

Effect of Amla in Prostate Cancer

Arjun Hansdah

Department of Zoology, School of Applied Science, R&A Centre for Phytopharma,

Centurion University of Technology and Management, Odisha

Email: 190705180145@cutm.ac.in

Abstract: amla plant is most significant therapeutic plant. As it is used to treat various types of disease. most important part of it is fruit. Amla fruit is used as diuretic, laxative, liver tonic, stomachic, restorative, antipyretic, hair tonic, ulcer preventive. Many research has done which shows it contains phytochemical such as tanins, alkaloids, polyphenols, ascorbic acid, vitamins and minerals. This bioactive mixtures are helpful in different pharmacological exercises like antimicrobial, cancer prevention agent, anti-inflammatory, radio-defensive, hepatoprotective, anti-tissue, immunomodulatory, hypolipemic and numerous different exercises. Now it is additionally announced that it has anticancer, energizer properties. Amla is also reported to possess potent free radical scavenging, radio and chemomodulatory. Chemical constituent such as phyllantine, phyllembin, gallic acid, pectin, citric acid, glutamic acid, methyl gallate, ellagic acid also found in amla which are beneficial for our health. Amla or the Indian gooseberry can treat balding viably. This consumable organic product is considered as a marvelous remedy for hair care. It invigorates hair development and improves the nature of hair. Amla cleans the blood and improves hair normal tone by forestalling untimely turning gray of hair. I have researched about phytochemicals that is present in amla that can directly affect or can cure the prostate cancer partially or completely. In this review article the different types of extraction methods were conducted and the phytochemicals were obtained and they were processed through in silico analysis and results were analysed and is found to be effective against the prostate cancer. Prostate cancer is a common type of cancer found mainly in case of male. annually 5 million people die due to the prostate cancer as it is unrecognized for many years. But in this review paper, the phytochemicals were obtained from various methodology and these were later analysed with cancer cells and the results and effectiveness were observed.

Keywords: *Embilica of ficinalis*, extraction of phytochemicals by super critical CO₂ extraction, in silico analysis,

Introduction

Plants are vast derivatives of different phytochemical bioactive compound may be evolved as a result of defensive nature against the foreign pathogen or any other reasons, now these are identified as useful for treatment of various types of disease. Due to their large potential benefits they possess, they are now exploited in traditional method and their effectiveness against disease were well documented. Amla is a small fruit found in India, Pakistan region. it is a delicious food. It develops around 8-18 m stature with

slight light bark, leaves are straightforward, light green and sub-sessile. Amla contains vitamin C, amino acid and minerals. it also contains tannin, alkaloids and phenols. Amla is a powerful *rasayan* in treatment of diarrhoea, jaundice, inflammation. Amla fruit is widely used in the Indian system of medicine as alone or in combination with other plants and is used to treatment of common cold and fever. pharmacological research reports on amla reveals its analgesic, antitissue, antiatherogenic, adaptogenic, cardio, anti cancer properties. Amla is also reported to process chemopreventive, radio, free radical scavenger, antioxidants, anti-