

Bhui Amla - Plant

Since time immemorial, Bhui Amla has been used as a medicinal plant. It is an annual herb and as a whole used in various treatments. It is famous for its anti-viral activities across the world.

Rating: Not Rated Yet

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Description

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01

Bhui Amla Plant

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6 inch Grower Round Plastic Pot (Black)

Description for Bhui Amla

Plant height: 1.2 - 1.9 inches (3 - 5 cm)

Plant spread:

Phyllanthus amarus is an annual herb 60 to 75 cm tall, quite glabrous. Root is stout and woody. Stems are often branched at base and angular. Leaves are numerous, sub-sessile, distichous, stipulate and paripinnate with small leaflets. The leaflets are oblong, having nerve obscure and base rounded. Root is stout tortuous and woody.

Common name(s): Indian gooseberry, Bhumi amla, Bhumyamalki, Amlaki, adiphala, dhatri, amalaka, amali, amalakamu, usirikai, Anola, Amlika, nellikai, malacca tree, nillika, nellikya, emblic.

Flower colours: Yellow

Bloom time: July-August.

Max reachable height: Up to 60 to 75 cm

Difficulty to grow: Easy

Planting and care

The land is prepared in the month of April-May. Before sowing one deep cultivator is required. 2-3 tillering is good to improve the soil. The distance between beds must be at 30-40 cm.

Sunlight: Full sunlight

Soil: calcareous well drained and light textured soils

Water: dry season if monsoon rains are scanty

Temperature: 15 to 46 degree C.

Fertilizer: Use any organic manures.

Caring for Bhui Amla

- During summer, the plants should be mulched with paddy or wheat straws. .
- Drip irrigation yield better results.

Harvesting

Mature fruits, other plant parts are harvested.

Typical uses of Bhui Amla

Special features: Bhumi Amla is a medicinal plant used in India. It has several medicinal properties such as hepatoprotective, antiviral, anticancer, anti-diabetic, antibacterial and anti-inflammatory properties.

Culinary use: NA

Ornamental use: NA

Medicinal use:

It is used in local herbal medicine there for poor appetite, constipation, typhoid fever, flu and colds.

A paste of plants leaves mixed in buttermilk is prescribed for jaundice. Alternatively, the paste is also mixed in goat's milk and given for the ailment. It tones up liver and must be taken when there are symptoms of jaundice.

It is used for the urine and genital disorders.

For the enlargement of the spleen and liver the juice of the root mixed with rice water given orally.

Herb is used in hyperacidity, peptic ulcer, dyspepsia, loss of appetite and diarrhoea.

For malaria fever, the paste of the whole plant mixed in buttermilk is given internally.

It is a sure remedy for intestinal worms, amoeba and cystitis.

Ground leaves give a cooling effect, encourages conception in women. The root and seeds are ground into dry powder or wet paste and mixed with rice water and given as the home remedy for menopause disorders.

A paste of Bhui Amla leaves is mixed in rice water is prescribed for ulcers, sores and swellings.

Its root is given to sleepless children.

It is topically applied to insistent lesions and inflammation affection.

Leaves are ground and applied externally on bone fracture.

It is beneficial for the treatment of disorders due to its antiseptic, febrifuge and diuretic actions.

Used in the treatment of Anemia, Asthma, Bronchitis, Cough, Diuretic, Dysentery, Gonorrhoea, Hepatitis, Jaundice, Thirst, Tuberculosis, Tumor (Abdomen).

Note: Use only after consulting the specialist.

References

- http://www.jnkvv-aromedicinalplants.in/front/Plant_Details/index.php?pid=32
- <http://herbalmedicos.blogspot.in/2016/01/medicinal-uses-of-phyllanthus-amarus.html#.WuMQKtRubcs>
- <http://www.homeremediess.com/bhumi-amlamedicinal-plant/>

Reviews

Thursday, 13 February 2020

What is Botanical name of this plant?

Amaan Mohd

Tuesday, 26 November 2019

Good packaging and good plants& Nice deals...

ELAVENIYA E

Monday, 25 November 2019

when I put the plant indoors totally, it started having yellow leaves.

Joshi Prisy

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