

Aonla at a Glance



Aonla : Otherwise, known as “Amritphal” in ancient literary language, the indigenous fruit being a good source of Vitamin C is useful in treating various diseases. Due to its good productivity and hardness, the fruit is capable of growing in varied agro-climatic conditions. Possessing nutritive and therapeutic values makes the fruit suitable in processing varied food products ranging from murabba, candy shreds, jam pickle to herbal jam and Ayurvedic formulations namely Trifla and Chwanprash, etc.

Climate and Soil requirement : Suitable to be grown in wide range of edepho-climatic conditions. Although, dry subtropical climate is preferable, but tropical, arid and semi-arid climate is also quite successful for growing the fruit. As the fruit is susceptible to frost during winter in arid ecosystem of Rajasthan, even though the flowering and fruiting of Aonla gets adversely affected by abrupt temperature changes. Aonla, being capable of grown in varied types of soil, can tolerate pH up to 9.5. The Aonla cultivation can help to make marginal and wasteland into a productive one.

Botanical Name : *Emblica officinalis*

Commercial varieties : Banarasi, Chakaiy, Francis (Hathijhool), NA-7, NA-4, NA-5, NA-6, NA-8, NA-9, NA-10, BSR-1, BSR-2, Laxmi-52, Goma Aishwarya, Anand-1 and Anand-2

Economic parts : Fruit

Use of various parts : Formulations of various Ayurvedic medicines

Propagation Techniques : Patch budding and soft wood grafting

Grafting time : May–June (before onset of rain)

Economic yield / tree : 70-150 kg after 10 years

First harvest : Third to fourth year

Harvesting method : Individually by hand, fruit picker

Harvesting period : 6-8 months after fruit setting

Nutritional value : The fruit contains 500-1800 mg vitamin C, 0.2 mg nicotinic acid, 1.2 mg iron, 0.5 g protein, 0.1 g fat, 0.7 g minerals, 2.0-3.4 g fibres, 14-21.80 g carbohydrate, 0.02 g phosphorus and 0.05 g calcium/100 g fruit pulp

Post harvest products : Squash, RTS, powder, syrup, jam, Murabba, pickle, shred, candy, chutany, etc.

Medicinal significance : Dry powder is said to be more suitable for treating diarrhoea, dysentery, jaundice, anemia, bronchitis, cough and having anti-aging properties

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