

Amla (*Emblica Officinalis*) and Babool (*Acacia Arabica*): Dual Herbal Remedies with Multifaceted Health Benefits

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Abstract: *Traditional medicinal plants like *Phyllanthus emblica* (Amla) and *Acacia nilotica* (Babool) have long been integral to Indian systems of medicine, including Ayurveda, Unani, and Siddha, due to their diverse therapeutic properties. Amla is recognized for its antioxidant, anti-aging, anti-ulcer, and antidiabetic properties, as well as its role in enhancing memory and digestion. Babool, similarly, is valued for its antimicrobial, antiinflammatory, and healing potential, particularly in oral health applications. In recent years, the incorporation of such herbal ingredients into products like toothpaste has gained attention, offering a natural and safer alternative to synthetic formulations. This review aims to explore the medicinal benefits of Amla and Babool, with a focus on their role in oral healthcare, particularly in the prevention of dental caries and maintenance of oral hygiene through antimicrobial activity*

Keywords: Amla(*Emblica Officinalis*), Antioxidant, Babool, Anti inflammatory, health promoting Properties.

