

“Dissemination of Education for Knowledge, Science and Culture”

-Shikshan Maharshi Dr.Bapuji Salunkhe

Shri Swami Vivekannad Sikshan Sansth's

Dattajirao Kadam Arts, Science and Commerce College, Ichalkaranji

**DEPARTMENT OF BOTANY**

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**Botanical Name:** *Phyllanthus emblica* L.

**Family:** Phyllanthaceae

**Common Name:** Indian gooseberry, Amla

**Origin:** Tropical and southern Asia.

**General characters:**

- The tree is small to medium size, reaching 1-8 meters.
- The bark is mottled.
- The branches are finely pubescent, long and deciduous.
- The leaves are simple and light green in colour.
- The fruit is nearly spherical and light greenish-yellow in colour.
- It is helpful to reduce stress.
- It helps to improve digestion process.
- It is used to treat diabetes.

