

Phyllanthus emblica L. mily: Phyllantha

Family: Phyllanthaceae

Common name: Indian gooseberry

Local name: Amla

Importance:

- Fruits are a rich source vitamin C and are of dietary and culinary use in India.
- Fruits are used as antioxidant, immunity booster, promotes hair tonic, vigor, memory enhancer, hepato-protective and anti-diabetic.