

## Amalaki herb extract, side effects and safety, health benefit

April 25 2016 by [Ray Sahelian, M.D.](#)

English names are Emblic Myrobalan, Indian Gooseberry, Amla Berry. Latin names are *Embolica officinalis*, *Phyllanthus emblica*, *Terminalia emblica*. In Sanskrit, the term used is Amalaki while in Hindi, the term used is Amla. Amalaki is found in a formula with three herbs called [Triphala](#). See this article [Ayurvedic Herbs](#) for a list of herbs used in Ayurvedic Medicine.

### Amla Amalaki supplement extract 20:1



[Amla](#) extract is naturally extracted using only the finest quality fruits grown in the pristine environment of the lower Himalayan Mountains. This Amalaki extract provides active levels of tannins along with Vitamin C and flavonoids, concentrated in the balanced ratio nature intended, without isolating, fractionizing or using toxic solvents, harsh chemicals or gases. Naturally grown or ethically wild crafted Amalaki fruit without the use of chemical fertilizers, pesticides, or preservatives. Amla fruit is famous for its rejuvenating properties. It is known for its nutrient dense levels of vitamin C.

### Amalaki chemical composition

Many substances are present including tannoids, gallic acid, [ellagic acid](#), chebulinic acid, [quercetin](#), chebulagic acid, corilagin, and isostrictiniin.

### Immune influence

Anc Science Life. 2012. Immunomodulatory activity of Amalaki Rasayana: An experimental evaluation. Amalaki Rasayana possesses significant immunostimulant activity and moderate cytoprotective activity.

### Side effects and safety, toxicity

No major side effects have been reported in medical journals as of 2016.

### Amalaki research studies, diabetes, cataract eye health

Inhibition of aldose reductase by tannoid principles of Amalaki : implications for the prevention of sugar cataract. Mol Vis. 2004.

Aldose reductase (AR) has been a drug target because of its involvement in the development of secondary complications of diabetes including cataract. Although numerous synthetic AR inhibitors (ARI) have been tested and shown to inhibit the enzyme, clinically synthetic ARIs have not been very successful. Therefore, evaluating natural sources for ARI potential may lead to the development of safer and more effective agents against diabetic complications. In the present study we have assessed the inhibition of AR by constituents of *Embolica officinalis* both in vitro and in lens organ culture. Amalaki is widely used against many chronic ailments including diabetes. Aqueous extract of Amalaki and its major constituent tannoids were tested for inhibition against both rat lens and purified recombinant human AR. ARI potential of isolated tannoids of Amalaki were also investigated against osmotic stress in rat lens organ culture. Amalaki extract inhibited rat lens and recombinant human AR. Since it is a rich source of ascorbic acid, we investigated whether ascorbic acid was responsible for AR inhibition by Amalaki extract. However, ascorbic acid did not inhibit AR even at 5 mM concentration. Further, we demonstrate that the hydrolysable tannoids of Amalaki were responsible for AR inhibition, as enriched tannoids of Amalaki exhibited remarkable inhibition against both rat lens and human AR. The inhibition of AR by Amalaki tannoids is 100 times higher than its aqueous extract and comparable to or better than quercetin. Furthermore, the isolated tannoids not only prevented the AR activation in rat lens organ culture but also sugar-induced osmotic changes. These results indicate that tannoids of Amalaki are potent inhibitors of AR and suggest that exploring the therapeutic value of natural ingredients that people can incorporate into everyday life may be an effective approach in the management of diabetic complications.

### Treatment of dyspepsia with Amalaki --an Ayurvedic drug.

Indian J Med Res. 1982.

### Emails

Q. I wanted to share with you a product that you should look into. It is even endorsed by the Chopra Center for Wellbeing (co-founded by Dr. Deepak Chopra and Dr. David Simon). It is called Zrii, The Original Amalaki. It is a synergistic blend of Amalaki, Haritaki, Schizandra, Jujube, Tulsi, Turmeric, and Ginger.

A. I have not seen studies with Zrii, but the herbs mentioned are all healthy and it seems that reasonable use of Haritaki, Schizandra, Jujube, Tulsi, Turmeric, and ginger should provide benefits.

It may also be known as [aonla](#) herb, but I am not sure