

## Amla - seeds



1 packet contain upto 10gm seeds of "Amla"

Rating: Not Rated Yet

**Price**

150

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**Description** The Indian name of the plant is Bhui Amala and its Sanskrit name is Bhumyamlaki. Phyllanthus niruri is a tropical plant that is found in coastal parts of the country. It is also known as stone-breaker and seed under leaf.

The plant is a relative of the spurge that belong to the Phyllanthus genus that belongs to the family of Phyllanthaceae.

It has been seen growing in coastal areas. It looks like Amla and grows 50-70 cm high. Hence of Amla like appearance and short height, it is called as Bhumi Amla. Because of its low harvest in the climatic situation, it has to go through the shortage.

The seeds can be sown from late April to late May. After 3 months, the crops get ready for harvest. The plant can be described as analgesic and digestive. Phyllanthus niruri's dried powder can be made into capsules or tablets for use during sickness. It can be added to tea and other beverages.

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

**Height:** 10-25 feet

**Difficulty level:** Easy

### Planting & Care

Amla is the medium size deciduous plant. It grows to the height of 8 -18 meter. It has a crooked trunk and spreading branches. Its flower is yellow greenish in colour. The fruit is spherical pale yellow with six vertical furrows. The mature fruits are hard and do not fall for the gentle touch. The average weight of the fruit is 60 -70 g.

Amla can grow in light as well as the heavy soils. It is grown under the tropical conditions. The young plants are protected from the hot winds as they dye easily. It requires proper sunlight. It is irrigated during the monsoon season. It starts bearing fruits in seven years from the day of planting.

**Sunlight:** Full sunlight

**Soil:** It is well adapted to variety of soils at pH ranging from alkaline to neutral and acidic. Plant shows preference for calcareous well drained and light textured soils.

**Water:** For young plants, water should be provided every 10-15 days.

**Temperature:** Can tolerate temperature from freezing to 46°C.

**Fertilizer:** Organic manures are preferred. The crop does not have any specific requirement for N, P and K. However FYM or nitrogenous fertilizers applied in appropriate quantities result in better growth and higher herb yield.

**Care:**

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

Use

**Medicinal use:**

- Bhui Amla is a medicinal plant used in India.
- It has several medicinal properties such as hepato-protective, antiviral, anticancer, anti-diabetic, antibacterial and anti-inflammatory properties.
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A clinical study with *Phyllanthus niruri*, indicated that it may reduce the levels of urinary calcium.

- Extract of this herb reduces the incidence of stone formation.
- Its efficacy and the absolute lack of side effects make anti-stone therapy suitable to improve overall outcomes after extra corporeal shock wave lithotripsy for lower pole stones.
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**Culinary use:**

- Amla is used in sauces, candy, dried chips, pickle, jellies and powder.

**Reference:**

<http://www.ecoindia.com/flora/trees/amlaplant.html> <http://agrifarming.in/amlafarming> <http://healthyminute.in/2014/08/21/know-benefits-and-uses-of-bhumi-amlaphyllanthus/>