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Goras Amla





Synonym

- Gujarati: Goras Aambli (ગોરસ આંબલી), Vilayati Amli (વિલાયતી આમલી)
- Hindi: Jungli Jilebi (जंगली जलेबी), Vilayati Imli (विलायती इमली)
- English: Jungle jalebi, Monkey pod, Manila s tamarind.

Botanical name

- *Pithecellobium dulce* (Roxb.) Benth

Family

- Fabaceae

Chemical Constituents

- Flavonoids: quercetin, kaempferol-3-rhamnoside, afzelin.
- Cyclitols: dulcitol (D-pinitol).
- Sterols: α -spinasterol, stigmasterol, β -sitosterol.
- Tannins: catechol-type hydrolyzable tannins, condensed tannins.
- Triterpenoids and saponins: arjungenin-type, dulcin (bidesmodic saponin).
- Alkaloids, glycosides, proteins, carbohydrates, and essential oils.
- Fatty acids and esters (e.g., hexadecanoic acid ethyl ester, linoleic acid ethyl ester).
- Lysozyme-like proteins in seeds (~14.4 kDa) with antifungal activity.

Therapeutic Uses

- Antidiabetic: Bark and fruit extracts lower blood glucose, glycosylated hemoglobin; comparable to glibenclamide in rats.

- Antioxidant: Leaf, fruit, and bark extracts scavenge free radicals.
- Antimicrobial/Antiparasitic: Activity against bacteria, fungi, Mycobacterium tuberculosis, intestinal worms.
- Antidiarrheal and Anti-dysenteric: Bark and seed extracts relieve diarrhea and dysentery.
- Anti-inflammatory and Analgesic: Leaf and bark reduce inflammation and pain.
- Wound Healing: Fruit peel and leaf extracts promote tissue repair.
- Cardioprotective: Fruit extract mitigates isoproterenol-induced myocardial damage; normalizes cardiac markers.
- Antipyretic and Diuretic: Bark decoctions reduce fever and promote diuresis.
- Abortifacient: High-dose leaf preparations can induce abortion; used cautiously.

Marketed Preparations

- Herbal Powders and Capsules: Standardized bark and fruit powders for antidiabetic and antioxidant supplements
- Decoctions and Infusions: Bark tea for dysentery; leaf infusions for gastrointestinal complaints

- Tinctures and Extracts: Alcoholic and aqueous extracts in cough syrups and topical lotions
- Fruit-Based Products: Candied pulp, jams, and syrups marketed for nutritional and laxative effects
- Cosmetic Formulations: Fruit peel extracts in soaps and creams for skin repair and antibacterial action.