



# The review on medicinal use of "Bhumi Amla"

**1. Akash Balasaheb Kakade**

**2. Mahesh Shantaram Kale**

## Abstract

Bhui amla is commonly known as "bhumi amla" which belongs to Euphorbiaceae family. In Unani literature it is described in the name of "BHUTI" which means Bhum Amlak (Amla of land). There are many chemical constituents reported in bhui amla, but major chemical constituents are mainly alkaloids, in the form of lignins, like phyllanthin and hypophyllanthin. Globally it is used as a home remedies to treat different disorders viz; Hepatitis-B, Jaundice, Cirrhosis of liver, intestinal infection, diabetes, chronic fever, loss of appetite etc. Owing to its hepatoprotective property, it is in great demand in the market. There are many formulations available in the market for the cure of different ailments.

## Introduction

### Bhumi Amla

Bhumi Amla (*Phyllanthus niruri*) is also known as 'Dukong anak' and as 'Bhumi Amalaki' in sanskrit. The whole plant possesses various medicinal properties.

Bhumi Amla helps in managing liver disorders and reverses any damage caused to the liver due to its hepatoprotective, antioxidant and antiviral activities. It also helps to prevent ulcers by reducing gastric acid production as well as protecting the stomach lining against damage caused by excessive gastric acid. Bhumi Amla might also reduce the risk of kidney stone formation due to its diuretic property. It does so by promoting the removal of salts (mainly oxalate crystals) that are responsible for the formation of kidney stones.

According to Ayurveda, Bhumi Amla is considered good for indigestion and acidity due to its pitta balancing property. It might also be beneficial for diabetics as it helps manage blood sugar levels due to its tikta (bitter) property.

Taking 1-2 tablets or capsules of Bhumi Amla twice a day helps to get rid of skin disorders due to its blood purifying property. Taking Bhumi Amla powder along with water might also help prevent hair fall as well as promote hair regrowth. Bhumi Amla (*Phyllanthus niruri*) is a tiny erect annual herb native to the Amazon rainforest and other tropical areas such as South East Asia, Southern India, and China. It grows up to 30-40 cm in height. It has alternate, sessile and oblong leaves, 7-12 cm long. Its flowers are tiny, solitary, apetalous, auxiliary, pedicellate, monoecious and white-greenish. This herb belongs to the Euphorbiaceae family and has a wide range of therapeutic characteristics. It is widely used around the world. Bronchitis, urinary problems, anaemia, leprosy, asthma, and other conditions are treated using *Phyllanthus niruri* plant extract.

## Plant Catalog

**Family:** Euphorbiaceae

**English name:** Country gooseberry

**Indian name:** Bhuti, Bhum Amlak (Unani), Bhuamlaki, Bahupatri (Sanskrit), Jangliamli, Hazardana, Jaramala (Hindi), Keela nelli (Tamil), Nela usirika (Telugu), Nela Nelli, Kiranelli (Kannada), Bhonya amla, Anmali (Gujarathi) , Bhuivali (Marathi), Bhuiamla (Bengali), Kizaneli (Malayalam).



**AMAZING BENEFITS OF KRISHNA'S BHUMI AMLA JUICE**

-  STRENGTHENS THE DIGESTIVE SYSTEM
-  RELIEVES LIVER INFLAMMATION
-  ENHANCE THE HEALTHY FUNCTIONING OF THE LIVER
-  HELPS IN STOMACH INFECTION



The image shows a bottle of Krishna's Bhumi Amla Juice. The label features the brand name 'Krishna's' and the product name 'BHUMI AMLA Juice' in both English and Hindi. It also includes a small illustration of the plant and a green leaf.



**Nutritional Value of Bhumi Amla:**

<b>Nutrient</b>	<b>Content</b>
Crude Protein (% dry matter)	14.74
Sodium (ppm)	1947
Ferric (ppm)	665
Phosphorus (ppm)	6978
Calcium (ppm)	2911
Magnesium (ppm)	2914
Copper (ppm)	12
Zinc (ppm)	37
Manganese (ppm)	94
Potassium (ppm)	18252
Vitamin A ( µg/100g)	812.78
Vitamin B6 (mg/100g)	0.234
Vitamin D ( µg/100g)	34.79
Vitamin E (mg/100g)	57.18
Vitamin K (mg/100g)	19.83

**Therapeutic Uses of Bhumi Amla:**

-For jaundice, whole plant juice is advised. Fresh milk combined with powdered roots can also be taken for quick treatment of jaundice.

-The leaves can be mashed with salt and used as a topical treatment for skin ailments.

-For diabetes and chest pain, plant decoction proves quite beneficial.

-Ulcers are treated with a decoction of leaves or roots.

-Wounds and ulcers are treated using a mixture of the plant's dried powder and gruel water.

-For treating leucorrhoea, gonorrhoea, menorrhoea, and other urinary problems, whole plant juice is used.

-This plant's extract can effectively treat hepatitis and may also treat human immunodeficiency virus (HIV)/acquired immunodeficiency syndrome (AIDS). In addition, P.niruri has anti-inflammatory, analgesic, anti-fungal, anti-viral, anti-oxidant, antibacterial, hypoglycemic, hypotensive, hepatoprotective, inhibitory effects on renal stone formation, and other properties. It is used as an ingredient in nearly 175 ayurvedic formulations, and the fruits of this plant are usually

used to treat haemorrhages and diarrhoea. It's also used to make chavanprash, face lotion, hair oil dye, and tooth powder, among other health and beauty products.

## **Benefits of Bhumi Amla:**

### **Benefits of Bhumi Amla Against HIV & Hepatitis B:**

1. Phyllanthus niruri may stop the hepatitis B virus (HBV) from multiplying by preventing the virus's genetic material from being replicated.
2. An aqueous extract of P. niruri can block HBV's endogenous DNA polymerase by attaching to the virus's surface antigen.
3. By attaching to the virus's surface antigen, the extract was discovered to block woodchuck (Marmotamonax) hepatitis virus (WHV) DNA polymerase.
4. Surface antigen titer and DNA polymerase activity in serum were significantly decreased and abolished by the extract.
5. In addition, the alkaloidal extract of P. niruri showed inhibitory action against the cytopathic effects of both HIV strains on human MT-4 cells at the doses tested

### **Bhumi Amla For Kidney Stones & Excess Uric Acid:**

1. The creation, nucleation, development, and aggregation of calcium oxalate crystals in the kidney is a prevalent condition that causes urinary calculi (stone) formation.
2. The extract of Phyllanthus niruri inhibits the growth and aggregation of calcium oxalate [CaOx] crystals in calculi.
3. The extract inhibits calculi formation while also altering their shape and texture.
4. It can produce a matrix-like material on the surface of prepared calculi, and it can change the appearance and texture of the calculus.
5. The extract is also given to hypercalcemic patients, as it lowers urine calcium levels and lowers excess uric acid in hyperuricemic individuals.

### **Anti-cancer Activity of Bhumi Amla:**

1. Phyllanthus niruri has a strong potential for inhibiting cancer cell development and growth.
2. However, because it prolongs cancer formation in the skin and reduces its multiplicity and yield, Phyllanthus niruri intensifies two-stage skin carcinogenesis.
3. The combination of P. niruri's cytoprotective impact on normal cells and cytotoxic effect on pre-neoplastic or neoplastic cells resulted in this action.
4. In addition, potent phytochemicals, such as quercetin and rutin were responsible for a significant reduction in the prevalence of skin papillomas.

## **HOW TO USE BHUMI AMLA**

1. Bhumi Amla Juice
  - a. Take 2-4 teaspoon Bhumi Amla Juice

b. Mix with 1glass water.

c. Take it before breakfast once a day.

## 2. Bhumi Amla Churna

a. Take ¼-½ Bhumi Amla Churna.

b. Mix with honey or water.

c. Have it after lunch and dinner twice a day.

## 3. Bhumi Amla Capsule

Take 1-2 Bhumi Amla Capsule with water after lunch and dinner.

## 4. Bhumi Amla Tablet

Take 1-2 Bhumi Amla Tablet with water after lunch and dinner

### **Side Effects of Bhumi Amla:**

In general, no adverse side effects were noted in human studies. When consumed under the supervision of a healthcare practitioner, Phyllanthus niruri is likely safe.

- Phyllanthus niruri is a plant that may help to reduce blood sugar levels. However, people with diabetes or hypoglycaemia and those taking blood sugar-altering medicines, herbs, or supplements should exercise caution. Your blood glucose levels may need to be checked.

- Phyllanthus niruri has been linked to an increased risk of bleeding. People with bleeding disorders or those taking medicines that may enhance the risk of bleeding should exercise caution. You may need to modify your dosage.

- Phyllanthus niruri has been linked to a drop in blood pressure. Therefore, people who are using blood pressure-lowering medications should exercise caution

### **Interaction With Other Drugs:**

Drug interactions of Bhumi Amla:

1. Phyllanthus niruri is a plant that may help to reduce blood sugar levels. Exercise caution when taking drugs that may drop blood sugar. People who take diabetes medications or insulin by mouth should be closely monitored by a skilled healthcare professional. You may need to adjust your medicine.

2. When combined with medications that raise the risk of bleeding, Bhumi Amla may increase the risk of bleeding.

3. Phyllanthus niruri may lower blood pressure. Therefore, people who are using blood pressure-lowering medications should exercise caution.

4. Phyllanthus niruri may exacerbate the sleepiness caused by some medications and alcohol. Driving or operating machinery should be done with caution.

5. Phyllanthus niruri may interact with drugs used to treat inflammation, pain, or wounds; drugs that affect immune function; drugs that harm the liver; drugs that increase urine output; drugs that inhibit angiotensin-converting enzyme (ACE), angiotensin-converting enzyme receptor, or endothelin; drugs that mimic acetylcholine (a neurotransmitter); drugs that protect against radiation; drugs that treat cancer.

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