

CONTRIBUTION OF AMLA (*PHYLLANTHUS EMBLICAL.*) TO TRIBAL LIVELIHOODS IN GARIABAND DISTRICT

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Abstract

Important non-timber forest products (NTFPs) are abundantly available in deciduous forests in the Gariaband district of Chhattisgarh. This study analyzes the role of Amla (*Phyllanthus emblica* L.) in the means of existence of tribal forest communities living in forest districts such as Chhura, Gariaband, and Mainpur. The study concludes that Amla collection, transformation, and sales are seasonal sources of income required for several forest funds, particularly during the agricultural season. Information received during household surveys, discussions in discussion groups, and interactions with market merchants and nearby forest guards indicates that Amla accounts for 15% to 35% of the income from tribal households participating each year. Women dominate the process of collecting, sorting, and adding initial values. Issues like volatile prices, lack of storage, low handlers, and reliance on intermediaries limit potential income. Following these restrictions, Amla will promote sustainable harvests, add value to the community level, and provide greater value for being with direct access to the market. He

recommends political interventions to promote entrepreneurship and economic stability in forest tribes with the help of programs such as the Van Dan Yojana and the Forest Rights Act (FRA). In general, Amla is an important interface between environmental conservation and rural economic development in the tribal leaflets of the Gallia Band.

Keywords:– *Amla, Medicinal Plants, Tribal Economy, Tribal Livelihoods.*

Introduction

The *Phyllanthus emblica* L. is a short tree in the *Euphorbiaceae* family. Amla fruits have a flavor and are found primarily in the regions of India, Southeast Asia, China, Iran, and Pakistan [1-2]. Non-Timber Forest Products (NTFPs) contribute significantly to the socio-economic presence of tribal peoples in forested regions of India. These forest materials not only contribute to daily livelihoods but also serve as the main source of income for agricultural rescue materials. Among them are a large number of highly nutritious and valuable fruits in the district forests of Gariaband district, Amla (*Phyllanthus emblica*), Chhattisgarh, India. Local communities living in the Chhura, Mainpur, and Gariaband blocks have long relied on Amla to generate internal purposes and means of generation. Amla's seasonal collection, dryness, and marketing offer important options, especially for women, older adults, and underprivileged women of agricultural assets, especially women and older adults. Amla is a dietary supplement and medicinal plant, but also an economic asset to ensure the existence of a forest economy. Despite the fact that it has potential, Amla is an underrated product due to a variety of issues, including a lack of value, effective access to the market, price volatility, and dependence on intermediaries. There is no effective infrastructure for storage, assessment, or processing further limits the potential for income between collectors. The purpose of this study is to analyze the means of the existence of Amla, the recognition of current collection and trade gaps, and the possibility of

sustainable collection, treatment at the village level, and the possibility of policy support in accordance with Van Dhan Yojana and the Forest Rights Act (FRA). The aim is to bring to the ear how Amla develops from forest fruits from natural remedies to the engine of comprehensive development in rural areas of Gariaband and other forest treaties. Medicinal plants are the most precious products of nature and are the ultimate good for all creation, including humanity. It plays an important role in maintaining human health. According to a WHO study, 80% of the populations living in developing countries rely on traditional drugs primarily for their main medical care, making up a critical part of the health system for the remaining 20% population. Amla (Indian gooseberry) is the blessing of nature for humanity [3]. Amla occupies an important place in traditional Indian medicine, with skin and eyes anxiety and burning sensations, anemia, strengthening male reproductive and reproductive health, aid sorting, contribution to liver health, and tonic effects in the pulmonary hair type system [1, 4, 5]. This is an excellent food supplement with many medicinal values [1, 6]. According to the richness of the phenolic content, relief fruits can be considered as a plant source of natural antioxidants and nutrients or medicinal ingredients. People like sludge because of its special taste and its aroma. In various studies on animals and humans, Amla has anti-heated blood glucose, hypoglycemia, anti-inflammatory, antioxidant, and antioxidant activity [1, 7].



Figure 9.1 Amla (*Phyllanthus emblica*) fruits on tree branches in Gariaband district – a key source of income for local tribal communities.

Materials and Methods

Study Area

The study of was conducted in the Gariaband district of Chhattisgarh, India, in the dominant forests of a widespread tribe. The district is located in the eastern belt of Chhattisgarh and is known by dense forests, hilly hills, and high-density tribal groups such as high biodiversity, Gond, Halba, and Kamar.

The climatic conditions in this region are classified as tropical with an average annual rainfall of 1200 mm to 1400 mm, favoring the production of different types

of forests, such as Amla. The soil is primarily lateritic and red silt, and the forest species are primarily dry leaves, contributing to the seasonal availability of NTFPs.

Chhura Block, is notorious for its thick forest cover and inadequate road connections. The region's economy is primarily based on the collection of forest products. Especially during the Agriculture Month.

Gariaband Block, as the district headquarters, has relatively good connections in the market but relies heavily on rural forestry.

Mainpur Block, is one of the most remote and economically impoverished regions where forest products such as Amla have important functions in the family's source of livelihood and seasonal income.

These three blocks were selected for the study. Because they are representative microcosms of the tribal forest economy, regularly participating in the Amla collection and covered by the Van Dhan Yojana initiative and the Joint Forest Management (JFM) initiative.

The selected research site provides an overall context for analyzing how Amla adds to the security of tribal means of existence.

Data collection: Data was collected from primary and secondary sources, and intensive fieldwork. The fieldwork included studies on drug services, active compounds, and the underlying use of Amla (*Phyllanthus emblica*) among tribes of the Indian Centre in the Gariaband district of Chhattisgarh. To discover the economic importance of Amla in this region, economic assessments were presented in relation to its market, revenue creation, revenue and income roles, revenue and revenue roles, and profitability levels. Diversity and mapping of the distribution of Amla trees were also performed in selected recovery zones on

degraded land to study the feasibility of rehabilitation and forest funding-based cultivation.

Result

This study shows that Amla is important for maintaining seasonal means of tribal home presence in Chhura, Gariaband, and Mainpur blocks. Most households collect Amla from November to February, and households' midterm collections vary from 80 to 150 kg per season.

The average revenue earned by each cleaning from Amla has varied from ₹4,000 to ₹6,000 during the season, depending on market price and quality. Some households taking part in the addition of value (dry, sorting) have now come to ₹10,000.

Women dominate the Amla collection, particularly in the areas of cleaning, drying and local sales. The woman said Amla contributed 72% of total revenue during the season outside of farmers.

However, the collector had some issues:

- Price instability, especially middlemen.
- Lack of storage and transport facilities.
- No direct market or access to organized treatments.

Villages associated with Van Dhan Kendras declared small revenues as they acquired aridity, valuation, and mass sales.

In general, the numbers indicate that Amla is not the only source of income, but is a significant seasonal financial support for reproductive families, particularly for women and marginal families.

Table 9.1 Chhattisgarh State Minor Forest Produce 2024-25 [8]

Chhattisgarh state minor forest produce 2024-25 (CGMFPPED)					
Name of Forest produce	Category (MSP/SP)	Collector rate (Rs.Per kg)	Collector period		Criteria
			Form	To	
Amla (raw)	Fat SP	28	1- Nov	31- Dec	Color Greenish yellow Damaged 5% or less than 10% of the fruits should be taken if damaged, if the damage is more than it should be rejected. Fully matured fruits.

Discussion

This study shows that Amla is important and the least important. As a rich seasonal forest product, Amla serves as a great source of income for tribal families, especially during periods of rare or nonexistent deficits in farmers' work. The main Amla income was received from the collection and marketing of raw fruits. A certain number of households for tribes rely on this to maintain a means of household existence, purchase of farm acts, or payment of tuition fees. The study revealed that most collectors are older women and members. This shows that Amla is an affordable and inclusive presence. Women are involved in drying, washing, and topical applications, not only Amla, but also producing powders, selling dried fragments, and even preparing traditional medicines. Its economic potential is underestimated despite the importance of various structural and institutional obstacles. The main issues are the lack of an organized market and the control of intermediaries, which, in principle, misuses collectors by paying low-quality prices. In most regions, collectors are forced to offer raw Amla without

undergoing evaluation or treatment, which brings them small benefits. Additionally, inaccessibility of cold storage, drying, packaging units, and transportation infrastructure prevents product quality and shelf life [9]. Reports show that Van Dhan Vikas Kendras, where they were founded, is improving the income levels of collectors. The centre offers training, increased costs, and collective marketing assistance. Self-Help Groups (SHGs) in some villages have also improved community participation, with women being economically recognized. However, these interventions remain limited in coatings and must be systematically scaled [10]. Furthermore, this study also focuses on the potential for building tribal collectors. Most participants expressed interest in complex drying methods, natural preservation, biological certification, and the use of brand images. The use of current methods, like traditional knowledge, can greatly develop the potential for product sales and medicinal use, according to Amla. Environmental stability of the Amla collection is another important factor. The latest harvesting methods are primarily low and not manual, but increasing demand can lead to excessive cleaning. To ensure that Amla trees are healthy, there is a need to implement resource monitoring at the community level, a key principle of sustainable harvesting and agricultural systems. Programs such as the Forest Rights Act (FRA) and Van Dhan Yojana provide institutional and legal support to forest residents, but at the same time there is always a gap in perception, implementation, and coordination with local administrative agencies. By improving these connections, tribal households can reach strength and move to more active, more organized, and more durable forest means. This is a symbol of livelihood, gender equality, and safety of resistance in rural areas of tribal areas. Thanks to overcoming it and promoting a strategy under community direction, Amla could become a stable pillar in the rural forest economy of Gariaband, as well as other comparable regions of India.

Traditional Uses of Amla in Ayurveda

Amla fruit has these properties according to Ayurvedic classification:

- Rasa (taste): Sour and Thick String Agent - Most notably, the fruit has five flavors: sweet, bitter, and pungent.
- Veerya (nature): Used for cooling and burning treatment during inflammation and fever. This is, as they say, the Pitta riot (fire). Vipaka (Taste is exposed to digestion): Sweet.
- Guna (quality): Light and dry.
- Doshas (impact on humor): Quietens all three doshas: vata, kapha, pitta, and is especially effective for pitta.

From - Due to its cooling nature, Amla is a universal ingredient to protect the whole body and the means of burning sensations, due to most inflammation and fever. This is an expression of the stimulation (fire) of the pitta. Amla or Amla kiwas considered the best of Ayurvedic Rejuvenative herbs. Therefore, there is a natural harmony of fruit aromas (sweet, sour, pungent, bitter and astringent), which activates the brain and rebalances three basic elements of all physiological processes: water, fire, and air in the body [3]. In traditional folk remedies, fruits have a variety of beneficial antipyretic, carminative, cooling, digestive, diuretic, dyspepsia, laxative, ophthalmic, rejuvenative, stomachic, and tonic. It is also useful for asthma, bronchitis, cardiac disorders, cough, diabetes, diarrhea, dyspepsia, flatulence, hemorrhage, hair tonic, inflammations, leprosy, peptic ulcer, skin diseases, and other diseases [3].

Conclusion

In this study, Amla is readily identifiable as a seasonal source of livelihood and economic support for tribal people living in forest blocks of Chhura, Gariaband, and Mainpur. This plays a key role in including women in the rural economy, as it

is used not only to complete family incomes during the season outside the farm, but also participates primarily in Amla collections, transformations, and localized trade. Despite the fact that they are important, Amla's economic benefits are limited from obstacles such as obstacles to market access, low-cost sales, and lack of infrastructure, to add ripe age costs and dependencies. This study shows that when Van Dhan Kendras or Self-Help Groups (SHGs) is present, tribal households can earn more money and participate in more structured commercial practices. According to such regimes on Van Dhan Yojana and Forest Rights Act (FRA), there is great potential to improve the importance of the existence of Amla by promoting sustainable harvesting, local treatment, business community models and political initiatives. Therefore, targeted institutional support, training and market linkages allow Amla to support sustainable forest development and expansion of tribal rights and capabilities in Gariaband and other parts of India.

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