**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