

Current Trends in Potential Traditional Indian Herbs: *Emblica officinalis* and its Medicinal Importance

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Abstract: *Emblica officinalis*, commonly known as Amla, is a potent natural antioxidant and is renowned as one of the richest natural sources of Vitamin C. The berries of this plant contain the highest levels of naturally occurring Vitamin C among ripe fruits, traditionally used in various dietary practices. Research has highlighted the anti-viral, anti-bacterial, and anti-fungal properties of *Emblica officinalis*. The fruit, which resembles a small plum, offers heat-stable Vitamin C that has been clinically shown to be more readily absorbed than synthetic alternatives, particularly in patients with pulmonary tuberculosis. Both historical and modern studies suggest that *Emblica officinalis*, whether used alone or in combination with other herbs, can be beneficial in treating various conditions such as colds, skin ailments, influenza, anemia, diabetes, lung issues, high cholesterol, and even as an immune booster in cancer therapies. Recognized as one of the most effective natural anti-aging remedies, *Emblica officinalis* is also used to treat acne and other skin disorders. Additionally, it is effective against acidity and peptic ulcers. Rich in Vitamin C, calcium, iron, essential amino acids, and a variety of other vitamins, minerals, and antioxidants, regular consumption of *Emblica officinalis* is said to enhance immunity, support cancer prevention, and rejuvenate the body. It also helps manage chronic conditions like hypertension, high cholesterol, diabetes, AIDS, influenza, persistent coughs, chronic infections, chronic fatigue, and inflammation. In Ayurveda, *Emblica officinalis* is highly regarded for managing diabetes, bleeding disorders, and promoting strength and stamina.

Keywords: *Emblica officinalis*, cancers, Diabetes, Natural anti-ageing