

## Phyllanthus Emblica, Amla - 0.5 Kg Seeds



Phyllanthus emblica, also known as emblic, emblic myrobalan, myrobalan, Indian gooseberry, Malacca tree, or amla from Sanskrit amalika

Rating: Not Rated Yet

### Price

Sales price R 2,737

Discount

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Description Note:: This seeds will be available in 3 weeks time.

Note: We do not provide germination guarantee in forestry, ornamental seeds & medicinal seeds. Proper germination instruction and plant care conditions must be followed by customer for expected results.

**Common name:** Indian Gooseberry, Amla

**Height:** 1–8 m

**Difficulty level:** Easy

Planting & Care

**Sunlight:** full sun exposure

**Soil:** Amla is a subtropical plant and prefers dry climate. It is a hardy plant and can be grown in variable soil conditions. The crop can tolerate salinity and alkalinity.

**Water:** Irrigate the plants initially for establishment. No irrigation is required during rainy and winter season. Drip irrigation is appropriate which can save water upto 40-45%.

**Care:**

- Soil and Land Preparation Light as well as medium heavy soils except purely sandy soils is ideal for aonla cultivation.
- The tree is well adopted to dry regions and can also be grown in moderate alkaline soils.
- The worst of soils upto 9.
- 5pHare also good enough to grow amla.
- Soils with red ,black with wide range of pH can very well accommodate aonla.
- Prior to planting ,the fields should be deeply ploughed, harrowed and leveled.

- The pits above 1metre cube should be dug during the month of May-June at appropriate distance and after 15-20 days of exposure to sun are filled with surface soils mixed with 10 to 15 kg of decomposed farm yard manure.
- If depression takes place in the pits with onset of rain,more soil should be added.
- Climate Aonla plants can be grown in both Tropical and subtropical climates.
- Annual rainfall of 630mm-80mm is ideal for its growth.
- The young plants up to the age of 3years should be protected from hot wind during May -June and from frost during winter months.
- The mature plants can tolerate freezing temperatures as well as a high temperatures up to 46 degree Centigrade .
- Propagation Aonla is generally propagated by shield budding.
- Budding is done on one year old seedlings with buds collected from superior varieties yielding big sized fruits.
- Older trees or poor yielding trees can be changed into superior types by top working.
- Aonla plant has long been raised from seed and used as rootstock.
- The seeds attain full maturity by February for which they should be sown in the last week also for getting the higher percentage of germination.
- The best results were obtained by sowing at the commencement of rainy season and subsequently weeding regularly.
- Artificial Propagation can also be done by the ripe fruits collected in January and dried in sun dehisce and are swept up and cleaned by winnowing.
- It is desirable to use fresh seed as the seeds do not retain viability for long.
- The seeds need hot water treatment(80 degree Celsius) for 5 minutes to hasten germination which takes about 10 days.
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**Harvesting:** Amla tree starts bearing after about 4-5 years of planting. The fruits of Amla are harvested during the month of February when they become dull greenish yellow from light green colour. The mature fruits are hard and they do not fall at gentle touch and therefore vigorous shaking is required. Fruits can also be harvested using long bamboo poles attached with hooks. A mature Amla tree of about 10 years will yield 50-70 kg of fruit. The average weight of the fruit is 60-70 g and 1 kg contains about 15-20 fruits. A well maintained Amla tree yields up to an age of 70 years. A full grown grafted amla tree with good bearing habit yields from 187 to 299 kg fruit per year. Average fruit yield is 200kg per grafted tree.

**Care:**

- Training and pruning The main branches should be allowed to appear at a height of 0.
- 75-1 m above the ground level.
- Plants should be trained to modified central leader system.
- Two to four branches with wide crotch angle, appearing in the opposite directions should be encouraged in early years.
- During March – April, prune and thin the crowded branches to provide maximum fruit bearing area in the tree.
- Plant protection Pest Gall caterpillar Young caterpillars bore into the apical portion of the shoot during rainy season and make tunnel.
- Due to this, apical regrowth is checked, side shoots develop below the gall and subsequent growth in following season is greatly hampered.
- Cutting off the infected apices and prophylactic spray of systemic insecticide like Dimethoate 0.
- 03 percent will control the pest.
- Bark eating cater pillar Damages the stem and branches of grown up trees by eating the bark.
- The affected portion should be cleared and few drops of kerosene should be applied in holes to keep this in control.
- Disease Rust Rust appears as circular reddish solitary or gregarious on leaves and also on fruits.
- Spray 0.
- 2 per cent Mancozeb at an interval of 7 to 28 days during July to September.

Use

**Medicinal use:**

- According to Ayurveda, Amla or Amla fruit is sour and astringent in taste, with sweet, bitter and pungent secondary tastes.
- Amla's qualities are light and dry, the post digestive effect is sweet and its energy is cooling.
- As per Ayurveda, Amla or Amla balances all the 3 doshas.
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Amla or Amla is used to revitalising potency and the digestive system, rejuvenating longevity, treat constipation , reduce fever, purify the blood, reduce cough, alleviate asthma, strengthen the heart, benefit the eyes, stimulate hair growth, enliven the body, and enhance intellect.

**Culinary use:**

- Nutritional Value of Amla or Amla

Raw Amla provides 600 milligram Vitamin C per 100 gram.

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- Pressed juice provides 920 milligram / 100ml.
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Dehydrated Amla provides 2500 to 3500 milligram Vitamin C per 100 gram.

- Dried and powdered Amla provides 1800 to 2600 milligram Vitamin C per 100 gm.

**Reference:**

<http://www.jpvn-virtualvarsity.org/TFL/agriculture/cashcropsamla.htm> [http://agritech.tnau.ac.in/horticulture/horti\\_fruits\\_amlam.html](http://agritech.tnau.ac.in/horticulture/horti_fruits_amlam.html)