

THE AMLA BOOK

A Fruit That Heals from the Inside Out



By Dr. Satyadeepa

Consultant at Jivaasri Ayurvedic Wellness

INTRODUCTION

WHY I WROTE THIS BOOK

Whenever I meet a patient — whether a stressed working parent, a teenager with hair fall, or a senior struggling with digestion — I always end up talking about one simple fruit.

Not an exotic imported superfood.

Not a complicated supplement.

Not an expensive tonic.

I talk about Amla.

Because I have seen Amla do something that even modern multivitamins cannot: Heal from the inside out.

Every time I give it to someone consistently, something beautiful happens:

- **They tell me their digestion feels lighter**
- **Their skin starts to glow naturally**
- **They fall sick less often**
- **Their energy feels stable**
- **Their hair strengthens**
- **Their mood becomes calmer**
- **Their mind feels clearer**

Amla doesn't work like a pill.

It works like a daily companion — slowly, steadily, gently rebuilding your inner strength.

This small handbook is everything you need to know about using Amla correctly — not just as a fruit, but as a healing partner.

I want you to read this the way I wrote it:
with curiosity, with trust, and with the intention to take care of yourself.

Let's begin.

1. WHAT EXACTLY MAKES AMLA SO SPECIAL?

Before Ayurveda studied Amla, Nature already knew its power.

If you bite into Amla, you will taste:

- Sour
- Sweet
- Bitter
- Astringent
- Pungent

Five tastes. One fruit.

Only salt is missing.

Which means Amla nourishes almost every single tissue in your body.

Modern science now confirms what Ayurveda knew 3000 years ago:

- Amla has one of the highest antioxidant levels among fruits
- Its Vitamin C remains stable even after drying, cooking, or storing
- It repairs inflammation
- It strengthens immunity
- It protects the gut lining
- It supports liver detox
- It supports insulin sensitivity
- It reduces oxidative stress (linked to ageing)

In Ayurveda, it is described as:
|| Amalaki Rasayananam Shresthah ||

Among all rejuvenating foods, Amla is the best.

Amla is not a trend.

It is a timeless medicine disguised as a fruit.

2. HOW AMLA WORKS INSIDE YOUR BODY (THE SIMPLEST EXPLANATION)

Imagine Amla like a tiny wellness team working 24/7 inside you.

It supports your digestion

Amla strengthens Agni — your digestive fire.

Strong Agni = clear skin, good mood, strong immunity, healthy weight, regular bowel movements.

It builds Ojas

Ojas is your inner battery — immunity + glow + strength + stable mind.

Amla gently nourishes Ojas without heating or irritating the body.

It cools and cleans at the same time

Most sour fruits increase heat.

Amla reduces it.

It protects your cells from aging

Because of its antioxidant strength, Amla slows oxidation — the process that causes premature ageing.

It nourishes your liver

Ayurveda says the liver is the “Master Organ of Transformation.”

Amla supports cleansing, detox, and bile flow.

It strengthens your hair, skin, nails, eyes, and joints

Amla nourishes deeper tissues including Asthi (bones), Majja (nerves), and Shukra (reproductive tissues).

There is no part of your body untouched by Amla.



3. AMLA IN WINTER: WHY THIS SEASON LOVES AMLA

Each season affects your body differently.

Winter is a unique time:

- **Your appetite increases**
- **Your Agni becomes stronger**
- **Your body absorbs nutrients better**
- **Your skin becomes dry**
- **Infections increase**
- **Joints become stiff**
- **Mood changes happen**

Amla fits perfectly into this season, like ghee fits into rice.

1. Winter Immunity Booster

Amla reduces the risk of:

- **Colds**
- **Coughs**
- **Sinus infections**
- **Viral fevers**
- **Dry throat**
- **Chest congestion**

2. Amla keeps your skin soft in winter

Because it improves collagen and hydrates from inside.

3. Supports digestion despite heavy winter food

We eat more carbs, sweets, fats.

Amla keeps the stomach light and prevents bloating.

4. Balances winter dryness

Amla's cooling-but-nourishing nature keeps the body balanced.

5. Enhances energy

No winter laziness when your cells are well nourished.

This is why our ancestors used to start winter with Amla candy, murabba, pickles, and special seasonal rituals.

4. TRADITIONAL SEASONAL RITUALS WITH AMLA

Across India, Amla is celebrated as a sacred fruit.

Amla Navami

In many communities, families:

- Eat under the Amla tree
- Offer food to the tree
- Exchange Amla preparations
- Pray for good health and long life

This ritual came from a deep understanding:
Amla protects the body for the whole winter season.

Harvest Season Preparations

Women in villages prepare:

- Amla murabba
- Amla candy
- Pickles
- Amla chutneys
- Amla herbal mixes

These were not just recipes — They were winter immunity strategies.

In many homes, grandmothers used to give Amla candy to children daily before school. They knew its value.

5. AMLA POWDER ACCORDING TO BODY TYPE (THIS IS IMPORTANT)

Most people take Amla in a way that doesn't suit them.

Here is the correct prakriti-based guide:

For Vata Type

(cold hands/feet, dry skin, irregular appetite, constipation)

How to take:

½ tsp Amla powder + warm water + ½ tsp ghee or sesame oil

Best time: After breakfast

Why:

Amla is cooling; Vata people need support with warmth and lubrication.

🔥 For Pitta Type

(acidity, heat intolerance, irritability, redness)

How to take:

½ tsp Amla powder in room temperature water

Optional: tiny amount of mishri or ghee

Best time: Morning empty stomach

Why:

Amla is the BEST fruit for Pitta. It cools, soothes, and repairs acidity.



For Kapha Type

(heaviness, sluggishness, mucus, weight gain tendency)

How to take:

½ - 1 tsp Amla powder + warm water + pinch of dry ginger or black pepper or honey

Best time: Early morning

Why:

Helps break mucus, improves metabolism, and prevents heaviness.

6. AMLA VS MULTIVITAMINS — WHY THIS FRUIT IS SUPERIOR

Multivitamins help only one thing: nutrient replacement.

Amla does MULTIPLE things at once:

- Repairs cells
- Strengthens tissues
- Boosts digestion
- Supports detox
- Increases immunity
- Balances doshas
- Improves mood
- Supports hair & skin



- Enhances absorption of other foods

Synthetic vitamins often cause:

- **Acidity**
- **Nausea**
- **Kidney stress**
- **Poor absorption**

Amla causes **NONE** of these.

It works with the body, not against it.

Amla is your multivitamin, antioxidant, and digestive tonic — all in one.

7. AMLA FOR DIFFERENT AGE GROUPS

CHILDREN

- **Better immunity**
- **Improved appetite**
- **Stronger hair**
- **Fewer colds**

Best forms: Amla candy, chutney, mild juice

TEENS & YOUTH

- **Better skin clarity**
- **Reduced acne**
- **Stronger hair**
- **Better focus**

Best forms: Powder, fresh Amla, juice

ADULTS (Busy Lifestyle)

- **Less stress acidity**
- **More stable energy**
- **Improved liver function**
- **Better digestion**

Best forms: Powder + warm water, fresh fruit

SENIORS

- **Strengthens bones**
- **Improves eyesight**
- **Supports joints**
- **Enhances memory**

Best forms: Amla Rasayana, juice, murabba (in moderation)

8. TRADITIONAL MEDICINAL PREPARATIONS OF AMLA

Ayurveda uses Amla in many healing forms:

✓ Amla Churna (Powder)

For daily digestion & immunity.

✓ Amla Swarasa (Fresh Juice)

Powerful for liver & metabolism.

✓ Amalaki Rasayana

Deep rejuvenation.

Great for seniors, weakness, post-illness.

✓ Chyawanprash

Winter immunity legend.

Amla is the main ingredient.

✓ Amla Taila (Hair Oil)

For hair fall, dandruff, premature greying.

✓ Amla Avaleha

Gentle daily tonic for nourishment.

✓ Amla Capsules/Tablets

Convenient for travel or sensitive stomachs.

9. HOW TO USE AMLA DAILY

(A PRACTICAL ROUTINE)

Morning (Choose 1):

- 1 fresh Amla
- Amla powder + warm water
- Amla juice
- Amla ginger shot

Afternoon:

- Amla chutney
- Amla buttermilk
- Amla peanut snack

Evening:

- Amla tea
- Amla candy

Night:

- Amla hair oil massage

Simple. Sustainable. Effective.

10. WHEN TO AVOID AMLA (IMPORTANT)

- Active acidity flare
- Diarrhoea
- Extreme weakness
- Just after surgery
- Very low digestive fire (Mandagni)

Stop immediately if you feel discomfort



11. FINAL MESSAGE FROM ME TO YOU

In my years of practice, I have realised something:

People don't need complicated healing.

They need simple, consistent habits.

Amla is one of those habits.

One small fruit.

One small routine.

One powerful transformation.

If you choose one natural superfood to support your health this year,

choose Amla.

Let this little fruit take care of your digestion, your immunity, your skin, your mind, and your long-term wellness.

And remember —

Ayurveda heals slowly, naturally, gently...

Make it under pdf with related images

Dr. Satyadeepa, BAMS
Consultant at Jivaasri Ayurvedic Wellness

Ayurvedic Physician | Natural Gut Healer | Holistic Wellness Educator
23+ Years of Clinical Experience | Digestive & Metabolic Health Expert

Connect With Me:

 [LinkedIn](https://www.linkedin.com/in/drsatyadeepa/): <https://www.linkedin.com/in/drsatyadeepa/>

 [YouTube \(Association\)](https://www.youtube.com/@TheMukundaShow): <https://www.youtube.com/@TheMukundaShow>

 [Facebook](https://www.facebook.com/satyadeepa.j.7): <https://www.facebook.com/satyadeepa.j.7>

