

# Amla Essential Oil Health and Beauty Benefits

Indian Amla (Gooseberry) is a tree which grows in India and the Middle East. The Indian Amla has been used in Ayurvedic medicine for hundreds of years. Even today, individuals use the fruit of this tree to make medications. Amla is also known as *Gooseberry*, *Phyllanthus Emblica*, *Emblic*, *Emblic Myrobalan*, and *Dhatrik*. People are most familiar with the name Gooseberry. Amla essential oil is manufactured by soaking the dried amla fruit in a base oil. The base oils used are usually coconut, mineral, or sesame. After soaking for several days, the fruit is removed and the oil is filtered and purified. Amla essential oil has a strong, musky smell.

The fruit of the amla tree ripens in autumn and is harvested by hand by climbing up to the upper branches. The flavor of the fruit is a little sour and bitter. And the flesh is very fibrous. In India, a tasty dish is made by steeping the fruit in salt water and turmeric.

Various parts of the plant are used to treat a variety of diseases; but the most popular is definitely the fruit. The amla fruit can be used by itself or in conjunction with other plant oils.

The amla tree is small to medium in size and can reach 8 to 18 m in height. The amla flowers are greenish-yellow, and the fruit is spherical with a light greenish-yellow color and six vertical stripes (or furrows).

The therapeutic and anti-carcinogenic properties of amla date back to the ancient Ayurveda practice of chewing on the fresh stems to avoid diseases. Amla is a good tool for general oral health as it strengthens gum tissue and promotes collagen production.

In Southern India, the fruit is traditionally pickled with salt, oil, and spices. Amla can be consumed raw, or cooked in various dishes. In Northern India, the berries are soaked in sugar syrup until they're saturated with a sweet flavor, and are eaten after meals as a dessert.

## HEALTH BENEFITS OF AMLA ESSENTIAL OIL

Amla essential oil is used widely in Ayurveda, the traditional practice of medicine in India. Amla is the Hindi term for the plant and the fruit known as Indian gooseberry. Amla essential oil is made by infusing coconut oil with fresh Indian gooseberries, and then refining the mixture. This essential oil's benefits are well documented in Ayurvedic texts, however, the benefits have been subject to very few scientifically valid clinical trials.

Listed below are a few known health benefits of using Amla essential oil:

### 1. PREVENTS HAIR LOSS

The main reason for hair breakage is lack of vitamin C. Amla is a great source of vitamin C. To repair hair breakage, apply Amla essential oil to the scalp and hair ends. You can also eat the fruit fresh. You can purchase Amla essential oil from a manufacturer, or crush the fresh fruit to extract its juice. To make a good hair mask, combine 2 teaspoons of amla juice and 2 teaspoons of lime juice, mix well and apply it to the scalp. Leave until it dries, and then rinse off with warm water.

### 2. TREATS DANDRUFF

Amla makes a great hair conditioner because it has dandruff prevention qualities. Amla possesses antibacterial and antifungal properties. For best results, use amla essential oil, as well as a paste made from amla powder and water, and apply them to the scalp. To this paste you can also add a few Tulsi leaves, this combination works well towards preventing dandruff. Amla essential oil is also used to treat an itchy scalp. The itch and dryness of the scalp can be greatly alleviated by amla essential oil absorbing deeply into the scalp.

### 3. CONDITIONS THE HAIR

Amla essential oil is superb at nourishing your hair. It adds texture to the hair while nourishing it too. You can add amla powder to your usual hair mask, or use pure amla essential oil when washing your hair.

### 4. COVERS GREYS

Amla essential oil works well at managing grey hair. Amla essential oil absorbs deeply, giving you a healthy scalp. A healthy scalp encourages the development of melanin pigment, minimizing the growth of grey hair.

### 5. IMPROVES HAIR QUALITY

Using Amla essential oil will give you thick, long, strong, and silky hair. Amla essential oil strengthens hair by nourishing the scalp and making the hair root stronger. Stronger hair roots make hair grow faster. Regular use of Amla essential oil will lengthen this effect.

### 6. REPAIRS HAIR DAMAGE

Amla is most widely used as a hair conditioner for dry and damaged hair. It coats the hair follicles making dry hair soft, smooth and shiny. Use Amla essential oil on hair after washing and allow it to work overnight. Coat damaged hair while it's still damp, from the roots to the ends, and wrap it up in a towel. After an hour, the heat from your scalp will help the oil deep condition your hair, preventing split ends.

## 7. AMLA AS A HAIR TONIC

Massaging the scalp with Amla essential oil helps open the hair follicles. Leave on the scalp for 2 hours, then wash hair with warm water. It will fortify the roots and minimize, or even prevent hair loss.

## 8. BENEFITS THE SCALP

Massaging Amla essential oil into your scalp encourages circulation in the skin and hair follicles as well as the brain. Heightened blood flow means better nourishment to the hair follicles, making hair grow thicker and softer. Massage a dime size dollop into your scalp every night before bed.

## 9. THERAPEUTIC MASSAGE

Therapeutic massage is an important part of Ayurvedic practice, Amla essential oil is can be used as a massage oil. Its high vitamin C content works as a moisturizer to prevent dry skin. Ayurvedic experts recommend Amla essential oil for massaging the scalp, temples, forehead, and cheekbones.

## 10. AMLA FOR DARK HAIR

Amla essential oil has been used to prevent graying hair and increase hair luster. This oil contains tannins which have long been considered to darken hair. It's usually combined with mehndi or henna powder to naturally boost hair color.

## 11. AMLA FOR SLEEP

Massage with Amla essential oil will help stimulate blood flow to your scalp, and also relax the muscles in your neck, both of which may promote sounder sleep.

## 12. AMLA OIL FOR FACIAL HAIR

Men attempting to boost their beard growth might consider using Amla essential oil. Simply massage the oil into your (face) skin and leave on for about 15 -20 minutes, then wash your face with lukewarm water.

Alternatively, you can clean some mustard leaves and grind them to a paste, add a few drops of Amla essential oil and apply to the face. Leave on for about 15-20 minutes, then rinse skin with water. Repeat this process four times a week. Any remaining mixture will keep refrigerated for 2-3 days.

## HOW TO MAKE AMLA ESSENTIAL OIL

### THINGS YOU NEED

- 100% pure almond or coconut oil
- 1/2 cup Amla powder
- Medium saucepan
- Wooden spoon
- Glass jar with lid

- Strainer lined with cheesecloth or a coffee filter

#### INSTRUCTIONS

1. Place a medium saucepan on the stove and fill with the almond (or coconut) oil. Turn the heat to "low" setting and slowly bring the temperature to just below boiling.
2. Add the Amla powder. Mix well with the spoon. Simmer mixture until the color of the oil starts to turn brown.
3. Turn off the stove and remove pan from the heat to allow the oil to cool. Place the lined strainer over the opening of the glass jar. Pour the cooled oil into the jar through the strainer, to filter out the powder particles.
4. Allow the oil in the jar to cool completely and close with the lid.

#### WARNING

Remove the oil and amla powder mixture from heat as soon as the oil darkens into a clear brown. If the oil continues to heat, it will become too dark, an indication that the beneficial properties (antioxidants, vitamins, enzymes) have oxidized and become useless.

#### HOW TO USE AMLA ESSENTIAL OIL ON YOUR HAIR

You only need about a tablespoon of oil for shoulder-length hair. For longer hair, use up to two tablespoons.

Amla essential oil can be used on hair in any of the following ways:

1. As a leave-in conditioner: apply to wet hair before letting it air dry
2. As a straightening oil: apply to wet hair, then style with a blow dryer and a paddle brush
3. As a conditioner for damaged or brittle hair and to increase shine: apply to wet hair, wrap in a towel and leave on overnight; rinse hair well with cool water the following morning
4. As a treatment for frizz and split ends: work a couple of drops into the ends of your hair
5. As a scalp massage oil to prevent graying hair.

#### CAUTION

If you have blond hair, then Amla essential oil should be used with caution, since it causes natural hair and skin hyperpigmentation.

#### REFERENCES:

<https://www.healthbenefitstimes.com/health-benefits-of-amlai-oil/>