

## ***Phyllanthus emblica* (Indian Gooseberry)**

### **Classification**

Kingdom: Plantae

Division: Magnoliophyta

Class: Magnoliopsida

Order: Sapindales

Family: Phyllanthaceae

Genus: Phyllanthus

Species: emblica

### **PHYSICAL CHARACTERISTICS**

**Trunk:** Straight, greyish-brown and smooth

**Leaves:** Simple, alternate and feathery.

**Fruits:** Small, greenish-yellow and spherical.

**Flowers:** Small, greenish -yellow and fragrant.



### **DISTRIBUTION AND HABITAT**

Widely distributed in the Indian Subcontinent, especially tropical and subtropical regions.

Introduced and naturalized in the Caribbean and Pacific Islands.

### **CULTIVATION AND USES**

Fruit, leaves, roots are used in ayurvedic medicinal practice. Oil extracted from seeds are used in hair and skin care products

### **INTERESTING FACTS**

Amla is believed to enhance immunity and protect against infections. Amla's antioxidants and vitamin C help reduce wrinkles and fine lines.