

# Bhu Amalki- Bhumi Amla / *Phyllanthus niruri*

## Part consumed -

Whole Plant

## Form consumed -

Powder, Juice

## Maximum daily consumption by adults -

Powder – 6 g

Juice - 10-20 ml

## Composition

- Phyllanthin
- Hypophyllanthus
- Niranthin
- Nirphyllin



## Indications as per Ayurveda

- Asthma
- Diabetes
- Bleeding Disorders
- Liver Diseases

## Modern Clinical Studies

- Anti-cancer
- Antifungal
- Leukaemia