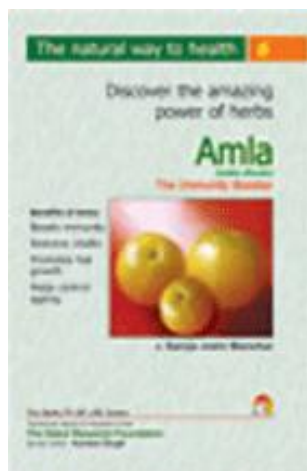




Amla (*emblica Officinalis*): The Immunity Booster



Author: Saroj Joshi Manohar

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Increasing levels of pollution promote the growth of free radicals in the body, causing a host of diseases, including degenerative ones. Free radicals also promote premature ageing. To counter these harmful effects, the body needs antioxidants – substances that effectively combat the ill-effects of free radicals. The Amla is a rich source of vitamin C and other natural antioxidants, including essential minerals.

This booklet outlines all the preventive, curative and restorative properties of the Amla. All parts of the herb play a crucial role in boosting the body's immunity. The Amla fruit is a popular ingredient in many healthcare products and tonics, particularly because it has no known adverse side-effects. So, if you wish to get rid of premature wrinkles and add a spring to your step, the Amla is just the herb for you.

Highlights

- * What type of antioxidants exist in nature?
- * Amla-a natural source of antioxidants
- * Amla-a herbal food supplement
- * Nutritional analysis of Amla
- * Therapeutic properties of Amla
- * Wide-ranging health-benefits of Amla preparation
- * Findings of clinical studies

About the author:

Saroja Joshi Manohar has had a distinguished career in the field of Pharmacy education. After qualifying from Andhra University in 1962, she began researching medicinal plants. Ms Manohar established the Pharmacy Department at Kamala Nehru Girls Polytechnic in Hyderabad. She was also appointed a member of the Second Andhra Pradesh Pharmacy Council. Thereafter, she joined the College of Pharmacy, New Delhi and taught Pharmacognosy. Ms Manohar retired recently from the College of Pharmacy, New Delhi.

Preface

As head of the Dabur Research Foundation, I have, for many years, been excited by the remarkable potential of herbs for promoting health and well-being. Certainly, this will come as no surprise to those of you who are familiar with, or have trusted, traditional Ayurvedic remedies for preventing and treating health disorders. What might surprise you, however, is that modern clinical studies and trials have now scientifically endorsed the therapeutic properties of many common and not-so-common herbs, and that such remedies are now increasingly becoming popular with Western medical practitioners. One of the reasons for the resurgence of traditional herbal remedies is their proven efficacy combined with safety.

I was, therefore, delighted to learn that a series of simply written booklets is planned to spread awareness about the multiple health benefits of many indigenously available plants. At last, many more people will know why the world has recognised the



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usefulness of nutraceuticals for treating and preventing a host of common ailments and chronic disorders—like arthritis, obesity, nutritional deficiencies, stress, memory loss, constipation, and the like.

It is my hope that readers will, henceforth, evaluate the natural options available to them for their own ailments. There is no doubt in my mind that they will greatly benefit from the remarkable properties of herbal remedies.

—D.B.A. Narayana

Dabur Research Foundation

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