Bhumy-amalaki	
Hindi Name	Bhūmyāmalakī
English Name	Chamber Bitter, Red-leaf Phyllanthus
Scientific Name & Family	*Phyllanthus urinaria* L.; Family – Phyllanthaceae
Part Used	Whole plant (Pañcāṅga)
Main Synonyms	Bhūdhatri, Tāmrapatrī, Bahupatra, Bahuphala
External Morphology	Small, erect annual herb; stem reddish, branched; leaves small, elliptic, arranged distichously, resembling pinnate leaves; flowers minute, greenish; fruits globose capsules borne beneath the leaves
Rasapanchaka & Dosha-Karma	Guna: Laghu, Rūkṣa; Rasa: Tikta, Kaṣāya, Madhur; Vipāka: Madhur; Vīrya: Śīta Doṣa-karma: Kapha-Pitta Śāmaka
Active Phytoconstituents	Lignans (phyllanthin, hypophyllanthin), flavonoids, tannins, alkaloids
Pharmacological Actions	Yakṛd-uttejaka, pittasāraka, dīpana, pācana, raktaprasādana
Important Formulations	Bhūmyāmalakī cūrṇa, Yakṛtvikāra swaras
Dose	Powder: 3–6 g; Fresh juice: 10–20 ml
To be Noted	Classical drug for kāmala (jaundice) and yakṛd-vikāra; commonly used as a substitute for Āmalakī in hepatic disorders

References:

1. Dravyaguna Vigyan, P.V. Sharma Part. II
2. A textbook of Dravyaguna Vigyan, Prakash L. Hegde Vol. II

Department of Dravyaguna Vigyan

Rohilkhand Ayurvedic Medical College & Hospital, Bareilly, UP, India 243006