Amla

Phyllanthus emblica

Code: XIM-T-030 **Location:** XIM University Campus **Local / Vernacular name:** ಆಮ್ಲಾ

Description

XIM University campus biodiversity register (2026–27). Recorded individuals: 2; abundance rank: 38.

Botanical Details

Leaf habit: deciduous tree Flowers / Fruits: Amla flowers are small, greenish-yellow or pinkish in color. They have six segments but lack true petals. Male and female flowers are borne separately on the same branch. The fruit is nearly spherical, light greenish-yellow, smooth and hard in appearance with six vertical stripes or furrows. The mature fruit is fibrous, sour, bitter, and astringent in taste. It typically measures about 3 to 4.5 cm in diameter depending on the cultivar, weighs between 28 to 70 grams, and ripens in autumn. The fruit does not fall easily and is harvested by hand, often by climbing the upper branches. Native range: Indian subcontinent

Uses & Importance

Ecological: The Amla tree plays an important ecological role in India. It is known for its ability to tolerate drought and saline conditions, making it a useful species for stabilizing soils in areas prone to erosion. The tree is also an important source of food for a variety of wildlife, including birds and insects.

Medicinal: Rich in vitamin C, antioxidants, and polyphenols, Amla is used for digestive issues, weight management, high cholesterol, diabetes, joint pain, osteoarthritis, pancreatitis, and gastroesophageal reflux. It has anti-inflammatory, antispasmodic, astringent, and immune-boosting properties, and helps protect liver, cartilage, and gastrointestinal health.

Cultural: Amla is considered sacred in Hinduism, associated with Lord Vishnu and worshipped during Amalaka Ekadashi. It symbolizes spiritual purity, longevity, and healing. In Buddhist traditions, it represents Buddha’s knowledge. Amla is intertwined with many religious texts and rituals.

Location

GPS: 20.15860192, 85.76535449

Directions: https://www.google.com/maps/dir/?api=1&travelmode=walking&destination=20.15860192%2C85.76535449