Nutritional Evaluation of Amla (*Emblica officinalis*) Fruit in Konkan Geographical Region

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Abstract—*Present study was done to investigate the various chemical parameters of the Amla dried fruit. The study will provide referential information for the identification of the nutritive substances of Amla. Emblica officinalis (Amla) are widely distributed in tropical and subtropical areas and has therapeutic potential against deleterious diseases such as in cancer, diabetis, liver treatment, heart disease, ulcer, anemia and various other diseases. In this article the nature of amla and its medicinal properties have been briefly discussed. The chemical analysis of Emblica officinalis was done for the proximate principles viz., Dry matter, Crude protein, Crude fibre, Ether extract, Nitrogen free extract, Total ash and Acid insoluble ash (AOAC, 1995). Results showed that crude protein (CP) values were optimum (9.94 %) in Amla compared to crude fibre (13.62 %) to meet the nutritional requirement. The concentration of tannin in Emblica officinalis was 7.83 %, whereas the values for organic matter, dry matter, moisture content, ether extract, nitrogen free extract, ash, acid insoluble ash, calcium and phosphorus were recorded as 91.22, 87.16, 12.84, 4.48, 50.34, 8.78, 1.12 and 0.43 %, respectively. The present investigation conclude that the Amla meets the nutrient requirement of the animals if, fed with combination with other feed substances.*