

Sri Satya Sai Murlidhar Ayurvedic College & Hospital
Moga (Punjab) -142001

AMLAVETAS

BOTANICAL NAME : *Garcinia pedunculata* Roxb.

FAMILY : Clusiaceae

NAMES IN DIFFERENT INDIAN LANGUAGES:

English → Common sorel

Hindi → Amlaveda

Kannada → Amlavetasa

Malayalam → Nerinjampuli

Marathi → Chuka

SYNONYMS: Shatvedhi, sehestravedhi

CLASSIFICATION ACCORDING TO CHARAK AND SUSHRUT:

Charaka: Hridya varga, Dipaniyavarga, Śwasaharavarga

Suśruta: Mentioned in Amla varga

CONTROVERSIES:

1. Rheum emodi (Polygonaceae)
2. Solena heterophylla (Cucurbitaceae)
3. Rumex vesicarius (Polygonaceae)
4. Cissus repens (Vitaceae)
5. Cissus vitiginea (Vitaceae)
6. Ampelocissus latifolia (Vitaceae)
7. Cayratiatrifolia (Vitaceae)

MORPHOLOGY: A tall tree grows upto 60 ft in height. Branches are short and spreading.

Leaf- Obovate or oblanceolate shaped, 6 to 12 cm long and 3 to 5 cm broad, with short midrib and leathery texture.

Flower- Flowers are light green in colour.

Fruit :- Fruits are spherical or subglobose, 3 to 5 cm in diameter, yellow in colour with 8 to 10 seeds.

Pericarp is fleshy.

Seeds- 8 to 10 in one fruit embedded in pulp.

CHEMICAL CONSTITUENTS:

Fruit contains Garcinol, Cambogin, Peduncalol, Citric acid, Mallic acid and Xanthones. Leaf yielded, Friedelin, B-sitosterol, Mackirin and Cambogin.

PROPERTIES:

Rasa- Amla, Kashaya

Guna- Laghu, Ruksha

Vipāka- Amla

Virya- Usna

KARMA- Vatahara due to Uṣnavirya, Amla vipaka and Amlarasa
Antioxidant, Cardiotonic, Carminative, Digestant and Anti-helminthic.

INDICATIONS- Agnimandya, Sula, Hridroga, Gulma, Śwāsa, Kāsa, Hikka, Arśas, Aruci and Krimi.

PART USED- Phala (Fruit) and Patra (Leaf).

DOSAGE- Swarasa (Juice) – 5 to 10 ml, Curna (Powder) 3 to 6 g

IMPORTANT YOGAS OR FORMULATIONS: Lavana Bhaskara curna, Vyosadivati, Hingwādivai

THERAPEUTIC USES : Udavarta&Adhmana

Food should be mixed with matalunga, amlavetas, hingu, pilu, bidalavana

ArshasIn case of Arśas (Piles) one should take hot water with Tripatu (Three types of salts), Hingu, Trikatuand Amlavetasa.