

# **Phyllanthus emblica L., 1753**

## **(Malaka)**

**Identifiants : 2532/phyemb**

**Fiche réalisée par Patrick Le Ménahèze ([Le Potager de mes/nos Rêves](#))**  
**Dernière modification le 23/09/2020**

- **Classification/taxinomie :**
  - **Famille :** *Phyllanthaceae* ;
- **Synonymes :** *Emblica officinalis* Gaertn. 1790 ;
- **Synonymes français :** *melaka*, *groseiller népalais* ou *indien* ;
- **Nom(s) anglais et/ou international(aux) :** *emblic*, *myrobalan* ;
  
- **Rapport de consommation et comestibilité/consommabilité inférée (partie(s) utilisable(s) et usage(s) alimentaire(s) correspondant(s)) :** *Partie(s) comestible(s) : graines, fruit, feuilles, pétales de fleur*  
**Utilisation(s)/usage(s) culinaire(s) :**
  - les fruits sont cuits et utilisés dans les conserves ; les fruits sont acides et peuvent être consommés frais ou utilisés pour l'aromatisation ; ils sont également utilisés comme assaisonnement dans les aliments cuits ; ils sont picklés et transformés en confitures, gelées, conserves, tartes et autres aliments ; les copeaux de fruits secs sont assaisonnés avec des graines de cumin, du sel et du yaourt et consommés ;
  - graines et feuilles vertes sont comestibles ; feuilles cuites (ex. : comme potherbe) ? (qp\*)



**Précautions à prendre :**

**néant, inconnus ou indéterminés.**

- **Nombre de graines au gramme :** 53 ;
  
- **Liens, sources et/ou références :**

**dont classification :**

- ["The Plant List" \(en anglais\)](#) ;
- [INPI \(recherche, en anglais\)](#) ;

**dont Google (recherche de/pour) "Phyllanthus emblica" :** [pages](#), [images](#) | **"Malaka" :** [pages](#) ;

**dont livres et bases de données :** 0"FOOD PLANTS INTERNATIONAL" (en anglais) ;

**dont biographie/références de "FOOD PLANTS INTERNATIONAL" :**

**Ambasta, S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 195 (As *Emblica officinalis*) ; Anderson, E. F., 1993, Plants and people of the Golden Triangle. Dioscorides Press. p 218 ; Aryal, K. P. et al, 2009, Uncultivated Plants and Livelihood Support - A case study from the Chepang people of Nepal. Ethnobotany Research and Applications. 7:409-422 ; Bajracharya, D., 1980, Nutritive Values of Nepalese Edible Wild Fruits. Z. Lebensm. Unters. Forsch. 171: 363-366 ; Barwick, M., 2004, Tropical and Subtropical Trees. A Worldwide Encyclopedic Guide. Thames and Hudson p 318 ; Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 789 ; Bole, P.V., & Yaghani, Y., 1985, Field Guide to the Common Trees of India. OUP p 43 (As *Emblica officinalis*) ; Coronel, R.E., 1982, Fruit Collections in the Philippines. IBPGR Newsletter p 9 (As *Emblica officinalis*) ; Coronel, R.E., 1982, Fruit Collections in the Philippines. IBPGR Newsletter p 10 ; Davis, S.D., Heywood, V.H., & Hamilton, A.C. (eds), 1994, Centres of plant Diversity. WWF. Vol 1 or 2. p 125 ; Davis, S.D., Heywood, V.H., & Hamilton, A.C. (eds), 1994, Centres of plant Diversity. WWF. Vol 1 or 2. p 112 (As *Emblica officinalis*) ; Delang, C. O., 2007, Ecological Succession of Usable Plants in an Eleven-Year Fallow Cycle in North Lao P.D.R., Ethnobotany Research and**

Applications. Vol. 5:331-350 ; Dhyani, S.K., & Sharma, R.V., 1987, Exploration of Socio-economic plant resources of Vyasi Valley in Tehri Garwhal. *J. Econ. Tax. Bot.* Vol. 9 No. 2 pp 299-310 (As *Emblica officinalis*) ; Facciola, S., 1998, *Cornucopia 2: a Source Book of Edible Plants*. Kampong Publications, p 100 (As *Emblica officinalis*) ; Flora of Pakistan. [www.eFloras.org](http://www.eFloras.org) ; Flowerdew, B., 2000, *Complete Fruit Book*. Kyle Cathie Ltd., London. p 245 (As *Emblica officinalis*) ; Food Composition Tables for use in East Asia FAO <http://www.fao.org/infoods/directory> No. 858 ; Fu, Yongneng, et al, 2003, Relocating Plants from Swidden Fallows to Gardens in Southwestern China. *Economic Botany*, 57(3): 389-402 ; Forest Inventory and Planning Institute, 1996, Vietnam Forest Trees. Agriculture Publishing House p 243 ; Ghimeray, A. K., Lamsal, K., et al, 2010, Wild edible angiospermic plants of the Illam Hills (Eastern Nepal) and their mode of use by local community. *Korean J. Pl. Taxon.* 40(1) (As *Emblica officinalis*) ; Ghorbani, A., et al, 2012, A comparison of the wild food plant use knowledge of ethnic minorities in Naban River Watershed Nature Reserve, Yunnan, SW China. *Journal of Ethnobiology and Ethnomedicine*; 8:17 ; Hani Medicine of Xishuangbanna, 1999, p 147 ; Hearne, D.A., & Rance, S.J., 1975, *Trees for Darwin and Northern Australia*. AGPS, Canberra p 94, Pl 27 ; Hedrick, U.P., 1919, (Ed.), *Sturtevant's edible plants of the world*. p 489 ; Hu, Shiu-ying, 2005, *Food Plants of China*. The Chinese University Press. p 512 ; Jacquat, C., 1990, *Plants from the Markets of Thailand*. D.K. Book House p 77 ; Jansen, P.C.M., 2005. *Phyllanthus emblica* L. [Internet] Record from Protabase. Jansen, P.C.M. & Cardon, D. (Editors). PROTA (Plant Resources of Tropical Africa), Wageningen, Netherlands. < <http://database.prota.org/search.htm>>. Accessed 21 October 2009 19 October 2009. ; Jardin, C., 1970, *List of Foods Used In Africa*, FAO Nutrition Information Document Series No 2.p 154 ; Jin, Chen et al, 1999, Ethnobotanical studies on Wild Edible Fruits in Southern Yunnan: Folk Names: Nutritional Value and Uses. *Economic Botany* 53(1) pp 2-14 ; Johnson, N., 2002, Environmental Change in northern Thailand: Impact on Wild Edible Plant Availability. *Ecology of Food and Nutrition*, 41: 5, 373-399 ; Ju, Y., et al, 2013, Eating from the wild: diversity of wild edible plants used by Tibetans in Shangri-la region, Yunnan, China, *Journal of Ethnobiology and Ethno medicine* 9:28 ; Kintzios, S. E., 2006, Terrestrial Plant-Derived Anticancer Agents and Plant Species Used in Anticancer research. *Critical Reviews in Plant Sciences*. 25: pp 79-113 (Also as *Emblica officinalis*) ; Krishen P., 2006, *Trees of Delhi, A Field Guide*. DK Books. p 184 ; Lalfakzuala, R., 2007, Ethnobotanical usages of plants in western Mizoram. *Indian Journal of Traditional Knowledge*. Vol 6(3) pp 480-493 (As *Emblica officinalis*) ; Lorenzi, H., Bacher, L., Lacerda, M. & Sartori, S., 2006, *Brazilian Fruits & Cultivated Exotics*. Sao Paulo, Instituto Plantarum de Estudos da Flora Ltda. p 475 ; Lyle, S., 2006, *Discovering fruit and nuts*. Land Links. p 320 ; Macmillan, H.F. (Revised Barlow, H.S., et al) 1991, *Tropical Planting and Gardening*. Sixth edition. Malayan Nature Society. Kuala Lumpur. p 305 ; Maheshwari, J.K., & Singh, J.P., 1984, Contribution to the Ethnobotany of Bhoja Tribe of Bijnor and Pauri Garhwal Districts, U.P. *J. Econ. Tax. Bot.* Vol.5. No.2 pp 253- (As *Emblica officinalis*) ; Maikhuri, R, K, and Gangwar, A. K., 1993, Ethnobiological Notes on the Khasi and Garo Tribes of Meghalaya, Northeast India, *Economic Botany*, Vol. 47, No. 4, pp. 345-357 ; Manandhar, N.P., 2002, *Plants and People of Nepal*. Timber Press. Portland, Oregon. p 359 ; Manju, S., and Sundriyal, R. C., 2001, Wild Edible Plants of the Sikkim Himalaya: Nutritive Values of Selected Species. *Economic Botany* 55(3): 377-390 (As *Emblica officinalis*) ; Martin, F.W. & Ruberte, R.M., 1979, *Edible Leaves of the Tropics*. Antillian College Press, Mayaguez, Puerto Rico. p 57, 192 ; Martin, F. W., et al, 1987, *Perennial Edible Fruits of the Tropics*. USDA Handbook 642 p 27 ; Martin, M.A., 1971, *Introduction L'Ethnobotanique du Cambodge*. Centre National de la Recherche Scientifique. Paris. ; Menninger, E.A., 1977, *Edible Nuts of the World*. Horticultural Books. Florida p 52 ; Morton, J. F., 1987, *Fruits of Warm Climates*. Wipf & Stock Publishers p 211 ; Mot So Rau Dai an Duoc O Vietnam. *Wild edible Vegetables*. Ha Noi 1994, p 224 ; Ochse, J.J. et al, 1931, *Vegetables of the Dutch East Indies*. Asher reprint. p 286 ; Patiri, B. & Borah, A., 2007, *Wild Edible Plants of Assam*. Geethaki Publishers. p 129 ; Pfoze, N. L., et al, 2012, Assessment of Local Dependency on Selected Wild Edible Plants and fruits from Senapati district, Manipur, Northeast India. *Ethnobotany Research & Applications* 10:357-367 (As *Emblica officinalis*) ; Pfoze, N. L., et al, 2012, Survey and assessment of floral diversity on wild edible plants from Senapati district of Manipur, Northeast India. *Journal of Biodiversity and Environmental Sciences*. 1(6):50-52 (As *Emblica officinalis*) ; Phon, P., 2000, *Plants used in Cambodia*. © Pauline Dy Phon, Phnom Penh, Cambodia. p 497 ; Premi, B. R., Sethi, V., Saxena, D. B., 1998, Studies on identification of white specks in cured aonla (*Emblica officinalis* Gaertn.) fruits. *Food Chemistry* 61(1/2): 9-11 (As *Emblica officinalis*) ; PROSEA ; Purselove, J.W., 1968, *Tropical Crops Dicotyledons*, Longmans. p 139 ; Rashid, H. E., 1977, *Geography of Bangladesh*. Westview. p 348 (As *Phyllanthus emblica*) ; Rashid, A., Anand, V.K. & Serwar, J., 2008, *Less Known Wild Plants Used by the Gujjar Tribe of District Rajouri, Jammu and Kashmir State*. *International Journal of Botany* 4(2):219-244 (As *Emblica officinalis*) ; Recher, P, 2001, *Fruit Spirit Botanical Gardens Plant Index*. [www.nrg.com.au/~recher/seedlist.html](http://www.nrg.com.au/~recher/seedlist.html) p 3 (As *Phyllanthus emblica*) ; Sahni, K.C., 2000, *The Book of Indian Trees*. Bombay Natural History Society. Oxford. p 146 (As *Emblica officinalis*) ; Sharma, H., et al, 2010, Updated Estimates of Wild Edible and Threatened Plants of Assam: A Meta-analysis. *International Journal of Botany* 6(4): 414-423 ; Sasi, R. & Rajendran, A., 2012, Diversity of Wild Fruits in Nilgiri Hills of the Southern Western Ghats - Ethnobotanical Aspects. *IJABPT*, 3(1) p 82-87 ; Saw, L.G., LaFrankie, J. V. Kochummen, K. M., Yap S. K., 1991, *Fruit Trees in a Malaysian Rain Forest*. *Economic Botany*, Vol. 45, No. 1, pp. 120-136 ; Sawian, J. T., et al, 2007, Wild edible plants of Meghalaya, North-east India. *Natural Product Radiance* Vol. 6(5): p 416 (As *Emblica officinalis*) ; Shah, G.L. et al, 1981, An account of the Ethnobotany of Saurashtra in Gujarat State (India). *J. Econ. Tax. Bot.* Vol 2 pp 173-182 (As *Emblica officinalis*) ; Sharma, B.D., & Lakshminarasimhan, P., 1986, *Ethnobotanical Studies on the Tribals of Nasik District (Maharashtra)*. *J. Econ. Tax. Bot.* Vol. 8 No. 2 pp 439-446 (As *Emblica officinalis*) ; Sharma, B.B., 2005, *Growing fruits and vegetables*. Publications Division. Ministry of Information and broadcasting. India. p 7 (As *Emblica officinalis*) ; Singh, H.B., Arora R.K., 1978, *Wild edible Plants of India*. Indian Council of Agricultural Research, New Delhi. p 59, 76 ; Singh, V. and Singh, P., 1981, *Edible Wild Plants of Eastern Rajasthan*. *J. Econ. Tax. Bot.* Vol 2 pp 197-207 ; Slik, F., [www.asianplant.net](http://www.asianplant.net) ; Smith, A.C., 1981, *Flora Vitiensis Nova, Lawaii, Kuai, Hawaii*, Volume 2 p 462 ; Sp. pl. 2:982. 1753 ; Srivastava, R. C., 2010, Traditional knowledge of Nyishi (Daffla) tribe of Arunachal Pradesh. *Indian Journal of Traditional Knowledge*. 9(1):26-37 (As *Emblica officinalis*) ; Staples, G.W. and Herbst, D.R., 2005, *A tropical Garden Flora*. Bishop Museum Press, Honolulu, Hawaii. p 294 ; Swaminathan, M.S., and Kochnar, S.L., 2007, *An Atlas of major Flowering Trees in India*. Macmillan. p 234 (As *Emblica officinalis*) ; Terra, G.J.A., 1973, *Tropical Vegetables*. Communication 54e Royal Tropical Institute, Amsterdam, p 67 ; Tewari, D.N., 1994, *Important Plants of India*. International Book Distributors, India. p

21 (*As Emblica officinalis*); Thitiprasert, W., et al, 2007, Country report on the State of Plant Genetic Resources for Food and Agriculture in Thailand (1997-2004). FAO p 95 ; USDA, ARS, National Genetic Resources Program. Germplasm Resources Information Network - (GRIN). [Online Database] National Germplasm Resources Laboratory, Beltsville, Maryland. Available: [www.ars-grin.gov/cgi-bin/npgs/html/econ.pl](http://www.ars-grin.gov/cgi-bin/npgs/html/econ.pl) (10 April 2000) ; Van Sam, H. et al, 2008, Uses and Conservation of Plant Species in a National Park. A case study of Ben En, Vietnam. *Economic Botany* 62:574-593 ; van Wyk, B., 2005, *Food Plants of the World. An illustrated guide.* Timber press. p 292 ; Wickens, G.E., 1995, *Edible Nuts.* FAO Non-wood forest products. FAO, Rome. p 122 ; [www.nationalherbarium.nl/thaueuph/](http://www.nationalherbarium.nl/thaueuph/) Flora of Thailand.