

# Amalaki



Pitta Pacifying Ayurvedic Herb  
Also known as Indian Gooseberry  
*Emblica Officinalis Fructus*

## Characteristics:

- Rasa (taste): Primarily sour, bitter, astringent
- Virya (energy): Cooling
- Vipaka (post-digestive effect): Sweet
- Gunas (qualities): Light, Dry
- Doshic effect: All doshas reduces, but primarily PV-/K+, and Ama +; increases ojas