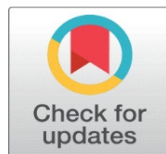


AMLA SKANDHA OF CHARAK SAMHITA: A CRITICAL REVIEW

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ABSTRACT

Introduction: In *Ayurveda Rasa* i.e., taste of a drug plays a very important role. Total six tastes are depicted in *Ayurveda* are *Madhura* (sweet), *Amla* (Sour), *Lavana* (Salty), *Katu* (Pungent), *Tikta* (Bitter) and *Kashaya* (Astringent). The principles of pharmacology of *Ayurveda* clearly mentions that taste of drug contributes to the action of drug. The action of drug starts from mouth and *amla rasa* i.e., sour taste has a significant role in creating interest in food. In *Charaksamhita* the drugs are classified in six groups based on *Rasa*. *Amlaskandhas* is one group out of six.

Material and Method: The *dravya* enlisted in *amlaskandha* were looked for their properties and actions in Vegetable drugs in *Bruhatrayi*, *Bhavprakash Nighantu*, *Nighantu Adarsh Vaidya (2013)*. Then the contemporary research papers were surveyed for the pharmacological actions of *dravya*. The data compiled was critically analysed and presented in tabular form for making the *skandhas* more applicable practically.

Result and Discussion: There are total 32 *dravya* in *Amla skandhas*. all *dravyas* have actions like *Deepan* and *Ruchikara* i.e., they are enhancing appetite and increasing interest in food. 15 *Dravya* out of 32 were found to be rich Source of Vitamin C.

Keywords: *Amlarasa*, *Amla Skandha*, Sour Taste, *Ruchikara*

1. INTRODUCTION

In *Ayurvedarasa* i.e., taste of a *dravya* plays a very important role. Total six tastes are depicted in *Ayurveda* are *Madhura* (sweet), *Amla* (Sour), *Lavana* (Salty), *Katu* (Pungent), *Tikta* (Bitter) and *Kashaya* (Astringent) [Yadav \(2011\)](#). The principles of pharmacology of *Ayurveda* clearly mentions that taste of drug contributes to the action of drug [Yadav \(2011\)](#). The action of drug starts from mouth and *amla rasa* i.e., sour taste has a significant role in creating interest in food. In *Charaksamhita* the *dravya* are classified in six groups based on *Rasa* [Yadav \(2011\)](#). *Amla skandhas* is one group out of six. Each *rasa* affects *Trisdoshas*. Sour taste is known as *Amlarasa*. It is made from the elements *Prithvi* and *Agni* (Earth & Fire).

Amlarasa when taken in right quantity helps in the stimulation of *Agni* and enhances the appetite. *Amlarasa* is having *Snigdha* (unctuous) and *Drava* (fluid promoting) properties [Yadav \(2011\)](#). *Amlarasa* is essential for absorption of some of the micro-nutrients like Calcium. It aggravates Kapha & Pitta and alleviates Vata.

Amla Rasa is essential for absorption of some of the micro-nutrients like Calcium. The sour taste, also known as digestive fire, promotes liver function and also neutralizes the acids in the stomach.

In the present era people are fond of taking more sour and spicy food so in order to understand the effect of sour food.

Amla Rasa is found in most unripe fruits Various studies show that *Amlarasa* possesses, hypolipidemic, anti-microbial, anti-inflammatory, antioxidant, hepatoprotective and anti-emetic, Anti-cancer, activities, Cardio protective, Immunoregulation, antidepressant, anxiolytic.

2. MATERIALS AND METHODS

- **Study design:** Descriptive literary study.
- **Material and Method:** Ayurveda texts - Charak Samhita, Bhavprakash Nighantu [Bhavmishra \(2015\)](#), and related Published research papers from peer reviewed journal available for open access. The dravya enlisted in amla skandha were looked for their properties and actions in Vegetable drugs in Bruhatrayi, Bhavprakash Nighantu, Nighantu Adarsh [Vaidya \(2013\)](#), Then the contemporary research papers were surveyed for the pharmacological actions. The data collected was analysed and presented in systematic way.
- **Observation and Result:** The data collected is presented in [Table 1](#)

Table 1

S. N	Name of drugs	Family	Latin name	Rasa	guna	veerya	Vipaka	karma	others	Pharmacological action as per recent research
1.	Aamra	Anacardiaceae	Mangifera Indica Linn.	Amla, Kashaya	Ruksha	Ushna	Amla	Ruchya	Tridoshakara	Anticancer, Parvez (2016) Radio protective, Laxative Cardio protective, Immunoregulation:
2.	Aamrataka	Anacardiaceae	Spondias Mangifera Willd.	Amla	Guru	Ushna	Amla	Ruchikrita, Sara	Vataghna	Antibacterial, antidiarrhoeal ulcer-protective activities Antibacterial, antidiarrhoeal ulcer-protective activities Antibacterial, antidiarrhoeal and ulcer-

										protective activities Antibacterial, antidiarrhoeal and ulcer-protective activitie Antibacterial, antidiarrhoeal and ulcer-protective activitie Antibacterial, antidiarrhoeal and ulcer-protective activitie Anti-bacterial, ulcer protective, Antioxidant Arif et al. (2015)
3.	Lakucha	Moraceae	Artocarpus Lakoocha Roxb.	Madhura, Amla	Guru	Ushna	Amla	Vistambhakrita	Tridoshakrit, Shukragni Nashan, Netryoahitkara	Anti-diarrheal activity Anti-inflammatory Activity Cytotoxic Activity Antioxidant Activity Vamjalschi et al. (2016)
4.	Karmarda	Apocynaceae	Carrissa Carandus Linn.	Amla	Guru	Ushna	Amla	Ruchikrita, Trishaharam	Raktapittakaphapradam	Anti-Inflammatory Activity Tesfaye, and Ravichadran (2018)
5.	Vruksamla	Clusiaceae	Garcinia Indica Chois.	Amla	Guru	Ushna	Amla	-	Vataghna, Kaphapittalam	antioxidant, antiobesity, antiarthritic, antiinflammatory, antibacterial, hepatoprotective, cardioprotective, antidepressant, anxiolytic Tesfaye, and Ravichadran (2018)
6.	Amlavetas	Clusiaceae	Garcinia Penunculata Roxb.	Amla	Laghu, Ruksha	Ushna	Amla	Bhedan, Deepan	Hridroga, Shula, Gulmaghna, Pittalam, Lomaharshanam,	Antioxidant, Antifungal Vaidya (2013)
7.	Kuval	Rhamnaceae	Zizyphus Sativa	Madhur	Guru	Sheeta	Madhu	Snehan		,

8.	Badar	Rhammnaceae	Zizyphus Jujuba	Madhur	Guru	Sheeta	Madhur	Bhedan, Brihanam Shukralam	Pittadahastra kshaytrishna Nivaranam	Hepatic Protective Effect, Free Radicals Scavenging Effect, Antiulcerinic Effect Mahajan, and Chopda (2009)
9.	Dadi ma	Punicaceae	Punica granatum Linn.	Madhur,k ashayanu ras	Laghu, Snigdha	Sheeta	Madhur	Shukral, Grahi, Medhabala vaham, Tarpan, deepan	Tridoshaghna, trishnadahaj waranashana m	Healing Activity, Anti-cancer Activity Aran and Singh (2012)
10.	Matul unga	Rutaceae	Citrus medica Linn.	Amla, swadu	Laghu	Ushna	Amla		Raktapittaha ra, Trishnahara, Kanthajihvas hodhanam,S waskasaruchi hara	Hypoglycaemic and anticholinestera se activity Estrogenic activity Panara et al. (2012)
11.	Gande er	Laminaceae	Coleus forskohlii	-	-	-	-	-	-	antidepressant, antidiuretic, antiglaucomic, antimetastatic, antispasmodic bronchodilator Patel and Saraf (2016)
12.	Amala ki	Euphorbiaceae	Emblica officinalis Gaerth.	Amla,kas hayanura s	Ruksha	Sheeta	Madhur a	Vrushya, Rasayanam	Raktapittapr amehaghna,	antimicrobial, antioxidant, anti- inflammatory, analgesic, and antipyretic, adaptogenic, hepatoprotective, antitumor and antiulcerogenic activities Gaire and Subedi (2014)
13.	Tintidi	Anacardiaceae	Rhus parviflora Roxb.	Amla	Laghu, Ruksha	Ushna	Amla		Vatashaman, kaphapittava rdhaka	Antimicrobial Activity Kumar and Badoni (2017)
14.	Nandi taka									
15.	Dantashatha	Rutaceae	Feronia elephantum Correa.	Apakva – Kashaya Pakva - Amla	Laghu,	Ushna	Amla	Lekhan, Samgrahi		antioxidant and cytotoxic activities Panda et al. (2009)

16	Arrav ataka									
17	Kosha mra	Sapindac eae	Schleichera trijuga Wild.	Amla	Guru	Ushna	Amla	Deepan, grahi,rucha, a,	Pittalam,kust ha, shothastrapit avranakapha paha	
18	Dhan van	Tiliaceae	Grewia tilioefolia Vahl.	Madhura, kashaya	Laghu	Ushna	Madhur	-	kaphavatagh na	antioxidant activity Hutke and Naswale, (2020)
19	Asha manta ka	Fabaceae	Bauhinia racemosa Linn.	kashaya	-	sheeta	katu	grahi	Shleshmapitt anut, krimikusthag udabhrinsha gandamalavr anapaha	Antifilarial Fatima et al. (2021)
20	Chang eri	Oxalidace ae	Oxalis corniculata Linn.	Amla	ruksha	Ushna	Amla			anxiolytic, anticonvulsant, antifungal, antiulcer, antinociceptive, anticancer, antidiabetic, hepatoprotectiv e, hypolipedemic, abortifacient, antimicrobial, wound healing properties Fatima et al. (2021)
21	Amali ka	Caesalpin iaceae	Tamrindus indica Linn.	Amla	Guru	Ushna	Amla		pittakaphastr akrita	Hepatoprotectiv e Anti-emetic activity Laxative activity Srilanth et al. (2012)
22	Kola	Rhamnace eae	Zizyphus xylopyra Willd.	Madhur	Guru	Ushna	Madhur		Apakva – rochan, grahi Pakva - sara	analgesic, anti- inflammatory Healing of wounds Jena et al. (2012)
23	Bijapo ora	Rutaceae	Citrus medica Linn.	Amla, Swadu	Laghu	Ushna	Amla	Ratkapittah ara	Kanthajihvas hodhanamhri dayshodhana m,hridya, trishnahara	Hypoglycaemic and anticholinestera se activity Panara et al. (2012)
24	Madh ukark atika (bijap urak	Rutaceae	Citrus decumana Watt. / Citrus maxima Merrill	Swadu	Guru	Sheeta		Rochana	Raktapittaks hayaswas kasahikkabh r amapaha	antitumor activity Kundusen et al. (2011)

bheda)										
25	Jamber	Rutaceae	Citrus limon (Linn.) Burm. f.	Amla	Guru	Ushna	Amla		Vatashleshm avibadhanut	Antiproliferative Antimicrobial Activities Salawu et al. (2021)
26	Nimbu	Rutaceae	Citrus limon (Linn.) Burm. f.	Amla	Laghu,	Ushna	Amla	Dipana, Pachana		Antiproliferative Antimicrobial Activities Salawu et al. (2021)
27	Mistanimbu	Rutaceae	Citrus limettioides Tanaka	Swadu	Guru	-	-	Balya, Brimhan	Galarogavish aphotkleshi	anticancer, antimicrobial GualBani et al. (2016)
28	Karmaranga	Oxalidaceae	Averrhoa carambola Linn.	Swadu, amla	-	sheeta	-	Grahi	Rujakara	Anti-Hyperglycemic Activity Fei et al. (2021)
29	Naranga	Rutaceae	Citrus reticulata Blanco	Madhur,Amla	sara	ushna	-	Rochana, Durjara	Vatahata	Antioxidant Capacity, Anticancer Ability Wang et al. (2017)
30	Lavali phala	Euphorbiaceae	Cicca acida Merrill	Swadu, Amla, Tuvar	Guru, Ruksha, Vishada	-	-	Rochana	Ashmar, Arsha, kaphapittahara	Anticystic fibrosis activity Anticancer activity antimicrobial activity Tarafdar et al. (2016)
31	Chukra /chukrika	Polygonaceae	Rumex vesicarius	Amla, Swadu	Laghu	Ushna	Amla	Rochan	Kaphapittakrita	Wound healing activity Anthelmintic activity
32	Lonee	portulacaceae	Portulaca quadrifida Linn.	Amla, Patu	Ruksha, Guru, Sara	Ushna	-		Vakadoshanu t,Lsochanroga	Anticonvulsant, Antifungal activity Das (2013)

Table 2

Table 2			
No.	Rasa	No. of drugs	%
1.	Amla	12	37.5
2.	Madhura	05	15.62
3.	Madhur amla	07	21.87
4.	Amla kashay	03	9.37
5.	Madhura Kashaya	02	6.25
6.	Amla lavana	01	3.125

3. DISCUSSION

There is total 32 dravya in *Amla skandhas*, 23 dravyas have Amla rasa. Out of them, 9 dravyas have Swadu rasa & amla rasa. 23 Dravyas have Guru guna and 9 dravyas have Laghu guna, 25 dravyas have Ushna veerya and 7 dravyas have sheet veeryas. 26 dravyas have Amla veepaka and 6 dravyas have Madhura veepaka. all dravyas have action like Deepan and Ruchikara. 15 Dravya are rich Source of Vitamin C.

4. CONCLUSION

Amlaskandha of *Charaksamhita* can be very useful for maintenance of health and management of many disorders of GI tract.

CONFLICT OF INTERESTS

None.

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