



**A CRITICAL ANALYSIS OF SYNONYMS AND PROPERTIES OF AMALAKI (*PHYLLANTHUS EMBLICA* LINN.) FROM NIGHANTUS**

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**ABSTRACT:**

**Background:** *Phyllanthus emblica* Linn. also known as Indian gooseberry is an important fruit having a wide range of pharmacological benefits. It is one of the important Ayurvedic drug which is used since ages for treatment of various health problems. **Materials and Methods:** All the available Ayurvedic *Nighantus* were referred for the collection of data regarding *Amalaki*. There is description available on synonyms, properties and actions of the drugs. The e-Nighantu developed by National Institute of Indian Medical Heritage (NIIMH), Hyderabad was also referred for this review. **Results:** The different synonyms of *Amalaki* like *Dhatri*, *Vayasya*, *Amruta*, *Amrutphala*, *Vrishya*, *Shivam*, etc. Properties like *Amla Pradhana Pancha Rasa*, *Laghu*, *Ruksha*, *Shita Guna*, *Shita Veerya*, *Tridosahara Karma* and actions like *Rasayana*, *Chakshushya*, *Vayasthapana* etc were described in different Nighantu. **Discussion:** The collection of various information of the *Amalaki* from 24 Nighantus and compare its variations by their synonyms, properties, and actions. This type of critical analysis on drug *Amalaki* from various *Ayurvedic Nighantu* has been made for the first time. **Conclusion:** Present analysis shows that the different types of synonyms, property and actions described in various time period of *Ayurvedic Nighantu* can be used to identify and validate medicinal plants and well-established indications will be used as a basis for retrospective study of the specific drug.

**Key words:** *Amalaki*, *Phyllanthus emblica* Linn, *Nighantu*, *Paryaya*, *Rasa-Panchaka*, *Karma*

## INTRODUCTION

Many herbal drugs were described in different *Samhitas* and *Nighantus*. The *Nighantu* is a collection of detailed information about basonyms, synonyms and the properties of drugs. Basonyms and synonyms are indicating the different characteristic features of plants based on habit, habitat, morphology, therapeutic action etc. This is a unique nomenclature of *Ayurveda* for identification and authentication of various medicinal plants described in different *Nighantus*. Different properties and therapeutic action of medicinal plants are also mentioned in *Nighantus*. The collective and comparative analysis of a plant drug mentioned in various *Nighantu* provides information about that drug based on different era and different places. Therefore, it is important to review the drug given in various *Nighantus*.

Medicinal plants play a vital role to secure our health. Nowadays the use of herbal products has become the main option for people everywhere because of curing diseases without any side effect. *Ayurveda*, the oldest health system, explains the uses of *Amalaki* to cure many diseases and to promote health. The most commonly used and important part is fruit among all useful parts. Botanically, it is identified *Phyllanthus emblica* Linn. and it

belongs to (Family– Phyllanthaceae) it is commonly known as ‘Amla’ or ‘Amalaki’ in Hindi and ‘Indian gooseberry’ in English. *Amalaki* has very high nutritive value. It is a small to medium sized deciduous tree, having sessile, pinnate leaf, light green in colour, flowers are yellowish, male flowers on slender pedicles, female flowers are sub-sessile, fruits are depressed, globose, yellow obscurely 6 lobed, seeds are trigonous<sup>[1]</sup>. *Amalaki* is a very hardy tree and can be grown successfully in variable habitat and agroclimatic conditions. Though *Amalaki* is classified as subtropical fruit, its cultivation in tropical, arid and in rainfed semi- arid conditions are quite successful<sup>[2]</sup>. This article includes a review of various *Nighantus* and description of *Amalaki* for a complete understanding.

## MATERIALS & METHODS

Total 24 *Nighantu* books were reviewed for the compilation of the information about the *Amalaki*. A search was conducted from Classical *Nighantus* of *Ayurveda* which includes Dhanvantari *Nighantu*, Shodhal *Nighantu*, Madanapala *Nighantu*, Raja *Nighantu*, Kaiyadeva *Nighantu*, Bhavaprakasha *Nighantu*, and Priya *Nighantu*. For other *Nighantus*, e-nighantu portal was used for review. Every Varga of of these *Nighantus* were screened for the Synonyms,

*Rasapanchaka, Doshaghnata, Rogaghnata and Karma of Amalaki.*

**OBSERVATION**

**Table No. 1: References of *Amalaki* observed from *Nighantu Kala***

No.	Name of Texts	Author & Period	Abbreviation	Details
1	Sausruta Nighantu <sup>[3]</sup>	Acharya Sushruta (5 <sup>th</sup> Century)	SN	<i>Amalaki</i> is mentioned in <i>Mushkakadi Gana</i> . 6 synonyms are described.
2	Amarkosha <sup>[4]</sup>	Amarasinha (5- 6 <sup>th</sup> Century)	AK	<i>Amalaki</i> is mentioned in <i>Vanaushadhi Varga</i> . 5 synonyms are described.
3	Ashtanga Nighantu <sup>[5]</sup>	Acharya Vahata (7 <sup>th</sup> Century AD)	AN	<i>Amalaki</i> is mentioned in <i>Parushakadi Varga</i> . 5 synonyms are described.
4	Paryayaratnamala <sup>[6]</sup>	Madhavakara (9th century)	PR	6 synonyms of <i>Amalaki</i> are described.
5	Madanadi Nighantu <sup>[7]</sup>	Acharya Chandranadana (10 <sup>th</sup> Century)	MdN	<i>Amalaki</i> is mentioned in <i>Dwitiya Gana</i> . 9 synonyms are described.
6	Dhanvantari Nighantu <sup>[8]</sup>	Mahendra Bhaugik (10 <sup>th</sup> -13 <sup>th</sup> Century AD)	DN	<i>Amalaki</i> is mentioned in <i>Guduchyadi Varga</i> . 8 synonyms are described.
7	Dravyaguna Samgraha <sup>[9]</sup>	Acharya Chakrapanidatta (11 <sup>th</sup> century AD)	DgS	<i>Amalaki</i> is mentioned in <i>Phala Varga</i> . 1 synonym is described.
8	Shabdachandrika <sup>[10]</sup>	Acharya Chakrapanidatta (11 <sup>th</sup> Century)	SC	<i>Amalaki</i> is mentioned in <i>Vrukshadi Varga</i> . 10 synonyms are described.
9	Shodhala Nighantu <sup>[11]</sup>	Shodhal (12 <sup>th</sup> Century AD)	SoN	<i>Amalaki</i> is mentioned in <i>Guduchyadi Varga</i> . 11 synonyms are described.
10	Nighantushesha <sup>[12]</sup>	Acharya Hemachandra (12 <sup>th</sup> Century)	NS	<i>Amalaki</i> is mentioned in <i>Vrukshakanda</i> . 10 synonyms are described.

11	Abhidhana Ratnamala [13]	(12 <sup>th</sup> -13 <sup>th</sup> Century AD)	AR	<i>Amalaki</i> is mentioned in <i>Amlaskandha</i> . 10 synonyms are described.
12	Hridaydipaka Nighantu [14]	Acharya Vopadeva (13 <sup>th</sup> Century AD)	HDN	<i>Amalaki</i> is mentioned in <i>Dwipada varga</i> . 4 synonyms are described.
13	Madhava's Dravyaguana [15]	Acharya Madhav (13 <sup>th</sup> Century)	MD	<i>Amalaki</i> is mentioned in <i>Vividha Aushadhi Varga and Phala Varga</i> . 1 synonym is described.
14	Madanapala Nighantu [16]	Acharya Madanapala; 14 <sup>th</sup> Century AD	MN	<i>Amalaki</i> is mentioned in <i>Abhayadi Varga</i> . 5 synonyms are described.
15	Kaiyadeva Nighantu [17]	Acharya Kaiyadeva; 1425 AD	KN	<i>Amalaki</i> is mentioned in <i>Aushadhi Varga</i> . 25 synonyms are described.
16	Saraswati Nighantu [18]	16 <sup>th</sup> century AD	SrN	<i>Amalaki</i> is mentioned in <i>Mahavrukshaka Varga</i> . 8 synonyms are described.
17	Bhavaprakasha Nighantu [19]	Acharya Bhavamishra; 16 <sup>th</sup> Century AD	BPN	<i>Amalaki</i> is mentioned in <i>Haritkyadi Varga</i> . 11 synonyms are described.
18	Raja Nighantu [20]	Narahari Pandit; 17 <sup>th</sup> Century AD	RN	<i>Amalaki</i> is mentioned in <i>Amradivarga</i> . 15 synonyms are described.
19	Rajavallabha Nighantu [21]	Shri Rajvallabha (18 <sup>th</sup> Century)	RVN	<i>Amalaki</i> is mentioned in <i>Madhyahnika Pariccheda</i> . 1 synonym is described.
20	Laghu Nighantu [22]	Vyasa Keshavaram (18 <sup>th</sup> Century)	LN	10 synonyms are described.
21	Shaligrama Nighantu [23]	Acharya Shaligrama; 19 <sup>th</sup> Century AD	ShN	<i>Amalaki</i> is mentioned in <i>Haritkyadi Varga</i> . 10 synonyms are described.
22	Priya Nighantu [24]	Aacharya	PN	<i>Amalaki</i> is mentioned in

		P.V.Sharma; 20 <sup>th</sup> Century AD		<i>Haritkyadi Varga</i> . 2 synonyms are described.
23	Nighantu Adarsha <sup>[25]</sup>	Bapalal Vaidya; 20 <sup>th</sup> century	NA	<i>Amalaki</i> is mentioned in <i>Amalakayadi varga</i> .
24	Chandra Nighantu <sup>[26]</sup>	Chandra Nandan	CN	<i>Amalaki</i> is mentioned in <i>Virechana Gana</i> . 8 synonyms are described.

Table No. shows that out of 24 *Nighantus*, in 3 *Nighantus* *Amalaki* is mentioned in *Haritakyadi Varga*. While in remaining *Nighantus* *Amalaki* is described in different *Varga*.

### Synonyms of *Amalaki*

There are numerous synonyms are observed in various *Nighantus*, which are as mentioned in Table No. 2.

**Table No. 2: Synonyms of *Amalaki* observed in different *Nighantu***

No.	Synonym	SN	PR	MdIN	DN	SC	SoN	NS	AR	MIN	KN	RN	SrN	BPN	ShN	CN
1	<i>Vayastha</i>		+		+	+	+	+	+		+	+			+	
2	<i>Amalaki</i>	+	+			+			+		+	+	+	+	+	
3	<i>Amalak</i>			+	+		+	+		+	+					+
4	<i>Vrushya</i>				+		+		+		+	+		+	+	
5	<i>Jatiphalaras</i>			+	+		+				+			+		+
6	<i>Jatiphala</i>											+				
7	<i>Shiva</i>		+			+		+	+			+	+		+	+
8	<i>Dhatrphala</i>			+	+		+				+			+		+
9	<i>Shreephala</i>			+	+		+	+		+	+	+		+	+	+
10	<i>Amritphala</i>			+	+		+		+		+	+		+		
11	<i>Shitaphala</i>						+				+					
12	<i>Varshaphala</i>						+									
13	<i>Amrutaman dak</i>						+									
14	<i>Sidhuras</i>										+					
15	<i>Sidhuphala</i>	+									+					

16	<i>Tishya</i>		+								+				
17	<i>Tishyaphala</i>	+				+		+	+		+			+	+
18	<i>Amruta</i>					+		+	+		+	+		+	+
19	<i>Dhatri</i>	+	+					+	+		+		+	+	
20	<i>Vrushyaphala</i>										+				
21	<i>Divya</i>										+				
22	<i>Radha</i>										+				
23	<i>Amrutodbhava</i>				+						+				+
24	<i>Rasaphala</i>										+				
25	<i>Kola</i>				+						+				
26	<i>Vayasya</i>													+	
27	<i>Karshphala</i>	+	+												
28	<i>Amandaki</i>	+											+		
29	<i>Koranga</i>								+						
30	<i>Mruduphala</i>														
31	<i>Shrunji</i>										+				
32	<i>Shukti</i>										+				
33	<i>Amrutphala</i>									+	+		+		
34	<i>Trishu</i>					+									
35	<i>Tishyapushpa</i>					+									
36	<i>Metula</i>					+									
37	<i>Sambhupriya</i>					+									
38	<i>Akara</i>					+									+
39	<i>Shadrassa</i>							+							
40	<i>Makandi</i>							+							
41	<i>Parvakita</i>							+							
42	<i>Kupandaka</i>								+						
43	<i>Swaduphala</i>												+		
44	<i>Dhitaphala</i>												+		

45	<i>Pancharasa</i>												+		+	
46	<i>Shita</i>												+			
47	<i>Shanta</i>												+			
48	<i>Dhatrika</i>												+		+	
49	<i>Dhatrphala</i>								+				+			
50	<i>Vruttapphala</i>												+			
51	<i>Dhatreyi</i>												+			
52	<i>Shivam</i>			+	+		+			+	+				+	
53	<i>Rochani</i>												+			
54	<i>Laksha</i>			+												
55	<i>Prakandi</i>															
56	<i>Kamla</i>															+
57	<i>Kakamrutap hala</i>															+
	Total	6	6	9	8	10	11	10	10	5	25	15	8	11	10	8

*Mruduphala, Tishyapushpa, Swaduphala, Dhitaphala, Pancharasa, Shita, Vruttapphala, Rochani, Laksha*

Table No. 2 shows that maximum number of synonyms are mentioned in *Kaideva Nighantu*.

**Commonly used synonyms** – *Vayastha, Vrushya, Jatiphalarasa, Shiva, Dhatrphala, Shreephala, Amritphala, Tishyaphala, Amruta, Dhatri, Shivam*

**Less used synonyms** – *Varshaphala, Sidhuphala, Divya, Radha, Rasaphala,*

#### ***Rasa Panchaka and Doshagnata***

There is difference of opinion observed in *Rasapanchaka* in various *Nighantus*, which are as mentioned in Table No.3.

**Table No. 3: *Rasa Panchaka and Doshagnata of Amalaki***

No.	Name of Text	<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Doshagnata</i>
1	MdN	-	<i>Mrudu</i>	<i>Hima</i>	<i>Madhura</i>	<i>Kaphapittahara</i>
2	DN	<i>Kashaya, Katu, Tikta, Madhura, Amla</i>	<i>Ushna, Sara, Ruksha</i>	<i>Hima</i>	-	<i>Tridosahara</i>

3	DrS	<i>Amla, Madhura, Kashaya, Katu</i>	<i>Ruksha, Ushna</i>	<i>Shita</i>		<i>Tridosahara</i>
4	SoN	<i>Madhura, Amla, Kashaya</i>	<i>Shita</i>	<i>Shita</i>	<i>Katu</i>	<i>Tridosahara</i>
5	MDr	-	-	<i>Shita</i>	-	<i>Anilghna</i>
6	MN	<i>Amla, Madhura, Kashaya</i>	<i>Ruksha</i>	<i>Shita</i>	-	<i>Tridosahara</i>
7	KN	<i>Amla, Madhura, Kashaya</i>	<i>Ruksha</i>	<i>Shita</i>	-	<i>Sarvadoshahara</i>
8	RN	<i>Kashaya, Amla, Madhura, Katu</i>	<i>Shishira, Laghu</i>	<i>Atishita</i>	-	<i>Kaphapittahara</i>
9	BPN	<i>Amla Pradhana Lavana Varjita Pancharasa</i>	<i>Ruksha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Tridosahara</i>
10	RVN	<i>Amla, Madhura, Kashaya</i>	<i>Ruksha</i>	<i>Shita</i>	-	<i>Tridosahara</i>
11	ShN	<i>Pancharasa (Katu, Swadu, Tikta, Amla)</i>	-	<i>Shita</i>	-	<i>Tridosahara</i>
12	PN	<i>Amla Pradhana Lavana Varjita Pancharasa</i>	-	<i>Shita</i>	<i>Madhura</i>	<i>Tridoshashamana</i>
13	NA	<i>Amla, Kashaya, Madhura</i>	-	<i>Shita</i>	<i>Amla, Madhura</i>	<i>Tridosahara</i>
14	CN	-	-	<i>Hima</i>	<i>Madhura</i>	<i>Kaphapittahara</i>
15	API <sup>[27]</sup>	<i>Madhura, Amla, Katu, Tikta, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Tridosahara</i>

Table No. 3 shows that most of the *Nighantukara* have mentioned *Amla, Madhura* and *Kashaya Rasa* of *Amalaki*, *Shita Virya*, *Madhura Vipaka* and *Tridosahara* action of *Amalaki*.

### **Rogagnata**

There are different indications observed in various *Nighantus*, which are as mentioned in Table No. 4.

**Table No. 4: Rogaghnata of Amalaki observed in various Nighantu**

No.	Rogaghnata	DN	DrS	SoN	MDr	MN	KN	RN	BPN	ShN	PN	API
1	<i>Jwara</i>	+		+							+	
2	<i>Amlapitta</i>	+									+	+
3	<i>Chhardi</i>			+	+				+			
4	<i>Swedahara</i>						+					
5	<i>Medohara</i>						+					
6	<i>Bhagna sandhana</i>						+					
7	<i>Raktapitta</i>					+		+	+	+	+	+
8	<i>Prameha</i>								+	+	+	+
9	<i>Trishna</i>			+	+				+	+		
10	<i>Kshatakshaya</i>										+	
11	<i>Shosha</i>									+	+	
12	<i>Paktishula</i>										+	
13	<i>Vami</i>							+		+		
14	<i>Adhmana</i>							+	+	+		
15	<i>Vibandha</i>							+	+	+		
16	<i>Shotha</i>								+	+		
17	<i>Meha</i>							+				
18	<i>Daha</i>			+				+				+
19	<i>Vaiswarya</i>		+						+			
20	<i>Krimi</i>		+						+			
21	<i>Pradara</i>			+								
22	<i>Kasa</i>			+					+			
23	<i>Swasa</i>			+					+			
24	<i>Atisara</i>			+								
25	<i>Shula</i>			+					+			
26	<i>Sutika Aamaya</i>			+								
27	<i>Sopha</i>							+				
28	<i>Shrama</i>							+				
29	<i>Vishtambha</i>							+				

30	Arsha									+			
31	Kustha									+			
32	Udara									+			
33	Grahani									+			
34	Vishama Jwara									+			
35	Gulma									+			
36	Hikka									+			
37	Kandu									+			
38	Hridamaya									+			
39	Kamala									+			
40	Aanaha									+			
41	Pliharoga									+			
42	Yakritaroga									+			
43	Ashmari									+			
44	Mutrakriccha									+			
45	Mutraghata									+			
46	Jara Vyadhi										+		
47	Aruchi										+		
	Total	2	2	10	2	1	3	9	28	10	7	4	

Table No. 4 shows that maximum number of indications are mentioned in *Bhavprakasha Nighantu*.

#### **Karma**

Various actions of *Amalaki* are observed in various *Nighantus*, which are as mentioned in Table No. 5

**Table No. 5: Karma of Amalaki observed in different Nighantu**

No.	Karma	MdN	DN	DrS	SoN	MDr	KN	RN	BPN	ShN	RVN	PN	CN	API
1	Vrishya	+	+		+	+	+		+	+	+		+	+
2	Bhedana	+		+									+	
3	Ruchya	+						+						
4	Rasayana		+					+	+					+
5	Shukrala						+							
6	Keshya						+			+				

7	<i>Chakshushya</i>			+	+		+		+					+
8	<i>Dehavidharana</i>											+		
9	<i>Vayashthapana</i>											+		
10	<i>Dhatuprada</i>											+		
11	<i>Kanthya</i>				+									
12	<i>Hridya</i>				+									
13	<i>Ayushya</i>								+					
14	<i>Brimhana</i>								+					
15	<i>Deepana</i>								+					
16	<i>Medhya</i>								+					
17	<i>Anulomana</i>								+					
	<i>Total</i>	3	2	2	4	1	4	2	8	2	1	3	2	3

Table No. 5 shows that maximum number of Karma are mentioned in *Bhavprakash Nighantu*. *Vrushya Karma* of *Amalaki* is mentioned by almost all the *Nighantus*.

## DISCUSSION

The *Nighantus* are compendium of drugs from different places and different time period so, there are variations in the description of the same drug. This review article has been created to collect various information about drug *Amalaki* from 24 *Nighantus* and to compare their variations in terms of synonyms, properties and actions. The critical analysis of the description of *Amalaki* from 24 *Nighantus* revealed that it is mentioned in all the *Nighantus*. [as shown in Table no. 1]. There are 57 synonyms, 17 *Karmas* and 47 indications observed in different *Nighantus*.

Synonyms like *Vayastha*, *Shiva*, *Dhatri*, *Amruta*, *Shreephala* are mention in most of the *Nighantus*. There are some synonyms which points its morphology like *Vruttapphala*. *Vrushya*, *Vrushyaphala*, *Rechani* etc. denote its action like *Vrushya*, *Rechana*. Some synonyms indicate its weight like *Kola* and *Karshaphala*. *Pancharasa*, *Shadrasa* and *Swadupphala* indicates its *Rasa*. Some establish its *Virya* like *Shitaphala*. *Shodhala Nighantu*, *Madanpala Nighantu*, *Kaiydeva Nighantu* and *Adarsha Nighantu* mentions its *Rasa* as *Amla*, *Madhura* and *Kashaya*. *Raja Nighantu* describes its *Virya* as *Atishita*. *Katu Vipaka* of *Amalaki* is mentioned in *Shodhala Nighantu*. Only *Madhava Dravyaguna* mentioned *Anilghna* property of *Amalaki*. In *Madanadi Nighantu*, *Raja Nighantu* and *Chandra Nighantu*

*Kaphapittahara* action of *Amalaki* is mentioned, while other *Nighantus* mention *Amalaki* as *Tridosahara*. *Amalaki* is mainly indicated in *Amlapitta*, *Raktapitta*, *Prameha*, *Trishna* etc. In *Shodhala Nighantu*, it is mentioned that *Amalaki* is contraindicated for *Suddhavata Rogi* and especially in *Ravivaar* (Sunday). In *Bhavprakasha Nighantu*, *Tridosahara* property of *Amalaki* is mentioned. *Vatahara* because of *Amla Rasa*, *Pittahara* because of *Shita Virya* and *Madhura Vipaka* and *Kaphahara* because of *Ruksha Guna* and *Kashaya Rasa*. Most of the *Nighantus* mention *Vrishya*, *Chakshushya* and *Rasayana Karmas* along with another *Karmas* like *Bhedana*, *Keshya*, *Shukrala*, *Ruchya*, *Hridya* etc.

## CONCLUSION

*Ayurvedic* medicines are natural and thus capable of alleviating all these problems. Recent analysis suggests that with the help of classical text, we can observe the various synonyms that define the specific variety of plant, morphological features, properties, actions and indications. *Amalaki* is mention in 24 *Nighantus* with 57 synonyms and therapeutic indications based on different parts of the plant. The present review study shows that the different types of synonyms, properties and actions described in various time period of *Ayurvedic Nighantu* can be used

to identify and validate medicinal plants and well-established indications will be used as a basis for retrospective study of the specific drug.

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