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## EMBLICA OFFICINALIS ORGANIC AMLA FRUCTUS AND DEMETER AMLA LEAVES



*“Amalaki is the best of the rejuvenating and revitalizing plants”* Charaka is known to have said

**Emblica officinalis** (Fructus Myrobalani, Indian Gooseberry, Nelli, Amla or Amalaki) is a traditional Ayurvedic tonic. The fruit has been used for 5000 years in Ayurvedic medicine for its healing and rejuvenating qualities. It contains a lot of vitamin C (from 100gr fresh weight come 700mgr Vitamin C, twenty times that of the orange), tannin compounds, iron and other minerals as well as gallic acid and ellagic acid. Since the vitamin C is bound to tannin compounds, it is absorbed by the body more slowly. This **increases its function as an anti-oxidant**, making the body more resistant to disease.

Amla's contractive effect **prevents infection** and helps the recovery from abscess. Additionally, it can be used as a laxative and against hemorrhoids. Amla **raises red blood cell count** and **regulates blood sugar**. **Blood circulation** is improved through the synergetic effect of the contents of the Amla fruit with the body's own adrenalin.

Amla reduces cholesterol, removes unnecessary body fat, helps with diabetes, digestion, and the regeneration of hair and skin. It also helps to support the liver, heart and lungs, as well as the absorption of nutrients, and by regulating pitta it helps to improve eye sight. And, because of its disinfecting and antibacterial qualities, it increases oral hygiene.

Amla is used in various ways in Ayurvedic medicine, but as one of the strongest rejuvenating and strengthening **Rasayanas** it bears **great importance**.



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## AMLA'S AYURVEDIC PROPERTIES:

**Increases vitality** (Ojas), and **slows the aging process**. Amla is a **classic Rasayana**. It **pacifies the three Doshas** (regulatory principles) and is **cooling**. For these reasons it is correctly called a sarvadosha (panacea).

It is no wonder that Amla plays a **central role in the most important ayurvedic recipes**. Amla is part of Triphala and other life giving elixers, along with Terminalia, Gokhsura, Ashwaghandha, Guduchi etc.

It can be taken in various ways; the fresh juice with honey, as a pickle or marmalade, a fruit paste and especially in various dry forms. The leaves are used in tea infusions as a sour/bitter tonic.

## PRODUCTION:

Since 2001 Emblica Officinalis (Amla), as well as other herbs, has been successfully cultivated at the "Land of the Medicine Buddha", OneWorld's own herb farm. The noble **Amla leaf** has been cultivated using bio-dynamic farming methods, and so, after inspection and certification from IMO Switzerland and Demeter International, they can now carry the **Organic and Demeter logos**. Carefully handpicked, and gently dried in the shade, the leaves and fruit retains all of its healing properties. The herbs are then selected and added to noble tea mixtures by **OneWorldalc Nepal**. OneWorldalc is a German - Nepali cooperation for **bio-dynamic agriculture** that upholds **Fair Trade** standards in all its undertakings and is a member of the International Federation of Organic Agriculture Movements (**IFOAM**). We are happy to be able to offer you Amla leaves of the highest quality as a true **LOHAS product**. Monitored wild collection of **Amla fruit** in the "Batauli" community forest is done by the Praja-cooperative managed by the marginalized Chepang ethnic group. Regular courses in sustainability are organized by OneWorldalc, and are inspected and certified annually by IMO Switzerland. Since 2007 the title of "organic" has been achieved and so these Amla fruits are completely sustainable and **LOHAS**.

## OUR PRODUCTS CONTAINING AMLA (LEAVES/FRUIT):

**Amla leaves** are an important component in our herbal tea series and they can be found in the following teas: "**Frisch & Froh**" "**Drei Ayurvedischen Juwelen**" "**Leichter Leben**" and "**Klar & Wach**"

**Amla fruit** is contained in "**Ayurveda Power**" "**Wohlig Warm**" and "**Gut Drauf Sein**"

The raw fruit and leaves can also be purchased unmixed on request.