endothelial functions and reduced oxidative stress.

There is a wealth of information emanating from both in vitro and in vivo studies indicating fruit extract of the *Phyllanthus emblica* tree, commonly referred to as Indian Gooseberries, has potent anticancer properties. The bioactivity in this extract is thought to be principally mediated by polyphenols, especially tannins and flavonoids. It remains unclear how polyphenols from *Phyllanthus emblica* can incorporate both cancer-preventative and antitumor properties. The antioxidant function of *Phyllanthus emblica* can account for some of the anticancer activity, but clearly other mechanisms are equally important.

The amla fruit powders were analyzed for ascorbic acid, sugars, pectin, total phenolics (TPC), and total antioxidant activities (TEAC). Fresh amla was found to have 6644.305 mg/100 g ascorbic acid with sun-dried, oven-dried and freeze-dried having 748.427 mg/100 g, 641.364 mg/100 g, 791.233 mg/100 g, respectively.

Dyslipidemia is one of the most frequently implicated risk factors for development of atherosclerosis. This study evaluated the efficacy of amla (*Emblica officinalis*) extract (composed of polyphenols, triterpenoids, oils etc. as found in the fresh wild amla fruit) in patients with dyslipidemia. The Amla extract has shown significant potential in reducing TC and TG levels as well as lipid ratios, AIP and apoB/apo A-I in dyslipidemic persons and thus has scope to treat general as well as diabetic dyslipidemia. A single agent to reduce cholesterol as well as TG is rare. Cholesterol reduction is achieved without concomitant reduction of Co Q10, in contrast to what is observed with statins.

The *Emblica officinalis* (EO) fruit has traditionally been considered as a cardioactive medication and has demonstrated remarkable cardiovascular effects in the pharmacological literature. The present study systematically reviews EO's potential for prevention and therapy of cardiovascular diseases (CVD). The plant has shown antiatherogenic, anticoagulant, hypolipidemic, antihypertensive, antioxidant, antiplatelet, and vasodilatory effects as well as lipid deposition inhibitory properties. Moreover, it prevents from doxorubicin and isoproterenol cardiotoxicity and myocardial ischemia/reperfusion injury, and improves vascular endothelial function in animal studies. Some high-quality clinical studies report the vasodilatory and myocardial antioxidant properties as well as anti-platelet aggregation effects of this plant.
