

Role of Amla in Skin Cancer

CHAPTER 1

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ABSTRACT

Medicinal plant lives are valuable gift to mankind that plays an important part in emerging our country and to preserve our health. All over the world herbal products becomes the foremost option because of its disease curing activity without side effect. *Phyllanthus Emblica* Linn or *Emblica Officinalis* Gaertn generally identified as Indian gooseberry or Amla. Amla is beneficial in treatment of countless disease. Amla fruit contains fiber, protein, amino acids, carbohydrates and minerals such as phosphorus, iron, thiamine, calcium, niacin, riboflavin, carotene etc. From study of research information on Amla we know about its antitussive, analgesic, antiatherogenic, adaptogenic; gastro cardio, nephro and chemopreventive, neuroprotective, anticancer properties and chemo and radio modulatory. antioxidant, antimutagenic, antiinflammatory, Potent free radical scavenging, immunomodulatory activities are also reported to possess by Amla and these are effective in the prevention and treatment of numerous diseases like diabetes, atherosclerosis, cancer, liver and heart diseases. The nutritious value, medicinal value, traditional uses, biochemical constituents of Amla and its expenditure as a household medicine are also discussed in this article.

KEYWORDS: Medicinal Aromatic plant, *Phyllanthus emblica*, Chemical Components, Nutritious Assessment, Therapeutic Usages

INTRODUCTION

To create a infection free and vigorous life, Nature has gifted mankind with incredible medicinal plants. In the Indian outdated systems of medicine (like Unani, Ayurveda, siddha) profuse medicinal plants are presented, typically used one among them is Amla or Indian gooseberry, also known as *Phyllanthus emblica* Linn. (Syn. *Emblica officinalis* Gaertn.) which belongs to the family Euphorbiaceae, 1. It is an essential medicinal Aromatic herb in Unani and