

A MEDICINAL COMPOSITION OF EXTRACT OF SEED OF *EMBLICA OFFICINALIS* AND METHOD OF PREPARING THE SAME

FIELD

The disclosure relates a medicinal composition of the extract of seed of *Emblica officinalis*, a method of preparing a composition consisting of extract of seed of *Emblica officinalis* more particularly which has application as a nutraceutical or pharmaceutical for reducing the total cholesterol, reducing triglyceride, reducing blood glucose level, enhancing HDL-Cholesterol, increasing the HDL-Cholesterol to total cholesterol ratio, lowering LDL-Cholesterol levels, reducing the CRP level, decreasing the intima media thickening, reducing hair fall in mammals especially human beings. The composition is effective even at lower dosage for reducing the total cholesterol, reducing triglyceride, reducing blood glucose level, enhancing HDL-Cholesterol levels, increasing the HDL-Cholesterol to total cholesterol ratio, lowering LDL-Cholesterol levels, reducing the CRP level, decreasing the intima media thickening and reducing hair fall.

BACKGROUND

Amla (or Amlaka, Amlaki, or other variants) is one of the most frequently used of the Ayurvedic herbs; it is the fruit of *Phyllanthus emblica*, also called *Emblica officinalis*. The fruit is similar in appearance to the common gooseberry (*Ribes* spp., a type of currant), which is botanically unrelated to amla. However, due to the similar appearance of the fruit clusters, amla is usually called the "Indian gooseberry." The plant, a member of the Euphorbiaceae, grows to become a medium-sized tree that is found growing in the plains and sub-mountain regions all over the Indian subcontinent from 200 to nearly 2000 meters above sea level. Indian gooseberry is a wonder herbs and one of the precious gifts of nature to man. It contributes towards health and longevity.

Emblica officinalis (EO) enjoys a hallowed position in Ayurveda- an Indian indigenous system of medicine. According to ancient Indian mythology, it is the

first tree to be created in the universe. *Emblica officinalis* fruit is one of the key constituents of the celebrated Ayurvedic preparation, Chyavanaprash, used in India for thousands of years as a vitalizing and rejuvenating health tonic. According to Ayurveda, amla balances all three doshas. While amla is unusual in
5 that it contains five out of the six tastes recognized by Ayurved, it is most important to recognize the effects of the "virya", or potency, and "vipaka", or post-digestive effect. The fruits of EO are widely used in the Ayurveda and are believed to increase defense against diseases. I

Coronary heart disease (CHD) continues to be the major cause of premature
10 death in most developed and developing countries. A low level of HDL cholesterol is the second most important risk factor for CHD, as demonstrated in numerous clinical and epidemiological studies (Gorden, D. and Rifkind, H. M., N. Engl. J. Med., 1989, 321:1311-1315; Brewer, Jr., H. B., New Engl. J. Med, 2004, 350:1491-94) and HDL has emerged, during the past decade, as a new
15 potential target for the treatment of cardiovascular diseases. The key role of HDL as a carrier of excess cellular cholesterol in the reverse cholesterol transport pathway is believed to provide protection against atherosclerosis. In reverse cholesterol transport, peripheral tissues, for example, vessel-wall macrophages, remove their excess cholesterol through the ATP-binding cassette transporter I
20 (ABCA1) to poorly lipidated apolipoprotein A-I, forming pre- β -HDL. Lecithin-cholesterol acyltransferase then esterifies free cholesterol to cholesteryl esters, converting pre- β -HDL to mature spherical α -HDL.

HDL cholesterol is transported to the liver by two pathways: 1) it is delivered directly to the liver through interaction with the scavenger receptor, class B, type
25 I (SR-BI); 2) cholesteryl esters in HDL are transferred by the cholesterol ester transferase protein (CETP) to very-low-density-lipoproteins (VLDL) and low-density lipoproteins (LDL) and are then returned to the liver through the LDL receptor. HDL cholesterol that is taken up by the liver is then excreted in the form of bile acids and cholesterol, completing the process of reverse cholesterol
30 transport (Brewer, H. B. Jr., Arterioscl. Thromb. Vasc. Biol., 2004, 24:387-91).

HDL is believed to have the ability to remove cholesterol from macrophages, thus preventing the formation of foam cells.

A second beneficial role of HDL in atherosclerosis is in protecting LDL from oxidation (Navab, M. et al, *Circulation*, 2002, 105:290-92). Unlike normal LDL, oxidized LDL is readily taken up by macrophage scavenger receptor SR-A or CD36 resulting in the formation of foam cells. Foam cells are a major component of the early atherosclerotic lesion. Further, HDL may slow the progression of lesions by selectively decreasing the production of endothelial cell-adhesion molecules that facilitate the uptake of cells into the vessel wall (Barter, P. J., et al, *Curr. Opin. Lipid*, 2002, 13:285-88). HDL may also prolong the half-life of prostacycline and preserve its vasodilatory effect (Mackness, M. I. et al, *Atherosclerosis*, 1993, 104:129-35).

Several lines of evidence support the concept that increasing the HDL level may provide protection against the development of atherosclerosis. Epidemiologic studies have shown an inverse relation between HDL cholesterol levels and the risk of cardiovascular disease. Increasing the HDL cholesterol level by 1 mg may reduce the risk of cardiovascular disease by 2 to 3 per cent. Over expressing the apo-A-I gene in transgenic mice and rabbits and infusing complexes consisting of apo A-I and phospholipids into hyperlipidemic rabbits increase HDL cholesterol levels and decrease the development of atherosclerosis (Brewer, H B, Jr., loc. cit). In humans, infusing either of these complexes or pro-apo-A-I results in short term increase in HDL cholesterol, biliary cholesterol and fecal cholesterol loss, reinforcing the concept that elevating the HDL cholesterol level decreases the risk of cardiovascular disease.

More than 40 per cent of patients with myocardial infarction have low HDL-C as a cardiac risk factor. (Genest, J. J., et al, *Am. J. Cardiol.*, 1991, 67:1185-89). In the prospective and multicentric European Concerted Action on Thrombosis and Disabilities (ECAT) Angina Pectoris Study, Bolibar et al (*Thromb. Haemost.*, 2000, 84:955-61) identified low HDL-C and low apoA-I as the most important

biochemical risk factors for coronary events in patients with angiographically assessed CHD. By convention, the risk threshold value of HDL-C has been defined as 35 mg/dL (0.9 mmol/L) in men and 45 mg/dL (1.15 mmol/L) in women [Expert panel on detection, evaluation and treatment of high blood cholesterol in adults. The second report of the National Cholesterol Education Program (NCEP) expert panel on detection, evaluation and treatment of high blood cholesterol in adults (Adult Treatment Panel II). *Circulation*. 1994; 89:1329-1445)]. Because of interaction, the strength of the association between HDL-C and cardiovascular risk depends on the presence of additional risk factors. Therefore, threshold values are higher in men with diabetes mellitus or hypercholesterolemia or in the presence of multiple risk factors (von Eckardstein A, and Assmann G. *Curr Opin Lipidol*. 2000; 11:627-637). Low HDL-C has been identified as the most frequent familial dyslipoproteinemia in patients with premature myocardial infarction (Genest, J. J. Jr., *Circulation*. 1992; 85:2025-2033). Finally, in the Helsinki Heart Study (Manninen, V. et al, *Circulation*. 1992; 85:37-45) and the High-Density-Lipoprotein Cholesterol Intervention Trial of the Department of Veterans Affairs (VA-HIT) study (Rubins, H. B. et al, *N Engl J Med*. 1999; 341:410-418), increases of HDL-C on treatment with gemfibrozil were correlated with the prevention of CHD events. Thus, HDL-C has become an important component of algorithms to assess the global cardiovascular risk of patients and also a target for therapeutic intervention and for the definition of treatment goals.

Strategies to correct dyslipidemia in atherosclerosis generally involve diet and/or drugs. The threshold serum total cholesterol and LDL cholesterol concentrations above which diet and drug therapy should be initiated, as well as the goals of therapy, have been defined by the National Cholesterol Education Program (JAMA, 1993, 269:3015-23). The target serum LDL-C is <160 mg/dl (4.3 mmol/l) for patients with no risk factors or only one risk factor for CHD; <130 mg/dl (3.4 mmol/l) for patients with 2 or more risk factors and less than 100 mg/dl (2.6 mmol/l) for those with CHD. Persons with diabetes also fall into the

third category. A reasonable target for triglyceride concentration is 200 mg/dl or less; higher values are associated with a doubling of the risk of cardiovascular disease when serum cholesterol concentration exceeds 240 mg/dl or when the LDL-C/HDL-C ratio exceeds 5:1.

- 5 A number of studies have shown that reducing serum LDL-C below the target levels does not necessarily result in proportional reduction in the risk of CHD [(The Scandinavian Simvastatin Survival Study Group. Randomized trial of cholesterol lowering in 4444 patients with coronary heart disease, *Lancet*, 1994, 344:1383-89; Shepherd, J. et al, *N. Engl. J. Med.*, 1995, 333:1301-7; Sachs, F. M. et al, *N. Engl. J. Med.*, 1998, 315:1001-9; *Circulation*, 1998, 97:1446-52; The West of Scotland Coronary Prevention Study Group, *Circulation*, 1998, 97:1440-45; Pederson, T. R., *Circulation*, 1998, 97:1453-60] because of the attenuation of the cholesterol-heart disease relation at lower serum cholesterol concentrations (Grundey, S. M., *Circulation*, 1998, 97:1436-39).
- 10
- 15 Dietary treatment of hyperlipidemia is a necessary foundation for drug treatment. Depending on the degree of hyperlipidemia, the Step I and Step II diets can be introduced sequentially. The Step II diet contains no more than 30% of calories from fat, less than 7% of calories from saturated fatty acids and less than 200 mg of cholesterol per day. In long term studies, the Step II diet decreased serum
- 20 LDL-C concentrations 8-15% (Knopp, R. H., et al, *JAMA*, 1997, 278:1509-15; Walden, C. E., *Arterioscl. Thromb. Vasc. Biol.*, 1997, 17:375-82; Denke, M. A., *Arch. Intern. Med.*, 1995, 156:17-26). Diets more restricted in fat than the Step II diet result in little additional reduction in LDL-C, raise serum TG concentration and lower HDL-C.
- 25 The point to note, from the above, is that reducing LDL-C alone is of little value in reducing the risk of CHD. Further, diets meant for reducing LDL-C may reduce HDL-C to a similar degree (Hunninghake, D. B. et al, *N. Engl. J. Med.*, 1993, 328:1213-19; Schaefer, E. J., et al, *Arterioscl. Thromb. Vasc. Biol.*, 1995, 15:1079-85); Stefanick, M. L., *N. Engl. J. Med.*, 1998, 339:12-20).

Drug therapy is resorted to when the desired effects are not achieved with diets alone. Statins are the most popular among the lipid lowering drugs. These drugs lower serum LDL-C concentrations by upregulating LDL-receptor activity as well as reducing the entry of LDL into the circulation. The maximal reductions achieved with a statin ranges from 24-60%. Statins also reduce the serum TG levels; but they are often insufficient. Statins are ineffective in the treatment of patients with chylomicronemia. Adverse effects of statins include, gastrointestinal upset, muscle aches and hepatitis. Rarer problems include myopathy (muscle pain with serum creatine kinase concentrations more than 1,000 U per litre), rashes, peripheral neuropathy, insomnia, bad or vivid dreams and difficulty in sleeping or concentrating (Abramowicz, M., Med Lett., 1996, 38:67-70; Vgontzas, A. N. et al, Clin. Pharmacol. Ther., 1991, 50:730-37; Roth, T. et al, Clin. Cardiol., 1992, 15:426-32; Partinen, M. et al, Am. J. Cardiol., 1994, 73:876-80). Other lipid-lowering drugs include bile acid-binding resins (e.g. cholesteramine and colestipol), nicotinic acid, and fibrates.

Drug therapy is not recommended for premenopausal women and men under 35 years of age unless they have serum LDL-C concentrations of more than 220 mg/dl (5.7 mmol/l), because their immediate risk of heart disease is low [Summary of the second report of the National Cholesterol Education Program (NCEP): expert panel on detection, evaluation and treatment of high blood cholesterol in adults, JAMA, 1993, 269:3015-23].

Thus, diets alone or in conjunction with lipid lowering drugs fail to yield the desired goal of safe lipid lowering. However, this goal is achievable with the present inventive composition containing the active principles of seed of *Emblica officinalis*. *Emblica* has been in safe use in India for thousands of years as component of Ayurvedic preparations. The composition from seed of *Emblica officinalis* offers the twin benefits of reducing the harmful LDL cholesterol and enhancing the desirable HDL cholesterol.

A number of studies have shown that *Emblica officinalis* is useful for reducing total cholesterol, reducing triglyceride, reducing LDL cholesterol and enhancing HDL cholesterol.

Ritu Mathur et al show the hypolipidaemic effect of fruit juice of *Emblica officinalis* in cholesterol fed rabbits. The juice is obtained from deseeded *Emblica officinalis*. US6124268, Ghosal discloses a natural antioxidant composition from *Emblica officinalis* using pericarp of fresh berries (*Emblica officinalis*). Biswas Gopa et al show the hypolipidemic efficacy of Amla (*Emblica officinalis*). The Amla used is dried Amla fruit juice powder. Muhammed et al evaluated the anti-hyperglycemic and lipid-lowering properties of *Emblica officinalis* powder in normal and diabetic human volunteers. Zhang et al discloses the phenolic constituents of *Emblica officinalis* juice. Chatterjee et al discloses a novel compounds with hypocholesteremic activity from crude *Embilica officinialis* (EO) fruit extracts. US patent 7780996, 8158167 and 8455020 discloses the method of reducing cholesterol, method of treating dyslipidemia and method of reducing triglyceride by extract of *Emblica officinalis*.

Amla is a fruit with wide range of medicinal properties. Our effort was to find the most bioactive molecule/(s) or purified fraction having bioactivity from Amla fruit. The fleshy part (pericarp) of Amla fruit is used for human consumption whereas Amla seeds are not edible and discarded. We evaluated different Amla extracts. Extracts prepared from fresh fruit of Amla; fruit juice of whole Amla including the fleshy part and seeds of Amla; juice of fleshy part (pericarp); dried fruit; flesh of Amla fruit without seed; or Amla seed alone were evaluated for anti hyperlipidemic activity. The methanol extract of all groups showed beneficial activity, but the most unexpected and superior result was obtained from the Amla seed alone extract. Amla seed alone extract was able to significantly reduce the total cholesterol, LDL cholesterol, triglycerides, VLDL cholesterol and enhance the HDL cholesterol levels. Though Amla seed is not known to have any history of human consumption, we followed the lead with various extracts of Amla seed and found that the ethyl acetate portion of Amla seed extract is the most active.

The ethyl acetate part was showing far superior activity compared to other extracts with Amla seed and also against other extracts of Amla.

In view of the above, the disclosure provides a composition and method of preparing an extract from the seed of *Emblica officinalis* unlike other references
5 where the extract is prepared from *Emblica officinalis*, especially from its fruits which found its application for the treatment of reducing bad cholesterol, dyslipidemia and for reducing triglyceride. The disclosure provides a method of preparation of an extract of *Emblica officinalis* from the seed of *Emblica officinalis* and composition derived contain polyphenolic components and
10 lipophilic components. The extract prepared from the seed of *Emblica officinalis* is useful for decreasing total cholesterol, decreasing triglyceride, reducing blood glucose level, enhancing HDL-Cholesterol level, increasing the HDL-Cholesterol to total cholesterol ratio, lowering LDL-Cholesterol level, reducing the CRP level, decreasing the intima media thickening even at a lower dosage level. The
15 extract prepared from the seed of *Emblica officinalis* is useful for reducing hair fall in humans by applying topically or by oral administration.

SUMMARY

The disclosure provides a medicinal composition of the extracts of seed of *Emblica officinalis* (Amla seed extract). The Amla seed extract composition has
20 applications as a nutraceutical or pharmaceutical including for reducing the total cholesterol, reducing triglyceride, reducing blood glucose level, enhancing HDL-Cholesterol level, increasing the HDL-Cholesterol to total cholesterol ratio, lowering LDL-Cholesterol level, reducing the CRP level, decreasing the intima media thickening and reducing hair fall in mammals especially human beings.

25 The composition of the extracts of seed of *Emblica officinalis* is superior compared to extract from fruits of *Emblica officinalis* for indications including decreasing total cholesterol, decreasing triglyceride, decreasing blood glucose level, enhancing HDL-Cholesterol level, increasing the HDL-Cholesterol to total

cholesterol ratio, lowering LDL-Cholesterol levels, decreasing CRP level, decreasing the intima media thickening and decreasing hair fall.

When same dosages of Amla seed extract or Amla fruit extract were administered, Amla seed extract showed superior results compared to Amla fruit
5 extract.

Even if the dosage of Amla fruit extract was increased compared to Amla seed extract, Amla seed extract administration showed superior results compared to Amla fruit extract.

Some embodiments provide an amla seed blend composition (also referred to
10 amla seed blend or Product 3). Product 3 is a blend of Product 1 and Product 2. Product 1 includes alpha linolenic acid, linoleic acid and oleic acid. Product 2 includes triterpenoids and hydroxycinnamic acids. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 ranging from about 1:60 to about 99:1.

15 The disclosure provides a method of preparing extracts of seed of *Emblica officinalis*. In some embodiments, the disclosed extracts of seed of *Emblica officinalis* can be used as a nutraceutical. In some embodiments, the disclosed extracts of seed of *Emblica officinalis* can be used as a pharmaceutical. In some
20 embodiments, administering the disclosed extracts of seed of *Emblica officinalis* decreased the total cholesterol level. In some embodiments, administering the disclosed extracts of seed of *Emblica officinalis* decreased triglyceride level. In some embodiments, administering the disclosed extracts of seed of *Emblica officinalis* decreased blood glucose level. In some embodiments, administering the disclosed extracts of seed of *Emblica officinalis* increased level of HDL-
25 Cholesterol. In some embodiments, administering the disclosed extracts of seed of *Emblica officinalis* increased the HDL-Cholesterol to total cholesterol ratio. In some embodiments, administering the disclosed extracts of seed of *Emblica officinalis* lowered LDL-Cholesterol level. In some embodiments, administering the disclosed extracts of seed of *Emblica officinalis* decreased the CRP level. In

some embodiments, administering the disclosed extracts of seed of *Emblica officinalis* decreased thickening of the intima media thickening. In some embodiments, administering the disclosed extracts of seed of *Emblica officinalis* decreased hair fall.

- 5 In some embodiments, a method of producing the extract of seed of *Emblica officinalis* is disclosed. The method includes selecting the raw material (fresh fruit of *Emblica officinalis*), followed by deseeding the fruits of *Emblica officinalis*. Then the seeds of *Emblica officinalis* are crushed and extracted with solvents. Solvents include methanol, ethanol, isopropanol, n-butanol, methyl acetate, ethyl
10 acetate, propyl acetate, n-butyl acetate and combinations thereof to obtain mixture. The mixture is filtered. The filtrate is concentrated to obtain a concentrated extract. The concentrated extract is dried to form a dried extract. The dried extract is macerated with water and partitioned with ethyl acetate. The ethyl acetate part and aqueous part are formed and collect the ethyl acetate part.
15 Ethyl acetate part is concentrated and dried to form powder of ethyl acetate extract of seed of *Emblica officinalis*.

The extract of seed of *Emblica officinalis* can be prepared from fresh or dried seed of *Emblica officinalis*.

- The disclosure also provides a dosage form of the extract of seed of *Emblica*
20 *officinalis*. The disclosure provides a dosage form of an extract of seed of *Emblica officinalis* for oral administration. Dosage forms of the extract are selected from the group consisting of a capsule, tablet, granule, sachet, powder, paste, ointment, infusion, injection, ampoule, solution, suspension, emulsion, pills, oil, cream etc.

- Further a dosage form of an extract of seed of *Emblica officinalis* is disclosed for
25 administering in a dosage ranging from about 5 mg to about 500 mg to a human subject.

BRIEF DESCRIPTION OF THE DRAWINGS

The above objectives and advantages of the disclosed teachings will become more apparent by describing in detail preferred embodiments thereof with reference to the attached drawings in which:

- 5 Fig.1: Flow chart depicting a method of preparation of ethyl acetate extract of methanol extract of seed of *Emblica officinalis*.
Fig.2: Flow chart depicting a method of preparation of ethyl acetate extract of seed of *Emblica officinalis*.
Fig.3: Flow chart depicting a method of preparation of pectinase treated water
10 extract of fruits of *Emblica officinalis*.
Fig.4: Flow chart depicting a method of preparation of alcoholic extract of fruits of *Emblica officinalis*.
Fig.5: Flow chart depicting a method of preparation of pectinase treated water extract of fruits of *Emblica officinalis* without seed.
15 Fig.6: Flow chart depicting a method of preparation of alcoholic extract of fruits of *Emblica officinalis* without seed.
Fig.7: Flow chart depicting a method of preparation of powder of dried seed of *Emblica officinalis*.
Fig.8: Flow chart depicting a method of preparation of powder of water extract of
20 dried seed of *Emblica officinalis*.
Fig.9: Flow chart depicting a method of preparation of powder of methanol extract of dried seed of *Emblica officinalis*.
Fig.10: Flow chart depicting a method of preparation of powder of fruit of *Emblica officinalis*.
25 Fig.11: Flow chart depicting a method of preparation of powder of water extract of fruit of *Emblica officinalis*.

Fig.12: Flow chart depicting a method of preparation of powder of methanol extract of fruit of *Emblica officinalis*.

Fig.13: Flow chart depicting a method of preparation of Amla seed blend composition.

5 DETAILED DESCRIPTION

The disclosure provides an extract of seed of *Emblica officinalis*. The disclosure also provides amla seed extract blend compositions.

The disclosure provides seed extracts of *Emblica officinalis* prepared from fresh or dry seeds of *Emblica officinalis*. In some embodiments, the disclosed extracts of seed of *Emblica officinalis* can be used as a nutraceutical. In some
10 embodiments, the disclosed extracts of seed of *Emblica officinalis* can be used as a pharmaceutical. In some embodiments, administering the disclosed extracts of seed of *Emblica officinalis* decreased the total cholesterol level. In some
15 embodiments, administering the disclosed extracts of seed of *Emblica officinalis* decreased triglyceride level. In some embodiments, administering the disclosed extracts of seed of *Emblica officinalis* decreased blood glucose level. In some
20 embodiments, administering the disclosed extracts of seed of *Emblica officinalis* increased level of HDL-Cholesterol. In some embodiments, administering the disclosed extracts of seed of *Emblica officinalis* increased the HDL-Cholesterol
25 to total cholesterol ratio. In some embodiments, administering the disclosed extracts of seed of *Emblica officinalis* lowered LDL-Cholesterol level. In some
embodiments, administering the disclosed extracts of seed of *Emblica officinalis* decreased the CRP level. In some embodiments, administering the disclosed
extracts of seed of *Emblica officinalis* decreased thickening of the intima media
thickening. In some embodiments, administering the disclosed extracts of seed of
Emblica officinalis decreased hair fall.

In some embodiments, administering the disclosed extracts of seed of *Emblica officinalis* promoted hair growth.

The composition of the extracts of seed of *Emblica officinalis* is superior compared to extract from fruits of *Emblica officinalis* for reducing the total cholesterol, reducing triglyceride, reducing blood glucose level, enhancing HDL-Cholesterol level, increasing the HDL-Cholesterol to total cholesterol ratio, lowering LDL-Cholesterol levels, reducing the CRP level, decreasing the intima media thickening reducing hair fall and promoting hair growth.

When same dosages of Amla seed extract or Amla fruit extract were administered, Amla seed extract administration showed superior results compared to administering Amla fruit extract.

Even if the dosage of Amla fruit extract was increased compared to Amla seed extract, Amla seed extract administration showed superior results compared to Amla fruit extract.

Some embodiments provide an extract of seeds of *Emblica officinalis*. The extract of *Emblica officinalis* includes triterpenoids, hydroxycinnamic acids, fatty acids and polyphenols. The triterpenoids includes beta sito sterol, beta amyrin and lupeol. The hydroxycinnamic acids include ferulic acid and p coumaric acid. The fatty acids include alpha linolenic acid, linoleic acid, oleic acid, stearic acid and palmitic acid. In some embodiments, the extract prepared from seed of *Emblica officinalis* includes polyphenolic components and lipophilic components.

In some embodiments of the extract of seeds of *Emblica officinalis*, triterpenoids ranges from about 0.5 to about 20% of the extract. In some embodiments, the extract of seeds of *Emblica officinalis* has about 0.5% to about 5% of hydroxy cinnamic acids. In some embodiments, the extract of seeds of *Emblica officinalis* has about 25% to about 50% of fatty acids. In some embodiments, the extract of seeds of *Emblica officinalis* has about 10% to about 95% of polyphenols. In some embodiments, the extract of seeds of *Emblica officinalis* has about 10% to about 20% of polyphenols. Some embodiments provide an extract of seeds of *Emblica officinalis* having about 0.5 to about 20% triterpenoids, about 25% to about 50%

fatty acids and about 10% to about 20% polyphenol. The triterpenoids include beta sito sterol, beta amyrin and lupeol, the hydroxycinnamic acids include ferulic acid and p -coumaric acid, the fatty acids include alpha linolenic acid, linoleic acid, oleic acid, stearic acid and palmitic acid, and about 2.5% to about
5 50% of the polyphenols are hydroxycinnamic acids.

In some embodiments, the extract of seeds of *Emblica officinalis* has about 9.5% triterpenoids. In some embodiments, the extract of seeds of *Emblica officinalis* has about 4.3% of hydroxycinnamic acids. In some embodiments, the extract of seeds of *Emblica officinalis* has about 41.8% fatty acids. In some embodiments,
10 the extract of seeds of *Emblica officinalis* has about 15% polyphenols.

Some embodiments provide a seed extract product having the extract of seed of *Emblica officinalis*. The seed extract product includes fillers such as lactose, spray dried lactose, starch, dibasic calcium phosphate, tribasic calcium phosphate, microcrystalline cellulose, hydroxy propyl methyl cellulose, or
15 calcium carbonate.

The disclosure relates to a composition having polyphenolic and lipophilic components obtained from extract of seed of *Emblica officinalis* wherein the polyphenolic components present in the extract of seed of *Emblica officinalis* ranges from 10% to 95%. Similarly the extract of seed of *Emblica officinalis*
20 contains lipophilic components ranges from 5% and above.

Some embodiments provide a method of preparing an extract of seeds of *Emblica officinalis*. The method includes deseeding fresh fruits of *Emblica officinalis* to obtain seeds of *Emblica officinalis*. The seeds are crushed. The crushed seeds are extracted with 95% methanol to obtain a residue and a supernatant. The
25 supernatant is concentrated to obtain a concentrated methanol extract. The concentrated methanol extract is dried to obtain a powder of methanol extract of seeds of *Emblica officinalis*. The method further includes macerating the powder of methanol extract of seeds of *Emblica officinalis* in water to obtain a liquid. The liquid is extracted with ethyl acetate to obtain an ethyl acetate phase. The ethyl

acetate phase is concentrated to obtain a concentrated ethyl acetate phase. The concentrated ethyl acetate phase is dried to obtain a powder of ethyl acetate extract of methanol extract of seed of *Emblica officinalis*.

Some embodiments provide a method of preparing an extract of seeds of *Emblica officinalis*. The method includes deseeding fresh fruits of *Emblica officinalis* to obtain seeds of *Emblica officinalis*. The seeds are crushed. The crushed seeds are extracted with ethyl acetate to obtain a supernatant. The supernatant is concentrated to obtain a concentrated ethyl acetate extract. The concentrated ethyl acetate extract is dried to obtain a powder of ethyl acetate extract of seeds of *Emblica officinalis*.

In some embodiments, the fresh fruit of *Emblica officinalis* is cleaned and deseeded. Seeds are crushed and extracted for about 1hr using methanol in an extractor with reflux condenser to obtain residue and supernatant. The residue and supernatant is separated by draining out the supernatant from the extractor bottom through the filter cloth. The resultant supernatant is concentrated in an Agitated thin film evaporator (ATFE) at a temperature of 65°C to form concentrated extract. Later the concentrated extract is dried under vacuum at above 500 mm of mercury to form powder of methanol extract of seed of *Emblica Officinalis*.

The powder of methanol extract of seed of *Emblica officinalis* is macerated with water and partitioned with ethyl acetate. Collect the ethyl acetate part. Concentrate the ethyl acetate part in an Agitated thin film evaporator and dried under vacuum at above 500 mm of mercury to form powder of ethyl acetate extract of methanol extract of seed of *Emblica officinalis*. [Fig: 1]

In one embodiment fresh fruit of *Emblica officinalis* is cleaned and deseeded. Seeds are crushed and extracted for 5 hrs using ethyl acetate at 78°C in a Soxhlet extractor and then filtered. The resultant extract is concentrated in an Agitated thin film evaporator (ATFE) at a temperature of 75°C to form concentrated extract. Later the concentrated extract is dried under vacuum at above 500 mm of

mercury to form powder of ethyl acetate extract of seed of *Emblica officinalis*. [Fig: 2]

In another embodiment the method of manufacture of a powder of a pectinase treated water extract of fruits of *Emblica officinalis* is by pulping fruits of *Emblica officinalis* with demineralized water to create slurry. The slurry is treated with pectinase and then filtered to obtain a solution. The solution is concentrated and dried under vacuum. Dried product is pulverized and sieved through 30 mesh to obtain a powder of the pectinase treated water extract of fruits of *Emblica officinalis*. [Fig: 3]

Some embodiments disclose a method of preparing a powder of an alcoholic extract of fruits of *Emblica officinalis*. Fresh fruits of *Emblica officinalis* are pulverized and extracted for about 1 hr using 95% methanol in an extractor with reflux condenser to obtain residue and supernatant. The residue and supernatant is separated by draining out the supernatant from the extractor bottom through the filter cloth. The resultant supernatant is concentrated in an Agitated thin film evaporator (ATFE) at a temperature of 65°C to form concentrated extract. Later the concentrated extract is dried under vacuum at above 500 mm of mercury to form powder of methanol extract of fruit of *Emblica Officinalis*. [Fig: 4]

In some embodiments, a method of manufacture of a powder of a pectinase treated water extract of fruits of deseeded *Emblica officinalis* is disclosed. Fruit of deseeded *Emblica officinalis* is made into a pulp along with demineralized water to create slurry. The slurry is treated with pectinase and then filtered to obtain a solution. The solution is concentrated and dried under vacuum. The dried material is pulverized and sieved through 30 mesh to obtain a powder of the pectinase treated water extract of fruits of deseeded *Emblica officinalis*. [Fig: 5]

In another embodiment, a method of preparing a powder of an alcoholic extract of fruits of deseeded *Emblica officinalis* is disclosed. Fresh fruits of *Emblica officinalis* are deseeded and deseeded fruits are pulverized and extracted for about 1 hr using 95% methanol in an extractor with reflux condenser to obtain residue

and supernatant. The residue and supernatant is separated by draining out the supernatant from the extractor bottom through the filter cloth. The resultant supernatant is concentrated in an Agitated thin film evaporator (ATFE) at a temperature of 65°C to form concentrated extract. Later the concentrated extract
5 is dried under vacuum at above 500 mm of mercury to form powder of methanol extract of fruit of deseeded *Emblica Officinalis*. [Fig: 6]

Some embodiments provide a composition having the extract of seeds of *Emblica officinalis*. Some embodiments provide, a method of treatment by administering to a human subject about 5 mg to about 500 mg of the extract of seeds of *Emblica officinalis*. Some embodiments provide a dosage form having the extract of seeds
10 of *Emblica officinalis*. The dosage form includes a dosage of the extract of seeds of *Emblica officinalis* ranging from about 5 mg to about 500 mg. Some embodiments of the method administer a dose of about 5 mg to about 500 mg per day to a human. Some embodiments administer a dose of about 5 mg to about
15 500 mg two or three times per day to a human. In some embodiments, the extract of seed of *Emblica officinalis* is administered in a dosage of 5 mg to 100 mg in humans. The dosage form is administered in single or multiple doses per day. Some embodiments provide a dosage form such as a capsule, tablet, granule, sachet, powder, paste, ointment, infusion, injection, ampoule, solution,
20 suspension, emulsion, pills, oil, or, cream.

Some embodiments provide a method of reducing total cholesterol by administering an extract of seeds of *Emblica officinalis*. Some embodiments provide a method of reducing triglyceride by administering an extract of seeds of *Emblica officinalis*. Some embodiments provide a method of reducing blood
25 glucose level by administering an extract of seeds of *Emblica officinalis*. Some embodiments provide a method of enhancing HDL-Cholesterol by administering an extract of seeds of *Emblica officinalis*. Some embodiments provide a method of increasing a ratio of HDL cholesterol to total cholesterol by administering an extract of seeds of *Emblica officinalis*. Some embodiments provide a method of
30 lowering LDL-Cholesterol levels by administering an extract of seeds of *Emblica*

officinalis. Some embodiments provide a method of lowering VLDL by administering an extract of seeds of *Emblica officinalis*. Some embodiments provide a method of reducing CRP level by administering an extract of seeds of *Emblica officinalis*. Some embodiments provide a method of decreasing the
5 intima media thickening by administering an extract of seeds of *Emblica officinalis*. Some embodiments provide a method of reducing hair fall by administering an extract of seeds of *Emblica officinalis*.

Some embodiments provide an amla seed blend composition. Some embodiments of the amla seed blend composition are referred to as Product 3. The amla seed
10 blend composition is a blend of varying ratios of Product 1 and Product 2. Product 1 includes alpha linolenic acid, linoleic acid and oleic acid. Product 2 includes triterpenoids and hydroxycinnamic acids. Product 2 includes triterpenoids and polyphenols. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 ranging from about 1:1 to about
15 99:1. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 ranging from about 1:60 to about 99:1. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 ranging from about 1:1 to about 1:10. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 of about 2:3. In
20 some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 of about 1:2. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 of about 1:1. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 of about 3:2. In some embodiments, Product 2 and Product 1 are blended in a ratio of
25 Product 2 to Product 1 of about 10:1 or 90:9. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 of about 95:5 or 19:1. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 of about 3:1 or 75:25. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 of about 1:5. In
30 some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2

to Product 1 of about 1:10. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 of about 1:3.

In some embodiments, the blending of Product 2 and Product 1 provides an amla seed blend composition having about 6% to about 50% of triterpenoids. The triterpenoids include among others beta-sitosterol, beta amyirin and lupeol. In some embodiments, the blending of Product 2 and Product 1 provides an amla seed product having about 2% to about 20% of hydroxycinnamic acids. The hydroxycinnamic acids include ferulic acid and p-coumaric acid. In some embodiments, combining Product 2 and Product 1 results in an amla seed product having about 10% to about 60% of fatty acids. The fatty acids include unsaturated and saturated fatty acids. The unsaturated fatty acids includes alpha linolenic acid, linoleic acid and oleic acid.

Some embodiments provide a method of preparing an amla seed blend having Product 1 and the Product 2. Some embodiments provide a method of preparing the Product 1. Fresh fruits of *Emblica officinalis* are deseeded to obtain seeds of *Emblica officinalis*. The seeds are crushed. The crushed seeds are extracted with 95% methanol to obtain a residue and a supernatant. The supernatant is concentrated resulting in a concentrated methanol extract. The concentrated methanol extract is dried to obtain a powder of methanol extract of seeds of *Emblica officinalis*. The powder of methanol extract of seeds of *Emblica officinalis* is dispersed in water to obtain a dispersion. The dispersion is extracted with hexane in a liquid-liquid extractor following which a hexane and a water phase is collected. The hexane phase is concentrated to obtain a liquid form of a concentrated hexane extract. The liquid form of the concentrated hexane extract is cooled, whereby obtain precipitates or crystals are formed and a liquid portion is obtained. The liquid portion is separated from the precipitates or crystals to obtain a liquid Product 1. Some embodiments provide a method of preparing Product 2 from Amla seed. The method includes extracting the water phase collected above after hexane extraction with ethyl acetate to obtain an ethyl acetate phase. The ethyl acetate phase is concentrated to obtain a concentrated

ethyl acetate phase. The concentrated ethyl acetate phase is dried to obtain a powder of an ethyl acetate extract. The powder of ethyl acetate extract is mixed with water to obtain a liquid of powder of ethyl acetate extract. The liquid of powder of ethyl acetate extract is loaded onto an ion exchange column. The ion exchange column is eluted with water to obtain a water fraction (also referred to as Fraction 1). Next, the ion exchange column is eluted with 50% methanol to obtain a Fraction 2. Then the ion exchange column is eluted with 80% methanol to obtain a Fraction 3. Fraction 1 is concentrated to obtain a concentrate of Fraction 1. The concentrate of Fraction 1 is dried to obtain a powder of Fraction 1. Fraction 2 is concentrated to obtain a concentrate of Fraction 2. The concentrate of Fraction 2 is dried to obtain a powder of Fraction 2. Fraction 3 is concentrated to obtain a concentrate of Fraction 3. The concentrate of Fraction 3 is dried to obtain a powder of Fraction 3. The powder of Fraction 1, the powder of Fraction 2 and the powder of Fraction 3 are combined to obtain Product 2. Some embodiments of Product 2 have the powder of Fraction 1, the powder of Fraction 2 and the powder of Fraction 3 in a 0.5: 1: 0.75 ratio of Fraction 1 : Fraction 2 : Fraction 3. Product 1 includes alpha linolenic acid, linoleic acid and oleic acid. Product 2 includes triterpenoids and hydroxycinnamic acids. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 ranging from about 1:1 to about 99:1. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 ranging from about 1:60 to about 99:1. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 ranging from about 10:1 to about 1:10. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 of about 2:3. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 of about 1:2. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 of about 1:1. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 of about 3:2. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 of about 10:1 or 90:9. In some embodiments, Product 2 and Product 1 are blended in a

ratio of Product 2 to Product 1 of about 95:5 or 19:1. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 of about 3:1 or 75:25. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 of about 1:5. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 of about 1:10. In some embodiments, Product 2 and Product 1 are blended in a ratio of Product 2 to Product 1 of about 1:3.[Fig:13]

Some embodiments provide a dosage form having the amla seed blend composition, which is a blend of Product 1 and Product 2. The dosage forms include a dosage of the amla seed blend composition ranging from about 5 mg to about 500 mg per dose in human subject. The dosage form is administered in single or multiple doses per day. Some embodiments provide a dosage form such as a capsule, tablet, granule, sachet, powder, paste, ointment, infusion, injection, ampoule, solution, suspension, emulsion, pills, oil, or, cream.

Some embodiments provide an amla seed blend composition, which is a blend of Product 1 and Product 2. Some embodiments provide a method of reducing total cholesterol by administering the amla seed blend composition. Some embodiments provide a method of reducing triglyceride by administering the amla seed blend composition. Some embodiments provide a method of reducing blood glucose level by administering an amla seed blend composition. Some embodiments provide a method of enhancing HDL-Cholesterol by administering an amla seed blend composition. Some embodiments provide a method of increasing a ratio of HDL cholesterol to total cholesterol by administering an amla seed blend composition. Some embodiments provide a method of lowering LDL-Cholesterol levels by administering an amla seed blend composition. Some embodiments provide a method of lowering VLDL by administering an amla seed blend composition. Some embodiments provide a method of reducing CRP level by administering an amla seed blend composition. Some embodiments provide a method of decreasing the intima media thickening by administering an

amla seed blend composition. Some embodiments provide a method of reducing hair fall by administering an amla seed blend composition.

Example 1

Method of preparation of ethyl acetate extract of methanol extract of seed of 5 *Emblica officinalis* (Amla seed extract)

Fresh fruits of *Emblica officinalis* (Amla) were collected (500 Kg). Fruits were deseeded by deseeding machine and fresh seeds (75 Kg) were crushed through roller mill. 95% Methanol in an amount 2 times the quantity of crushed seeds was added to the crushed seeds to form a mixture for methanol extraction. The
10 extraction was performed using an extractor with reflux condenser. The bottom of the extractor was fitted with a polypropylene (100 microns) filter cloth. The mixture was refluxed for one hour at 65°C to obtain a first residue and supernatant. The residue and supernatants were separated by draining out the supernatant from the extractor bottom through the polypropylene filter cloth
15 using a centrifugal pump. After the first extraction, the first residue was further extracted with two times the quantity of methanol at 65°C to get second residue and supernatant. The second residue was further extracted with two times the quantity of methanol at 65°C to get third residue and supernatant. All the supernatants were pooled and concentrated in an Agitated thin film evaporator
20 (ATFE) at a temperature of 65°C to form concentrated methanol extract. Concentrated methanol extract was dried under vacuum at above 500 mm of mercury to obtain 5 kg of powder of methanol extract of seed of *Emblica Officinalis*.

The powder of methanol extract of seed of *Emblica officinalis* was macerated
25 with water and transferred into a liquid-liquid extractor and extracted with ethyl acetate. Ethyl acetate phase and aqueous phase were separated. After extraction ethyl acetate phase was collected. Ethyl acetate phase was concentrated in an Agitated thin film evaporator to form concentrated ethyl acetate extract. Ethyl acetate concentrate was fed into vacuum stripper and dried under vacuum at

above 500 mm of mercury to obtain 2.5 kg of powder of ethyl acetate extract of methanol extract of seed of *Emblica Officinalis*. [Fig: 1]

Example 2

5 **Method of preparation of ethyl acetate extract of seed of *Emblica officinalis* (Amla seed extract)**

Fresh fruits of *Emblica officinalis* were collected (500 Kg). Fruits were deseeded by deseeding machine and fresh seeds (75 Kg) were crushed through roller mill. Crushed seeds were filled in the Soxhlet extractor and extracted with ethyl acetate (300 L). The extraction was carried out for 5 hrs at a temperature of about
10 78° C. After the completion of extraction, the supernatant was filtered and concentrated in an Agitated thin film evaporator (ATFE) at a temperature of 75°C to form concentrated ethyl acetate extract. Concentrated ethyl acetate extract was dried under vacuum at above 500 mm of mercury to get 2 Kg of powder of ethyl acetate extract of seed of *Emblica Officinalis*. [Fig: 2]

15

Example 3

Method of preparation of pectinase treated water extract offruits of *Emblica officinalis* (Amla)

Fresh fruits of *Emblica officinalis* were collected (100 Kg). Fresh fruits of *Emblica officinalis* were pulped with demineralized water to create slurry. The
20 slurry was treated with pectinase and then filtered to obtain a solution. The solution was concentrated and dried under vacuum. Dried product (5 kg) was pulverized and sieved through 30 meshes to obtain a powder of a pectinase treated water extract of *Emblica officinalis*. [Fig: 3]

Example 4

25 **Method of preparation of alcoholic extract of fruits of *Emblica officinalis* (Amla)**

Fresh fruits of *Emblica officinalis* were collected (100 Kg). Fresh fruits of *Emblica officinalis* were pulverized. 95% Methanol in an amount 2 times the quantity (200L) of pulverized fruits were added to form a mixture for methanol extraction. The extraction was performed using an extractor with reflux condenser. The bottom of the extractor was fitted with a polypropylene (100 microns) filter cloth. The mixture was refluxed for one hour at 65°C to obtain a first residue and supernatant. The residue and supernatants were separated by draining out the supernatant from the extractor bottom through the polypropylene filter cloth using a centrifugal pump. After the first extraction, the first residue was further extracted with two times the quantity of methanol at 65°C to get second residue and supernatant. The second residue was further extracted with two times the quantity of methanol at 65°C to get third residue and supernatant. All the supernatants were pooled and concentrated in an Agitated thin film evaporator (ATFE) at a temperature of 65°C to form concentrated methanol extract. Concentrated methanol extract was dried under vacuum at above 500 mm of mercury to obtain 5 kilograms of powder of methanol extract of fruit of *Emblica Officinalis*. [Fig: 4]

Example 5

Method of preparation of pectinase treated water extract of deseeded *Emblica officinalis* (Amla)

Fresh fruits of *Emblica officinalis* were collected (100 Kg). Fresh fruits of *Emblica officinalis* were deseeded by deseeding machine. Deseeded *Emblica officinalis* fruits (85 Kg) were pulped with demineralized water to create slurry. The slurry was treated with pectinase and then filtered to obtain a solution. The solution was concentrated and dried under vacuum. Dried product (4 kg) was pulverized and sieved through 30 meshes to obtain a powder of a pectinase treated water extract of deseeded *Emblica officinalis*. [Fig:5]

Example 6

Method of preparation of alcoholic extract of deseeded *Emblica officinalis* (Amla)

Fresh fruits of *Emblica officinalis* were collected (100 Kg). Fresh fruits of
5 *Emblica officinalis* were deseeded by deseeding machine. Deseeded *Emblica officinalis* fruits (85 Kg) were pulverized. 95% methanol in an amount 2 times the quantity (170L) of pulverized fruits was added to form a mixture for methanol extraction. The extraction was performed using an extractor with reflux condenser. The bottom of the extractor was fitted with a polypropylene (100
10 microns) filter cloth. The mixture was refluxed for one hour at 65°C to obtain a first residue and supernatant. The residue and supernatants were separated by draining out the supernatant from the extractor bottom through the polypropylene filter cloth using a centrifugal pump. After the first extraction, the first residue was further extracted with two times the quantity of methanol at 65°C to get
15 second residue and supernatant. The second residue was further extracted with two times the quantity of methanol at 65°C to get third residue and supernatant. All the supernatants were pooled and concentrated in an Agitated thin film evaporator (ATFE) at a temperature of 65°C to form concentrated methanol extract. Concentrated methanol extract was dried under vacuum at above 500 mm
20 of mercury to obtain 3.5 kilograms of powder of methanol extract of deseeded fruit of *Emblica Officinalis*. [Fig:6]

Example 7

Method of preparation of powder of dried Amla seed

Fresh fruits of *Emblica officinalis* (Amla) were collected (10Kg). Fruits were
25 deseeded by deseeding machine and fresh seeds (1.5Kg) were dried in tray drier at 40°C. The dried material was powdered to obtain a powder of dried seed of *Emblica officinalis* (0.75kg). [Fig: 7]

Example 8

Method of preparation of water extract of dried Amla seed

Fresh fruits of *Emblica officinalis* (Amla) were collected (500 Kg). Fruits were deseeded by deseeding machine and fresh seeds (75 Kg) were dried in tray drier at 40°C. The dried seeds were crushed and charged in to an extractor. Around 200
5 Litres of water was added into the crushed seed and kept for a contact time of 3hrs. Then the water part was collected and fresh water was again added into seeds and repeated the extraction thrice. All the water parts were pooled, filtered and concentrated in an evaporator, when the concentrated water extract of dried
10 seed reached the bottom of the vessel, the concentrate was fed into drier and dried under vacuum above 500 mm of mercury. Dried product was discharged from the bottom of the vessel and pulverized to obtain a powder of the water extract of dried seed of *Emblica officinalis* (4Kg): [Fig: 8]

Example 9

15 Method of preparation of methanol extract of dried Amla seed

Fresh fruits of *Emblica officinalis* (Amla) were collected (500 Kg). Fruits were deseeded by deseeding machine and fresh seeds (75 Kg) were dried in tray drier at 40°C. The dried seeds were crushed and charged into an extractor. Around 200
20 litres of 95% methyl alcohol was pumped into the extractor and kept for a contact time of 3 hours. Then the solvent part (methanol part) was collected and fresh methyl alcohol pumped again into the extractor and extraction repeated thrice. All the extracts (methanol part) were pooled, filtered and dried in an Agitated thin film drier (ATFD) which was working under vacuum 700mm Mercury. Dried product was discharged from the bottom of the vessel and then pulverized
25 to obtain of powder of an alcoholic extract of seed of *Emblica officinalis* (5Kg). [Fig: 9]

Example 10

Method of preparation of powder of dried Amla fruit

Fresh fruits of *Emblica officinalis* 100kgs were washed and chopped into flakes and dried in a hot air oven at around 110°C for 10 hours. The dried material (9 kg) was powdered to obtain a powder of dried fruits of *Emblica officinalis*. [Fig: 10]

Example 11

Method of preparation of water extract of dried Amla fruit

Fresh fruits of *Emblica officinalis* were collected (100kg). Fresh fruits were washed and chopped into flakes and dried in a hot air oven at around 110°C for 10 hours. Dried flakes were charged in to an extractor and around 200 Liters of water was added into the dried flakes and kept for a contact time of 3hrs. Then the water part was collected and water was again added into flakes and repeated thrice. All the water parts were pooled, filtered and concentrated in an evaporator, when the concentrated water extract of dried fruit reached the bottom of the vessel, the concentrate was fed into drier and dried under vacuum above 500 mm of mercury. Dried product (6 kg) was discharged from the bottom of the vessel and pulverized to obtain a powder of the water extract of dried fruits of *Emblica officinalis*. [Fig: 11]

Example 12

Method of preparation of methanol extract of dried Amla fruit

Fresh fruits of *Emblica officinalis* were collected (100kg). Fresh fruits were washed and chopped into flakes and dried in a hot air oven at around 110°C for 10 hours. Dried flakes were charged in to an extractor and around 200 liters of 95% methyl alcohol was pumped into the extractor and kept for a contact time of 3 hours. Then the solvent part (methanol part) was collected and fresh methyl alcohol pumped again into the extractor and extraction repeated thrice. All the extracts (methanol part) were pooled, filtered and dried in an Agitated thin film

drier (ATFD) which was working under vacuum 700mm Mercury. Dried product (5 Kg) was discharged from the bottom of the vessel and then pulverized to obtain of powder of an alcoholic extract of fruits of *Emblica officinalis*. [Fig: 12]

5

Example 13

Fresh fruits of *Emblica officinalis* (Amla) were collected (500 Kg). Fruits were deseeded by deseeding machine to obtain fresh seeds of Amla. The fresh seeds (75 Kg) were crushed through roller mill. 95% Methanol in an amount 2 times
10 the quantity of crushed seeds was added to the crushed seeds to form a mixture for methanol extraction. The extraction was performed using an extractor with reflux condenser. The bottom of the extractor was fitted with a polypropylene (100 microns) filter cloth. The mixture was refluxed for one hour at 65°C to obtain a first residue and supernatant. The first residue and supernatant were
15 separated by draining out the supernatant from the extractor bottom through the polypropylene filter cloth using a centrifugal pump. After the first extraction, the first residue was further extracted with two times the quantity of methanol at 65°C to get a second residue and supernatant. The second residue was further
20 extracted with two times the quantity of methanol at 65°C to get a third residue and supernatant. All the supernatants were pooled and concentrated in an Agitated thin film evaporator (ATFE) at a temperature of 65°C to form a concentrated methanol extract. The concentrated methanol extract was dried under vacuum at above 500 mm of mercury to obtain 5 kg of powder of methanol extract of seed of *Emblica Officinalis*.

25 The powder of methanol extract of seed of *Emblica officinalis* was dispersed in water and transferred into a liquid-liquid extractor and extracted with hexane. After extraction hexane phase and aqueous phase separated. Then the hexane phase was collected through side valve. Hexane phase was concentrated in an Agitated thin film evaporator to form concentrated hexane extract (2Kg). The
30 concentrated hexane extract was cooled at 4°C and kept cold for 24 hrs. Some components of the concentrated hexane extract precipitated or crystallized by this

cooling. The crystals or precipitates were separated from the liquid cooled concentrated hexane extract by passing the cooled concentrated hexane extract through a filter press. The precipitates or crystals were found to contain high melting point components such as palmitic acid and stearic acid. 1.5 kilograms of liquid (Product 1) was obtained after passing through the cooled concentrated hexane extract in the filter press. Product 1 was found to contain unsaturated fatty acids such as alpha-linolenic acid, linolenic acid, and oleic acid.

Ethyl acetate was added to aqueous phase in a liquid-liquid extractor for extraction. After extraction ethyl acetate phase and aqueous phase were separated and ethyl acetate phase was collected through side valve. Ethyl acetate phase was concentrated in an Agitated thin film evaporator to form concentrated ethyl acetate extract. Ethyl acetate concentrate was fed into vacuum stripper and dried under vacuum at above 500 mm of mercury to obtain 2.5 kilograms of powder of ethyl acetate extract of methanol extract of seed of *Emblica Officinalis*. This extract was found to contain triterpenoids and polyphenols. Polyphenols included hydroxycinnamic acid.

Powder of ethyl acetate extract of methanol extract of seed of *Emblica officinalis* was mixed with water and loaded in a column having a FPX 66 ion-exchange resin (Rohm & Haas, Philadelphia, USA). The column chromatography was performed to further purify the triterpenoids, and, to separate hydroxycinnamic acids from other polyphenols. Column was initially eluted with water and water fraction was collected. Then the column was eluted with different concentrations of methanol (50% methanol and 80% methanol) and collected the different methanol fractions. Water fraction was concentrated and dried under vacuum to form powder of water elute of ethyl acetate extract of seed of *Emblica officinalis* (0.1kg) (Fraction 1). Fraction 1 was found to contain small amount of triterpenoids which was confirmed by HPLC. The 50% methanol fraction was concentrated and dried under vacuum to form powder of 50% methanol elute of ethyl acetate extract of seed of *Emblica officinalis* (1kg) (Fraction 2). Fraction 2 was found to contain triterpenoids and it was confirmed by HPLC.

80% methanol fraction was concentrated and dried under vacuum to form powder of 80% methanol elute of ethyl acetate extract of seed of *Emblica officinalis* (0.75 kg) (Fraction 3). Fraction 3 was found to contain hydroxycinnamic acids confirmed by HPLC method.

- 5 Fractions 1, 2 and 3 were combined to form a Product 2. Product 2 was blended with Product 1 in a 2:3 ratio to form an amla seed blend Product 3 (3.35Kg).[Fig:13] Product 3 had about 20% triterpenoids, about 11.7% hydroxycinnamic acids, about 46.2% unsaturated fatty acids and about 0.3% saturated fatty acids. Product 3 included about 9% beta sito sterol, about 6% beta
- 10 amyirin, about 5% lupeol, about 7.5% ferulic acid, about 4.2% coumaric acid, about 20.5% alpha linolenic acid, about 15.8% linolenic acid, about 9.9% oleic acid, about 0.2% stearic acid and about 0.1% palmitic acid.

Example 14

Analysis of triterpenoids by HPLC

- 15 The triterpenoids was estimated by high performance liquid chromatography (HPLC- DAD) on a C18 column (250x 4.6 mm). The mobile phase was acetonitrile used under isocratic condition with an eluent flow rate of 1 ml/min. Standard was prepared by weighing 5 mg of standards lupeol, beta amyirin and betasitosterol (95% purity) and was made up to 10 ml with acetonitrile and stored
- 20 in darkness at 4°C. Sample was prepared by weighing 50 mg of the extract and was made up to 50 ml with acetonitrile and stored in darkness at 4°C. Both the sample and standard were filtered separately through a 0.2 µm membrane filter before injection into the HPLC column. The injection volume was 20µl. The triterpenoids was detected at 210 nm. By comparing the area of standard and
- 25 sample, the percentage of triterpenoids present in the sample was quantified. (Separation and identification of some common isomeric plant triterpenoids by thin-layer chromatography and high-performance liquid chromatography, Mitja et al, J Chromatogr A 2009 Sep 18;1216(38):6662-70. doi: 0.1016/j.chroma.2009.07.038. Epub 2009 Jul 29.)

Example 15**Analysis of hydroxycinnamic acids by HPLC**

The hydroxycinnamic acids were estimated by high performance liquid chromatography (HPLC- DAD) on a C18 column (250x 4.6 mm). The mobile
5 phase was Solvent A- 1% acetic acid in water, solvent B- 1% acetic acid/water/acetonitrile (2:68:30). Gradient: 0 min. 7% B increased to 90% B. Flow rate 1 ml/min. Detection at 320 nm.

Standard was prepared by weighing 5 mg of standards ferulic acid and p-coumaric acid (95% purity) and was made up to 10 ml with methanol and stored
10 in darkness at 4°C. Sample was prepared by weighing 50 mg of extract and was made up to 50 ml with methanol and stored in darkness at 4°C. Both the sample and standard were filtered separately through a 0.2 µm membrane filter before injection into the HPLC column. The injection volume was 20µl. The hydroxycinnamic acids were detected at 320 nm. By comparing the area of
15 standard and sample, the percentage of hydroxycinnamic acids present in the sample was quantified. (A "Novel Protocol for the Analysis of Hydroxycinnamic Acids in Leaf Tissue of Chicory (*Cichorium intybus* L., Asteraceae) ,Meriem Bahri et al , the scientific world journal, volume 2012,Article ID 142983.)

20

Example 16**Analysis of fatty acids by GC**

Fatty acids were analysed by gas chromatography method. 250mg of standard oil fatty acid methyl ester was weighed in 25ml standard flask and made up to 25ml with isooctane. 1 microlitre of the standard solution was injected in GC.

25 Retention time of each component was found out.

0.3gm of the sample (extract) was weighed into a 100ml RB flask and 1.5ml of 0.5N methanolic NaOH was added. Sample was kept in a boiling water bath with a water condenser and heated at 100°C for 5 minute. Cooled and 2ml of boron tri fluoride (BF₃)-Methanol solution was added and heated at 100°C for 30minutes.
30 Cooled to 30-40°C and 5ml isooctane was added and shook vigorously for 30 seconds.

5ml of saturated NaCl solution was added immediately and shook vigorously and cooled to room temperature. Iso-octane layer was separated and aqueous layer was again extracted with iso-octane. Isooctane layers were mixed and dried. Then made up the residue to 25ml with iso-octane and 2 micro litre was injected in GC.

- 5 Retention time of each component was found out and compared with components of standard with the same retention time. By comparing the area of standard and sample, the percentage of fatty acids present in the sample was quantified. (European Pharmacopoeia, fifth edition, vol 1, ISBN: 92-871-5281-0, p-110)

10

Example 17

Determination of polyphenol content

The polyphenol was estimated by high performance liquid chromatography (HPLC- DAD) on a C18 column (250x 4.6 mm). The mobile phase was Solvent A- 0.1% Trifluoro acetic acid in water, solvent B- Methanol. Isocratic (90:10)

- 15 Flow rate 1 ml/min. Detection at 254 nm.

Standard was prepared by weighing 5 mg of standards gallic acid and ellagic acid (95% purity) and was made up to 10 ml with methanol and stored in darkness at 4°C. Sample was prepared by weighing 50 mg of the extract and was made up to 50 ml with methanol and stored in darkness at 4°C. Both the sample and standard
20 were filtered separately through a 0.2 µm membrane filter before injection into the HPLC column. The injection volume was 20µl. The polyphenol was detected at 254 nm. By comparing the area of standard and sample, the percentage of polyphenol present in the sample was quantified. (HPLC Profiles of Standard Phenolic Compounds Present in Medicinal Plants, Gupta et al, International
25 Journal of Pharmacognosy and Phytochemical Research 2012; 4(3); 162-167.)

Example 18

Screening of hypolipidemic activity of amla seed extract using Triton WR 1339 induced dyslipidemia model

Twenty four male Albino rats (Sprague Dawley strain) weighing approximate 250-300 gm were selected for the study. The animals were kept in the animal house maintained at temp $24\pm 2^{\circ}\text{C}$, 65% relative humidity and 12 hr light/dark cycle. The rats were acclimatized for two weeks and during this period they had
5 access to standard pellet diet and water *ad libitum*. After two weeks of acclimatization, all the rats were fasted overnight before injecting Triton WR 1339 (Tyloxapol) and administration of test extracts/standard. The animals were divided into four groups Following treatment was given to overnight fasted rats:

Group I: Normal control (vehicle only)

10 Group II: Triton WR 1339 (300 mg/kg, intraperitoneal)

Group III: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Amla seed extract prepare as per example 1 (10 mg/kg, per oral)

Group IV: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Atorvastatin (10 mg/kg, per oral)

15 The animals were deprived of food for next 24 hours but had free access to water *ad libitum*. After 24 hour of drug treatment 2 ml blood samples were collected from the retro orbital plexus. The blood was allowed to clot and then centrifuged at 3000 rpm for 10 min and the serum was carefully drawn and collected into separate tubes. The serum was analyzed for total cholesterol,
20 triglycerides, high density lipoproteins (HDL), low density lipoproteins (LDL) and very low density lipoproteins (VLDL) levels using auto-analyzer.

Table 1(A): Lipid profile (mg/dl) of rats treated with Amla seed extract

Groups	TC		TG		HDL	
	Before	After	Before	After	Before	After
Normal control	111.87	134.77	52.20	62.03	37.80	58.03
Triton only	108.3	265.6	43.06	692.7	36.13	49.5
Triton + Amla seed extract (10mg/Kg)	117.2	120.87	58.63	152.23	39.4	47.27
Triton + Atorvastatin (10mg/kg)	100.4	131.9	44.26	109.67	29.13	32.37

Table 1(B): Lipid profile (mg/dl) of rats treated with Amla seed extract

Groups	LDL		VLDL	
	Before	After	Before	After
Normal control	63.69	64.37	10.44	12.41
Triton only	63.59	77.59	8.62	138.55
Triton + Amla seed extract (10mg/Kg)	66.03	43.15	11.72	30.44
Triton + Atorvastatin (10mg/kg)	62.43	77.61	8.85	21.93

10

Results indicated that before treatment the baseline value of total cholesterol, triglyceride, HDL, LDL and VLDL in all groups were comparable. Injecting Triton alone (Group II) significantly increased the total cholesterol level to 265.6 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract in triton injected rats, cholesterol level was 120.87 mg/dl which was 2.2 times lower as compared to triton alone group.

15

In group II triton injection increased the triglyceride level to 692.7 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract in triton injected rats, triglyceride level was 152.23 mg/dl which was 4.5 times lower as compared to triton alone group.

- 5 In triton alone group after triton injection the ratio of HDL to total cholesterol was 0.18. Whereas in Group III, simultaneous oral administration of Amla seed extract in triton injected rats, the ratio of HDL cholesterol to total cholesterol was 0.39 which was 2.2 times higher as compared to triton alone group.

- 10 In group II triton injection increased the LDL level to 77.59 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract in triton injected rats, LDL level was 43.15mg/dl which was 1.8 times lower as compared to triton alone group.

- 15 In group II triton injection increased the VLDL level to 138.55 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract in triton injected rats, VLDL level was 30.44mg/dl which was 4.6 times lower as compared to triton alone group.

The standard drug Atorvastatin was also effective in lowering the cholesterol as well as triglyceride level. These results clearly indicate the hypolipidemic activity of Amla seed extract in Triton induced hyperlipidemia in rats.

20

Example 19

Hypolipidemic activity of amla seed extracts in different doses using Triton WR 1339 induced dyslipidemia model

- 25 Sixty male Albino rats (Sprague Dawley strain) weighing approximate 250-300 gm were selected for the study. The animals were kept in the animal house maintained at temp $24\pm 2^{\circ}\text{C}$, 65% relative humidity and 12 hr light/dark cycle. The rats were acclimatized for two weeks and during this period they had access to standard pellet diet and water *ad libitum*. After two weeks of

acclimatization, all the rats were fasted overnight before injecting Triton WR 1339 (Tyloxapol) and administration of test extracts/standard. The animals were divided into ten groups. Following treatment was given to overnight fasted rats:

Group I: Normal control (vehicle only)

5 Group II: Triton WR 1339 (300 mg/kg, intraperitoneal)

Group III: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Amla seed extract prepared as per example 1 (10 mg/kg, per oral)

Group IV: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Amla seed extract prepared as per example 1 (7.5 mg/kg, per oral)

10 Group V: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Amla seed extract prepared as per example 1 (5 mg/kg, per oral)

Group VI: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Amla seed extract prepared as per example 1 (2.5 mg/kg, per oral)

15 Group VII: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Amla seed extract prepared as per example 1 (2 mg/kg, per oral)

Group VIII: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Amla seed extract prepared as per example 1 (1 mg/kg, per oral)

Group IX: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Amla seed extract prepared as per example 1 (0.5 mg/kg, per oral)

20 Group X: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Atorvastatin (10 mg/kg, per oral)

The animals were deprived of food for next 24 hours but had free access to water *ad libitum*. After 24 hour of drug treatment 2 ml blood samples were collected from the retro orbital plexus. The blood was allowed to clot and then
25 centrifuged at 3000 rpm for 10 min and the serum was carefully drawn and collected into separate tubes. The serum was analyzed for total cholesterol, triglycerides, high density lipoproteins (HDL), low density lipoproteins (LDL) and very low density lipoproteins (VLDL) levels using auto-analyzer.

Table 2(A): Lipid profile (mg/dl) of rats treated with Amla seed extract in different doses.

Groups	TC		TG		HDL	
	Before	After	Before	After	Before	After
Normal control	105.52	111.36	49.38	40.55	30.12	33.67
Triton only	110.53	233.76	50.5	504.3	46.3	54.66
Triton + Amla seed extract 10mg/Kg	111.1	108.23	51.23	91.1	45.46	48.66
Triton + Amla seed extract 7.5 mg/Kg	91.9	114	62.53	171.18	30.41	36.51
Triton + Amla seed extract 5 mg/Kg	85.46	112.26	45.61	120.43	29.68	40.33
Triton + Amla seed extract 2.5 mg/Kg	104.66	116.25	55.28	116.31	36.41	43.28
Triton + Amla seed extract 2mg/Kg	96.35	118.54	49.53	105.56	38.55	41.26
Triton + Amla seed extract 1 mg/Kg	101.25	121.55	58.33	125.56	40.25	42.58
Triton + Amla seed extract 0.5 mg/Kg	110.66	126.61	55.48	122.28	46.26	47.41
Triton + Atorvastatin 10 mg/kg	87.43	120.83	39.9	103.86	31.66	39.83

Table 2(B): Lipid profile (mg/dl) of rats treated with Amla seed extract in different doses.

Groups	LDL		VLDL	
	Before	After	Before	After
Normal control	67.55	71.64	9.85	8.09
Triton only	47.46	78.24	10.09	100.86
Triton + Amla seed extract 10mg/Kg	55.4	38.76	10.24	18.13
Triton+ Amla seed extract 7.5 mg/Kg	49.03	43.25	12.50	34.06
Triton + Amla seed extract 5 mg/Kg	46.68	47.85	9.12	24.08
Triton + Amla seed extract 2.5 mg/Kg	57.23	49.73	11.05	23.26
Triton + Amla seed extract 2mg/Kg	47.9	56.17	9.90	21.11
Triton + Amla seed extract 1 mg/Kg	49.34	53.86	11.66	25.11
Triton + Amla seed extract 0.5 mg/Kg	53.31	54.75	11.09	24.45
Triton + Atorvastatin 10 mg/kg	47.75	60.23	7.98	20.77

Results indicated that intraperitoneal injection of Triton significantly increased the total cholesterol level about 2 times over the baseline value. Similarly, triglyceride level also increased to very high level (Group II) following Triton injection. Simultaneous oral administration of various doses of Amla seed extract

5 in triton injected rats lowered the cholesterol increase to almost normal level (Group III to IX). Triglyceride level was also lowered by all the doses of Triton with amla seed extract as compared to Triton alone group. The standard drug Atorvastatin was also effective in lowering the cholesterol as well as triglyceride level (Group X). These results clearly indicate the hypolipidemic activity of

10 Amla seed extract at various dose levels in Triton induced hyperlipidemia in rats.

Example 20

Hypolipidemic activity of amla seed extract compared with other amla extracts using Triton WR 1339 induced dyslipidemia model

Forty eight male Albino rats (Sprague Dawley strain) weighing approximate 250-

15 300 gm were selected for the study. The animals were kept in the animal house maintained at temp $24\pm 2^{\circ}\text{C}$, 65% relative humidity and 12 hr light/dark cycle. The rats were acclimatized for two weeks and during this period they had access to standard pellet diet and water *ad libitum*. After two weeks of acclimatization, all the rats were fasted overnight before injecting Triton WR

20 1339 (Tyloxapol) and administration of test extracts/standard. The animals were divided into eight groups. Following treatment was given to overnight fasted rats:

Group I: Normal control (vehicle only)

Group II: Triton WR 1339 (300 mg/kg, intraperitoneal)

25 Group III: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Amla seed extract prepared as per example 1 (2.5 mg/kg, per oral)

Group IV: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Amla extract prepared as per example 3 (40 mg/kg, per oral)

- Group V: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Amla extract prepared as per example 4(40 mg/kg, per oral)
- Group VI: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Amla extract prepared as per example 5(40 mg/kg, per oral)
- 5 Group VII: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Amla extract prepared as per example 6(40 mg/kg, per oral)
- Group VIII: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Atorvastatin (10 mg/kg, per oral)
- 10 The animals were deprived of food for next 24 hours but had free access to water *ad libitum*. After 24 hour of drug treatment 2 ml blood samples were collected from the retro orbital plexus. The blood was allowed to clot and then centrifuged at 3000 rpm for 10 min and the serum was carefully drawn and collected into separate tubes. The serum was analyzed for total cholesterol,
- 15 triglycerides, high density lipoproteins (HDL), low density lipoproteins (LDL) and very low density lipoproteins (VLDL) levels using auto-analyzer.

Table 3(A): Lipid profile (mg/dl) of rats treated with Amla seed extract and Amla fruit extracts

Groups	TC		TG		HDL	
	Before	After	Before	After	Before	After
Normal control	95.52	99.36	42.38	48.51	31.02	32.11
Triton only	102.52	348.87	61.51	614.21	41.90	51.22
Triton+ Amla seed extract prepared as per example 1 (2.5mg/Kg)	108.22	112.23	61.23	95.88	39.46	47.51
Triton+ Amla extract prepared as per example 3 (40 mg/kg)	96.52	128.25	54.55	102.34	44.25	48.35
Triton+ Amla extract prepared as per example 4 (40 mg/kg)	108.24	124.55	59.32	115.36	41.26	46.52
Triton+ Amla extract prepared as per example 5 (40 mg/kg)	100.66	135.36	65.25	132.22	38.66	40.11
Triton+ Amla extract prepared as per example 6 (40 mg/kg)	97.56	132.66	60.21	125.54	34.59	36.54
Triton+ Atorvastatin (10 mg/kg)	97.33	132.58	48.99	218.66	35.11	33.84

Table 3(B): Lipid profile (mg/dl) of rats treated with Amla seed extract and Amla fruit extracts

Groups	LDL		VLDL	
	Before	After	Before	After
Normal control	56.03	57.54	8.47	9.70
Triton only	48.32	174.80	12.30	122.84
Triton+ Amla seed extract prepared as per example 1 (2.5mg/Kg)	56.52	45.55	12.24	19.17
Triton+ Amla extract prepared as per example 3 (40 mg/kg)	41.36	59.43	10.91	20.46
Triton+ Amla extract prepared as per example 4 (40 mg/kg)	55.11	54.95	11.86	23.07
Triton+ Amla extract prepared as per example 5 (40 mg/kg)	48.95	68.80	13.05	26.44
Triton+ Amla extract prepared as per example 6 (40 mg/kg)	50.92	71.01	12.04	25.10
Triton+ Atorvastatin (10 mg/kg)	52.43	55.00	9.79	43.73

In this study, effectiveness of Amla seed extract (2.5 mg of extract/kg of subject) was compared with other amla extracts made as in Examples 3 to 6.

Results indicated that before treatment the baseline value of total cholesterol, triglyceride, HDL, LDL and VLDL in all groups were comparable. Injecting

- 5 Triton alone (Group II) significantly increased the total cholesterol level to 348.87 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract in triton injected rats, cholesterol level was 112.23 mg/dl which was 3.1 times lower as compared to triton alone group.

In group II triton injection increased the triglyceride level to 614.21 mg/dl.

- 10 Whereas in Group III, simultaneous oral administration of Amla seed extract in triton injected rats, triglyceride level was 95.88 mg/dl which was 6.4 times lower as compared to triton alone group.

In triton alone group after triton injection, the ratio of HDL to total cholesterol was 0.14. Whereas in Group III, simultaneous oral administration of Amla seed

- 15 extract in triton injected rats, the ratio of HDL cholesterol to total cholesterol was 0.42 which was 3 times higher as compared to triton alone group.

In group II triton injection increased the LDL level to 174.8 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract in triton injected rats, LDL level was 45.55 mg/dl which was 3.8 times lower as compared

- 20 to triton alone group.

In group II triton injection increased the VLDL level to 122.84 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract in triton injected rats, VLDL level was 19.17 mg/dl which was 6.4 times lower as compared to triton alone group.

- 25 The other amla extracts (prepared in example 3 to 6) at 40 mg/kg were also able to decrease the cholesterol and triglyceride level but these were less effective than amla seed extract prepared in example 1. The standard drug Atorvastatin

was also effective in lowering the cholesterol as well as triglyceride levels (Group VIII).

Example 21

5 **Single dosage study for evaluating Hypolipidemic activity of amla seed extract compared with other amla extracts using Triton WR 1339 induced dyslipidemia model**

Forty eight male Albino rats (Sprague Dawley strain) weighing approximate 250-300 gm were selected for the study. The animals were kept in the animal house maintained at temp $24\pm 2^{\circ}\text{C}$, 65% relative humidity and 12 hr light/dark cycle.
10 The rats were acclimatized for two weeks and during this period they had access to standard pellet diet and water *ad libitum*. After two weeks of acclimatization, all the rats were fasted overnight before injecting Triton WR 1339 (Tyloxapol) and administration of test extracts/standard. The animals were divided into eight groups. Following treatment was given to overnight fasted
15 rats:

Group I: Normal control (vehicle only)

Group II: Triton WR 1339 (300 mg/kg, intraperitoneal)

Group III: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Amla seed extract prepared as per example 1 (2.5 mg/kg, per oral)

20 Group IV: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Amla extract prepared as per example 3 (2.5 mg/kg, per oral)

Group V: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Amla extract prepared as per example 4 (2.5 mg/kg, per oral)

25 Group VI: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Amla extract prepared as per example 5 (2.5 mg/kg, per oral)

Group VII: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Amla extract prepared as per example 6 (2.5 mg/kg, per oral)

Group VIII: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Atorvastatin (10 mg/kg, per oral)

The animals were deprived of food for next 24 hours but had free access to water *ad libitum*. After 24hour of drug treatment 2ml blood samples were collected from the retro orbital plexus. The blood was allowed to clot and then centrifuged at 3000rpm for 10min and the serum was carefully drawn and collected into
5 separate tubes. The serum was analyzed for total cholesterol, triglycerides, high density lipoproteins (HDL), low density lipoproteins (LDL) and very low density lipoproteins (VLDL) levels using auto-analyzer.

Table 4(A): Lipid profile (mg/dl) of rats treated with Amla seed extract and Amla fruit extracts in same dosage level

Groups	TC		TG		HDL	
	Before	After	Before	After	Before	After
Normal control	102.25	101.56	56.33	54.96	39.65	42.51
Triton only	91.55	385.54	55.69	644.65	44.52	59.54
Triton+ Amla seed extract prepared as per example 1 (2.5mg/Kg)	94.66	108.25	60.23	111.36	38.41	46.23
Triton+ Amla extract prepared as per example 3 (2.5 mg/kg)	100.58	145.24	51.63	140.63	41.55	42.65
Triton+ Amla extract prepared as per example 4 (2.5 mg/kg)	106.52	139.66	49.36	131.33	42.36	46.31
Triton+ Amla extract prepared as per example 5 (2.5 mg/kg)	95.66	159.65	68.55	151.33	35.65	37.63
Triton+ Amla extract prepared as per example 6 (2.5 mg/kg)	98.69	152.36	67.96	148.65	37.55	39.54
Triton+ Atorvastatin(10 mg/kg)	99.83	122.54	46.59	211.06	39.51	36.66

Table 4(B): Lipid profile (mg/dl) of rats treated with Amla seed extract and Amla fruit extracts in same dosage level

Groups	LDL		VLDL	
	Before	After	Before	After
Normal control	51.33	48.06	11.26	10.99
Triton only	35.89	197.07	11.13	128.93
Triton+ Amla seed extract prepared as per example 1 (2.5mg/Kg)	44.20	39.75	12.04	22.27
Triton+ Amla extract prepared as per example 3 (2.5 mg/kg)	48.70	74.47	10.32	28.12
Triton+ Amla extract prepared as per example 4 (2.5 mg/kg)	54.28	67.09	9.87	26.26
Triton+ Amla extract prepared as per example 5 (2.5 mg/kg)	46.3	91.76	13.71	30.26
Triton+ Amla extract prepared as per example 6 (2.5 mg/kg)	47.54	83.09	13.59	29.73
Triton+ Atorvastatin(10 mg/kg)	51.00	43.67	9.31	42.21

In this study, Amla seed extract (2.5 mg extract/kg of subject) was compared with
 15 other amla extracts made as in example 3 to 6 at the same dose level, i.e. 2.5 mg of extract/kg of subject.

Results indicated that before treatment the baseline value of total cholesterol, triglyceride, HDL, LDL and VLDL in all groups were comparable. Injecting Triton alone (Group II) significantly increased the total cholesterol level to
 20 385.54 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract in triton injected rats, cholesterol level was 108.25 mg/dl which was 3.6 times lower as compared to triton alone group.

In group II triton injection increased the triglyceride level to 644.65 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract in

triton injected rats, triglyceride level was 111.36 mg/dl which was 5.8 times lower as compared to triton alone group.

In triton alone group after triton injection, the ratio of HDL to total cholesterol was 0.15. Whereas in Group III, simultaneous oral administration of Amla seed extract in triton injected rats, the ratio of HDL cholesterol to total cholesterol was 0.42 which was 2.8 times higher as compared to triton alone group.

In group II triton injection increased the LDL level to 197.07 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract in triton injected rats, LDL level was 39.75 mg/dl which was 4.9 times lower as compared to triton alone group.

In group II triton injection increased the VLDL level to 128.93 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract in triton injected rats, VLDL level was 22.27 mg/dl which was 5.8 times lower as compared to triton alone group

The other amla extracts (prepared in example 3 to 6) at 2.5 mg/kg were able to decrease the cholesterol and triglyceride level to a certain extent only but these are not as effective as amla seed extract at same dose levels. The studies carried out indicate that the standard drug Atorvastatin though was effective in lowering the cholesterol as well as triglyceride levels (Group VIII) but less effective when compared with the amla seed extract.

Example 22

Antidiabetic activity of amla seed extract in streptozotocin induced diabetic rats

The Amla seed extract as prepared in example 1 was evaluated for antidiabetic activity in experimental rats. Male/Female albino wistar rats were maintained as per standard guidelines: housed in polypropylene cages, under 12 hour artificial light and dark cycles at a temperature of $24 \pm 2^{\circ}\text{C}$, given a standard pellet diet

and water *ad libitum*. The animals were acclimatized to the animal house conditions for a week before beginning the experiment.

- Diabetes was induced by injecting streptozotocin 35mg/kg dissolved in 0.1M citrate buffer of pH 4.5, intra-peritoneally. Five days after induction of diabetes (day 1 of the study), animals were fasted for 12 hours and the fasting blood glucose level (FBG) was estimated for diagnosing diabetic rats. Animals with FBG above 200 mg/dl were considered diabetic. The diabetic animals were randomly divided into three groups of six animals each.

- Following table 5 shows the treatment schedule given to the respective group of animals for 28 days.

Table 5: Treatment schedule

Groups	Drugs administered
Group I	Vehicle for 28 days
Group II	Glibenclamide (0.5 mg/kg) for 28 days
Group III	Amla seed extract as per Example 1 (10 mg/kg) for 28 days

Fasting blood glucose level and body weight of rats was measured initially and then at Day 7, Day 14, Day 21 and Day 28 of the study. The plasma CRP level was measured initially and then at Day 28 of the study.

- Table 6: Fasting blood glucose (FBG) level of diabetic rats treated with amla seed extract

Groups	Treatment	Fasting Blood Glucose level (mg/dl)				
		Day 1 (Initial)	Day 7	Day 14	Day 21	Day 28
Group I	Vehicle	355	382	391	411	431
Group II	Glibenclamide	406	211	179	136	109
Group III	Amla seed extract as per Example 1	369	266	211	172	135

Table 7: CRP level of diabetic rats treated with amla seed extract

Groups	Treatment	CRP level (mg/L)	
		Day 1 (Initial)	Day 28 (Final)
Group I	Vehicle	10.3	11.3
Group II	Glibenclamide	10.8	9.6
Group III	Amla seed extract as per Example 1	9.9	6.3

As shown in the results, a single ip injection of streptozotocin increased the blood glucose level to very high level and made the rats diabetic. Treatment of diabetic rats with amla seed extract significantly lowered the blood glucose level in 28 days. That corresponds to a 2.7 times reduction in fasting blood glucose level in diabetic rats as compared to baseline (Day 1) after administration of amla seed extract for 28 days. Treatment with glibenclamide also decreased the blood glucose level to nearly normal in 28 days. Body weight of diabetic rats treated with amla seed extract recovered significantly as compared to vehicle group. The CRP level decreased significantly in amla seed extract fed group but glibenclamide failed to decrease the CRP level significantly as compared to initial CRP value. 28 days treatment with Amla seed extract to diabetic rats decreased the CRP level 1.6 times than initial level.

Example 23

Hypolipidemic activity of Amla seed extract in Cholesterol fed rabbits

The Amla seed extract as prepared in example 1 was evaluated for hypolipidemic activity in experimental rats. Male NZ white rabbits weighing 1.5-2.0 kg were used for the experiment. They were housed in a temperature-controlled room (25±2°C) in clean stainless steel cages with '12 h light and 12 h dark' cycles and fed with normal pellet diet and water *ad libitum*.

After the acclimatization period of 10 days, blood samples were collected from marginal ear vein of all the rabbits. The blood was allowed to clot and then centrifuged at 3000 rpm for 10 min and the serum was carefully drawn and collected into separate tubes. The serum was analyzed for total cholesterol, triglycerides, high density lipoproteins (HDL), low density lipoproteins (LDL) and very low density lipoproteins (VLDL) levels using auto-analyzer.

After taking baseline lipid profile the animals were divided into four groups comprising of six animals in each group. Following treatment was given to the animals for the three months:

10 Table 8: Treatment schedule

Groups	Drugs administered
Group I	Vehicle for 3 months
Group II	Cholesterol (100 mg/kg) + Vehicle for 3 months
Group III	Cholesterol (100 mg/kg) + Amla seed extract as per example 1 (10 mg/kg) for 3 months
Group IV	Cholesterol (100 mg/kg) + Atorvastatin (10 mg/kg) for 3 months

Blood samples were collected from all the rabbits after 3 months of treatment and serum was analyzed for lipid profile. After blood collection the animals were sacrificed after injecting pentobarbitone and aorta was dissected out, washed with saline and preserved in 10% formalin for histopathology. The sections were cut using microtome and stained with heamatoxylin & eosin dye and mounted on glass slides. The slides were observed under microscope and aortic intima media thickness (IMT) was measured by histomorphometry.

Table 9 (A): Lipid profile (mg/dl) of rabbits treated with amla seed extract

Groups	TC		TG		HDL	
	Before	After	Before	After	Before	After
Normal control (vehicle only)	58.23	56.77	62.25	60.05	16.81	15.89
Cholesterol + Vehicle	54.88	219.81	59.26	188.25	14.58	11.5
Cholesterol + Amla seed extract	56.36	94.18	60.61	83.23	15.42	37.27
Cholesterol + Atorvastatin	53.69	118.9	58.28	78.67	14.15	20.37

Table 9 (B): Lipid profile (mg/dl) of rabbits treated with amla seed extract

Groups	LDL		VLDL	
	Before	After	Before	After
Normal control (vehicle only)	28.97	28.37	12.45	12.01
Cholesterol + Vehicle	28.45	170.66	11.85	37.65
Cholesterol + Amla seed extract	28.82	40.26	12.12	16.65
Cholesterol + Atorvastatin	27.88	82.8	11.66	15.73

Table 10: Aortic intima media thickness (IMT) of rabbits treated with amla seed extract

Groups	Aortic intima media thickness (μm)
Normal control (vehicle only)	49.52
Cholesterol + Vehicle	123.24
Cholesterol + Amla seed extract	66.21
Cholesterol + Atorvastatin	112.36

Results show that, before treatment the baseline value of total cholesterol, triglyceride, HDL, LDL and VLDL in all groups were comparable. Feeding cholesterol for three months increased the total cholesterol and triglyceride levels to very high.

Administration of Cholesterol alone (Group II) significantly increased the total cholesterol level to 219.81 mg/dl. Whereas in Group III, oral administration of cholesterol+ Amla seed extract, total cholesterol level was 94.18 mg/dl which was 2.3 times lower as compared to cholesterol alone group.

In group II cholesterol administration increased the triglyceride level to 188.25 mg/dl. Whereas in Group III, oral administration of cholesterol+ Amla seed extract, triglyceride level was 83.23 mg/dl which was 2.3 times lower as compared to cholesterol alone group.

In group III, administration of cholesterol +Amla seed extract increased the HDL (good cholesterol) level significantly from a baseline value of 15.42 to 37.27 after 3 months treatment. That was a 2.4 times increase in the HDL cholesterol after 3 month treatment.

After cholesterol administration the cholesterol alone group showed a ratio of HDL to total cholesterol was 0.05. Whereas in Group III, oral administration of

cholesterol+ Amla seed extract, the ratio of HDL cholesterol to total cholesterol was 0.39 which was 7.8 times higher as compared to cholesterol alone group.

In group II administration of cholesterol alone increased the LDL level to 170.66 mg/dl. Whereas in Group III, oral administration of cholesterol+ Amla seed extract, LDL level was 40.26 mg/dl which was 4.2 times lower as compared to triton alone group.

In group II administration of cholesterol alone increased the VLDL level to 37.65mg/dl. Whereas in Group III, oral administration of cholesterol+ Amla seed extract, VLDL level was 16.65 mg/dl which was 2.3 times lower as compared to cholesterol alone group

Atorvastatin also decreased the total cholesterol and triglyceride level significantly as compared to untreated control group but amla seed extract was better especially in increasing the HDL level.

Moreover, administration of amla seed extract showed a 1.9 times reduction in the intima media thickness of aorta of rabbits as compared to untreated control group.

Example 24

Hair fall prevention and Hair growth promoting activity of amla seed extract in humans

Method:

10 human subjects suffering with alopecia and severe hair fall (as detected by a dermatologist) were randomly divided into two groups comprising of 5 subjects in each.

Group I – Amla seed extract group prepared as per example 1

Group II – Placebo group

All the subjects were prohibited to take any kind of medicines (oral or topical) having hair growth promotion like minoxidil, finasteride etc. for one month prior to the study initiation. The subjects of group I applied 5 ml coconut oil containing 5% amla seed extract twice daily on the affected area and also took 100 mg of amla seed extract capsules twice daily. The subjects of placebo group were given coconut oil (without amla seed extract) to be applied twice daily on affected area and were provided with placebo capsules to be taken twice daily. The treatment was continued for 3 months and observations were taken by a dermatologist before and after the study period. Length and thickness of randomly plucked five hairs from each subject was also determined.

Results:

The hairs of subjects treated with amla seed extract were shiny, lustrous and denser as compared to placebo group. The hair fall was almost arrested in the subjects treated with amla seed extract. In contrast, the subjects of placebo group observed hair fall at the same rate as it was before starting the treatment. The average length of hairs of subjects treated with amla seed extract was about 25% more than the subjects of placebo group. Thickness of the hairs was also about 20% more in amla seed extract group as compared to subjects in placebo group. Therefore, amla seed extract was helpful in decreasing the hair fall as well as in promoting hair growth. Amla seed extract also made the hairs lustrous and shiny.

Example 25

Hypolipidemic activity of amla seed extract compared with other amla extracts using Triton WR 1339 induced dyslipidemia model

Forty eight male Albino rats (Sprague Dawley strain) weighing approximate 250-300 gm were selected for the study. The animals were kept in the animal house maintained at temp $24\pm 2^{\circ}\text{C}$, 65% relative humidity and 12 hr light/dark cycle. The rats were acclimatized for two weeks and during this period they had access to standard pellet diet and water *ad libitum*. After two weeks of

acclimatization, all the rats were fasted overnight before injecting Triton WR 1339 (Tyloxapol) and administration of test extracts/standard. The animals were divided into twelve groups. Following treatment was given to overnight fasted rats:

- 5 Group I: Normal control (vehicle only)
- Group II: Triton WR 1339 (300 mg/kg, intraperitoneal)
- Group III: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Ethyl acetate of methanol extract of Amla seed prepared as per example 1 (2.5 mg/kg, per oral)
- 10 Group IV: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by water part of methanol extract of Amla seed prepared as per example 1 (2.5 mg/kg, per oral)
- Group V: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by ethyl acetate extract of Amla seed prepared as per example 2 (2.5 mg/kg, per oral)
- 15 Group VI: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by powder of dried Amla seed prepared as per example 7 (2.5 mg/kg, per oral)
- Group VII: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by water extract of dried Amla seed powder prepared as per example 8 (2.5 mg/kg, per oral)
- 20 Group VIII: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by methanol extract of dried Amla seed powder prepared as per example 8 (2.5 mg/kg, per oral)
- Group IX: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by powder of dried amla fruit prepared as per example 10 (2.5 mg/kg, per oral)
- 25 Group X: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by water extract of dried Amla fruit powder prepared as per example 11 (2.5 mg/kg, per oral)
- Group XI: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by methanol extract of dried Amla fruit powder prepared as per example 12 (2.5 mg/kg, per oral)
- 30 Group XII: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by water extract of dried Amla fruit powder prepared as per example 12 (2.5 mg/kg, per oral)

Group XII: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Atorvastatin (2.5 mg/kg, per oral)

The animals were deprived of food for next 24 hours but had free access to water *ad libitum*. After 24 hour of drug treatment 2 ml blood samples were collected from the retro orbital plexus. The blood was allowed to clot and then centrifuged at 3000 rpm for 10 min and the serum was carefully drawn and collected into separate tubes. The serum was analyzed for total cholesterol, triglycerides, high density lipoproteins (HDL), low density lipoproteins (LDL) and very low density lipoproteins (VLDL) levels using auto-analyzer.

Table 11(A): Lipid profile (mg/dl) of rats treated with Amla seed extract and Amla fruit extracts in same dosage level

Groups	TC		TG		HDL	
	Before	After	Before	After	Before	After
Normal control	90.15	94.16	58.18	61.65	30.12	31.01
Triton only	98.92	288.18	60.15	581.42	35.59	42.62
Triton+ EtOAc extract Amla seed prepared as per example 1 (2.5mg/Kg)	101.12	106.41	62.42	90.47	34.14	48.15
Triton+ Water part of Amla seed prepared as per example 1 (2.5 mg/kg)	102.54	266.25	54.57	556.35	32.24	37.54
Triton+ EtOAc extract of Amla seed prepared as per example 2 (2.5 mg/kg)	99.35	122.25	55.87	99.5	36.25	42.51
Triton+ powder of dried Amla seed prepared as per example 7 (2.5 mg/kg)	97.54	275.56	58.65	541.35	31.25	36.65
Triton+ water extract of Amla seed powder prepared as per example 8(2.5 mg/kg)	104.55	284.66	61.23	571.44	33.14	38.51
Triton+ methanol extract of Amla seed powder prepared as per example 9(2.5 mg/kg)	96.55	251.64	55.69	552.36	35.68	39.41
Triton+ powder of dried Amla fruit prepared as per example 10 (2.5 mg/kg)	95.64	253.14	59.68	575.36	33.54	37.74
Triton+ water extract of Amla fruit powder prepared as per example 11(2.5 mg/kg)	101.22	265.33	59.85	547.96	31.54	41.52
Triton+ methanol extract of Amla seed powder prepared as per example 12(2.5 mg/kg)	99.64	254.39	60.77	577.63	34.88	40.57
Triton+ Atorvastatin (2.5 mg/kg)	104.44	123.14	49.54	195.25	36.54	39.56

Table 11(B): Lipid profile (mg/dl) of rats treated with Amla seed extract and Amla fruit extracts in same dosage level

Groups	LDL		VLDL	
	Before	After	Before	After
Normal control	48.39	50.82	11.64	12.38
Triton only	51.3	129.28	12.03	116.28
Triton+ EtOAc extract Amla seed prepared as per example 1 (2.5mg/Kg)	54.5	40.17	12.48	18.09
Triton+ Water part of Amla seed prepared as per example 1 (2.5 mg/kg)	59.39	117.44	10.91	111.27
Triton+ EtOAc extract of Amla seed prepared as per example 2 (2.5 mg/kg)	51.93	59.84	11.17	19.09
Triton+ powder of dried Amla seed prepared as per example 7 (2.5 mg/kg)	54.56	130.64	11.73	108.27
Triton+ water extract of Amla seed powder prepared as per example 8(2.5 mg/kg)	59.16	131.86	12.25	114.29
Triton+ methanol extract of Amla seed powder prepared as per example 9(2.5 mg/kg)	49.73	101.76	11.14	110.47
Triton+ powder of dried Amla fruit prepared as per example 10 (2.5 mg/kg)	50.16	100.33	11.94	15 115.07
Triton+ water extract of Amla fruit powder prepared as per example 11(2.5 mg/kg)	57.71	114.22	11.97	109.59
Triton+ methanol extract of Amla seed powder prepared as per example 12(2.5 mg/kg)	52.61	98.29	12.15	115.53
Triton+ Atorvastatin (2.5 mg/kg)	57.99	44.53	9.91	39.05

In this study, Amla seed extract (2.5 mg extract/kg body weight) made in example 1 and 2 were compared with other amla extracts made as in example 7 to 12 at the same dose level, i.e. 2.5 mg of extract/kg body weight.

Results show that, before treatment the baseline value of total cholesterol, triglyceride, HDL, LDL and VLDL in all groups were comparable.

Injecting Triton alone (Group II) significantly increased the total cholesterol level to 288.18 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract prepared as per example 1 in triton injected rats, cholesterol level was 106.41 mg/dl which was 2.7 times lower as compared to triton alone group.

In group II triton injection increased the triglyceride level to 581.42 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract prepared as per Example 1 in triton injected rats, triglyceride level was 90.47 mg/dl which was 6.4 times lower as compared to triton alone group.

In triton alone group after triton injection the ratio of HDL to total cholesterol was 0.15. Whereas in Group III, simultaneous oral administration of Amla seed extract prepared as per example 1 in triton injected rats, the ratio of HDL cholesterol to total cholesterol was 0.45 which was 3 times higher as compared to triton alone group.

In group II triton injection increased the LDL level to 129.28 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract (prepared as per example 1) in triton injected rats, LDL level was 40.17 mg/dl which was 3.2 times lower as compared to triton alone group.

In group II triton injection increased the VLDL level to 116.28 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract (prepared as per example 1) in triton injected rats, VLDL level was 18.09 mg/dl which was 6.4 times lower as compared to triton alone group.

The ethyl acetate extract of amla seeds (prepared in example 2) at 2.5 mg/kg were also able to decrease the cholesterol and triglyceride level to a certain extent (Group V).

Results show that, before treatment the baseline value of total cholesterol, triglyceride, HDL, LDL and VLDL in all groups were comparable.

Injecting Triton alone (Group II) significantly increased the total cholesterol level to 288.18 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract prepared as per example 2 in triton injected rats, cholesterol level was 122.25 mg/dl which was 2.3 times lower as compared to triton alone group.

In group II triton injection increased the triglyceride level to 581.42 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract prepared as per Example 2 in triton injected rats, triglyceride level was 99.5 mg/dl which was 5.8 times lower as compared to triton alone group.

In triton alone group after injection the ratio of HDL to total cholesterol was 0.15. Whereas in Group III, simultaneous oral administration of Amla seed extract prepared as per example 2 in triton injected rats, the ratio of HDL cholesterol to total cholesterol was 0.35 which was 2.3 times higher as compared to triton alone group.

In group II triton injection increased the LDL level to 129.28 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract (prepared as per example 2) in triton injected rats, LDL level was 59.84 mg/dl which was 2.1 times lower as compared to triton alone group.

In group II triton injection increased the VLDL level to 116.28 mg/dl. Whereas in Group III, simultaneous oral administration of Amla seed extract (prepared as per example 2) in triton injected rats, VLDL level was 19.9 mg/dl which was 5.8 times lower as compared to triton alone group.

The water part of methanol extract (prepared in example 1), amla seed powder and other water and methanol extracts (prepared in example 7 to 12) were not active in reducing cholesterol or triglyceride levels. Though the standard drug Atorvastatin was effective in lowering the cholesterol as well as triglyceride levels (Group XII) but less effective when compared with the ethyl acetate part of amla seed methanol extract (as per example 1) or ethyl acetate extract of amla seeds (as per example 2).

Example 26

10 Hypolipidemic activity of amla seed extract (Product 3) compared with Amla seed powder using Triton WR 1339 induced dyslipidemia model

Twenty eight male Albino rats (Sprague Dawley strain) weighing approximately 250-300 gm were selected for the study. The animals were maintained at temperature of $24 \pm 2^\circ\text{C}$, 65% relative humidity and 12 hr light/dark cycle. The rats were acclimatized for two weeks and during this period they had access to standard pellet diet and water *ad libitum*. After two weeks of acclimatization, all the rats were fasted overnight before injecting Triton WR 1339 (Tyloxapol) and administration of test extracts/standard. The animals were divided into seven groups. Following treatment was given to overnight fasted rats:

- Group I: Normal control (vehicle only)
- 20 Group II: Triton WR 1339 (300 mg/kg, intraperitoneal)
- Group III: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by administering product of Amla seed extract (Product 3) on the same day of triton administration (0.5 mg/kg, per oral)
- Group IV: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Product 2 (50% methanol fraction+ 80% methanol fraction+ water fraction) of Amla seed extract on the same day that Triton was administered(0.5 mg/kg, per oral)
- 25 Group V: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Product I (Hexane fraction) of Amla seed extract on the same day that Triton was administered (0.5 mg/kg, per oral)

Group VI: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by powder of dried Amla seed prepared as per example 8 (0.5 mg/kg, per oral). The powder of dried Amla seed was administered on the same day as Triton was administered.

- 5 Group VII: Triton WR 1339 (300 mg/kg, intraperitoneal) followed by Atorvastatin administration (10 mg/kg, per oral), on the same day.

The animals were deprived of food for next 24 hours but had free access to water *ad libitum*. After 24hours of drug treatment, 2ml of blood sample was collected from the retro orbital plexus. The blood was allowed to clot and then
10 centrifuged at 3000rpm for 10min and the serum was carefully drawn and collected into separate tubes. The serum was analyzed for total cholesterol, triglycerides, high density lipoproteins (HDL), low density lipoproteins (LDL) and very low density lipoproteins (VLDL) levels using auto-analyzer.

Table 12(A): Lipid profile (mg/dl) of rats treated with Amla seed extracts (product3) and different fractions (Product1 and product 2)

Groups	TC		TG		HDL	
	Before	After	Before	After	Before	After
Group I Normal control	91.05	95.11	57.16	60.47	29.31	30.11
Group II Triton only	109.55	386.4	49.5	583.33	32.5	43.2
Group III Triton+ Amla seed Product 3 (0.5mg/Kg)	90.2	95.6	44.66	62.4	28.78	49.36
Group IV Triton+ Amla seed Product 2 (0.5mg/Kg)	96.5	132.36	46.8	103.5	27.4	41.03
Group V Triton+ Amla seed Product 1 (0.5mg/Kg)	95.7	184.5	50.12	119.4	30.9	47.97
Group VI Triton+ powder of dried Amla seed prepared as per example 8 (0.5 mg/kg)	96.85	345.6	59.65	542.54	32.35	34.45
Group VII Triton + Atorvastatin(10 mg/kg)	103.47	121.21	48.54	192.25	35.54	38.46

Table 12(B): Lipid profile (mg/dl) of rats treated with Amla seed extracts (product3) and different fractions (Product1 and product 2)

Groups	LDL		VLDL	
	Before	After	Before	After
Group I Normal control	50.31	52.91	50.31	52.91
Group II Triton only	67.15	226.53	67.15	226.53
Group III Triton+ Amla seed Product 3 (0.5mg/Kg)	60.81	33.76	60.81	33.76
Group IV Triton+ Amla seed Product 2 (0.5mg/Kg)	62.3	70.63	62.3	70.63
Group V Triton+Amla seed Product 1 (0.5mg/Kg)	65.4	112.65	65.4	112.65
Group VI Triton+ powder of dried Amla seed prepared as per example 8 (0.5 mg/kg)	52.57	202.64	52.57	202.64
Group VII Triton + Atorvastatin(1 0 mg/kg)	58.22	44.30	58.22	44.30

Injecting Triton alone (Group II) significantly increased the total cholesterol level to 386.4 mg/dl. Whereas in Group III, following oral administration of Product 3 of Amla seed extract to triton injected rats, the cholesterol level was 95.6mg/dl. Therefore, administering Product 3 (Group III) resulted in 4 times lower level of cholesterol as compared to triton alone treatment (Group II).

In Group II triton injection increased the triglyceride level to 583.33mg/dl. Whereas in Group III, oral administration of Product 3 to triton injected rats, the triglyceride level was 62.4mg/dl, which was 9.3 times lower as compared to triton alone group (Group 2).

In triton alone group after triton injection the ratio of HDL to total cholesterol was 0.11. Whereas in Group III, the ratio of HDL cholesterol to total cholesterol was 0.51, which was 4.6 times higher as compared to triton alone group.

- 5 In group II triton injection increased the LDL level to 226.53 mg/dl. Whereas in Group III, LDL level was 33.76mg/dl, which was 6.7 times lower as compared to triton alone group.

In group II triton injection increased the VLDL level to 116.67mg/dl. Whereas in Group III, the VLDL level was 12.48 mg/dl, which was 9.3 times lower as compared to triton alone group.

- 10 Injecting Triton alone (Group II) significantly increased the total cholesterol level to 386.4 mg/dl. Whereas in Group IV (Triton followed by Product 2 administration), cholesterol level was 132.36 mg/dl, which was 2.9 times lower as compared to triton alone group.

- 15 In Group II Triton injection increased the triglyceride level to 583.33mg/dl. Whereas in Group IV, oral administration of Product 2 to triton injected rats, triglyceride level was 103.5 mg/dl, which was 5.6 times lower as compared to triton alone group.

- 20 In triton alone group after triton injection the ratio of HDL to total cholesterol was 0.11. Whereas in Group IV, oral administration of Amla seed extract (Product 2) to triton injected rats, the ratio of HDL cholesterol to total cholesterol was 0.30 which was 2.7 times higher as compared to triton alone group.

In Group II, Triton injection increased the LDL level to 226.53 mg/dl. Whereas in Group IV, oral administration of Product 2 to triton injected rats, LDL level was 70.63mg/dl, which was 3.2 times lower as compared to triton alone group.

- 25 In Group II, triton injection increased the VLDL level to 116.67mg/dl. Whereas in Group IV, oral administration of Product 2 to triton injected rats, VLDL level

was 20.7 mg/dl, which was 5.6 times lower as compared to triton alone group (Group II).

Injecting Triton alone (Group II) significantly increased the total cholesterol level to 386.4 mg/dl. Whereas in Group V, simultaneous oral administration of product

5 I prepared as per example 13 in triton injected rats, cholesterol level was 184.5mg/dl which was 2.09 times lower as compared to triton alone group.

In group II triton injection increased the triglyceride level to 583.33mg/dl.

Whereas in Group V, simultaneous oral administration of product 1 in triton injected rats, triglyceride level was 119.4 mg/dl which was 4.9 times lower as compared to triton alone group.

In triton alone group after injection the ratio of HDL to total cholesterol was 0.11.

Whereas in Group V, simultaneous oral administration of product 1 prepared as per example 13 in triton injected rats, the ratio of HDL cholesterol to total cholesterol was 0.26 which was 2.4 times higher as compared to triton alone group.

In group II triton injection increased the LDL level to 226.53 mg/dl. Whereas in

Group V, simultaneous oral administration of product 1 prepared as per example 13 in triton injected rats, LDL level was 112.65mg/dl which was 2 times lower as compared to triton alone group.

20 In group II triton injection increased the VLDL level to 116.67mg/dl. Whereas in Group V, simultaneous oral administration of product 1 prepared as per example 13 in triton injected rats, VLDL level was 23.88mg/dl which was 4.9 times lower as compared to triton alone group.

CLAIMS

1. A method of preparing an *Emblica officinalis* seed blend, the method comprising blending a Product 1 and a Product 2 to obtain the *Emblica officinalis* seed blend, wherein the method comprises:
- 5 deseeding fresh fruits of *Emblica officinalis* to obtain seeds of *Emblica officinalis*;
- crushing the seeds of *Emblica officinalis* to obtain crushed seeds;
- extracting the crushed seeds with 95% methanol to obtain a residue and a
- 10 supernatant;
- concentrating the supernatant to obtain a concentrated methanol extract;
- drying the concentrated methanol extract to obtain a powder of methanol extract of seeds of *Emblica officinalis*;
- dispersing the powder of methanol extract of seeds of *Emblica officinalis* in
- 15 water to obtain a dispersion;
- extracting the dispersion with hexane to obtain a water phase and a hexane phase;
- concentrating the hexane phase to obtain a liquid form of a concentrated hexane extract;
- 20 cooling the liquid form of the concentrated hexane extract to obtain precipitates or crystals and a liquid portion;
- separating the liquid portion from the precipitates or crystals to obtain a liquid Product 1;
- extracting the water phase with ethyl acetate to obtain an ethyl acetate phase;
- 25 concentrating the ethyl acetate phase to obtain a concentrated ethyl acetate phase;
- drying the concentrated ethyl acetate phase to obtain a powder of an ethyl acetate extract;
- mixing the powder of ethyl acetate extract with water to obtain a liquid for
- 30 chromatographic separation;

loading the liquid for chromatographic separation onto an ion exchange column;
eluting the ion exchange column with water to obtain a water fraction (Fraction
1);

concentrating the Fraction 1 to obtain a concentrate of Fraction 1;
5 drying the concentrate of Fraction 1 to obtain a powder of Fraction 1;
eluting the ion exchange column with 50% methanol to obtain a Fraction 2;
concentrating the Fraction 2 to obtain a concentrate of Fraction 2;
drying the concentrate of Fraction 2 to obtain a powder of Fraction 2;
eluting the ion exchange column with 80% methanol to obtain a Fraction 3;
10 concentrating the Fraction 3 to obtain a concentrate of Fraction 3;
drying the concentrate of Fraction 3 to obtain a powder of Fraction 3;
combining Fraction 1, Fraction 2 and Fraction 3 to obtain Product 2;
blending Product 2 and Product 1 in a ratio of Product 2 to Product 1, wherein
the ratio ranges from about 1:60 to about 99:1 to obtain the *Emblica officinalis* seed
15 blend.

2. Use of an *Emblica officinalis* seed blend comprising a blend of Product 1
and Product 2 in the manufacture of a medicament for reducing total cholesterol in a
subject in need thereof, wherein the Product 1 comprises alpha linolenic acid, linoleic
20 acid and oleic acid, wherein the Product 2 comprises triterpenoids and hydroxycinnamic
acids, and wherein a ratio of Product 2 to Product 1 ranges from about 1:60 to about
99:1.

3. Use of an *Emblica officinalis* seed blend comprising a blend of Product 1
25 and Product 2 in the manufacture of a medicament for reducing triglyceride in a subject
in need thereof, wherein the Product 1 comprises alpha linolenic acid, linoleic acid and
oleic acid, wherein the Product 2 comprises triterpenoids and hydroxycinnamic acids,
and wherein a ratio of Product 2 to Product 1 ranges from about 1:60 to about 99:1.

4. Use of an *Emblica officinalis* seed blend comprising a blend of Product 1 and Product 2 in the manufacture of a medicament for reducing blood glucose level in a subject in need thereof, wherein the Product 1 comprises alpha linolenic acid, linoleic acid and oleic acid, wherein the Product 2 comprises triterpenoids and hydroxycinnamic acids, and wherein a ratio of Product 2 to Product 1 ranges from about 1:60 to about 99:1.

5. Use of an *Emblica officinalis* seed blend comprising a blend of Product 1 and Product 2 in the manufacture of a medicament for enhancing HDL-Cholesterol in a subject in need thereof, wherein the Product 1 comprises alpha linolenic acid, linoleic acid and oleic acid, wherein the Product 2 comprises triterpenoids and hydroxycinnamic acids, and wherein a ratio of Product 2 to Product 1 ranges from about 1:60 to about 99:1.

6. Use of an *Emblica officinalis* seed blend comprising a blend of Product 1 and Product 2 in the manufacture of a medicament for increasing the HDL-Cholesterol to total cholesterol ratio in a subject in need thereof, wherein the Product 1 comprises alpha linolenic acid, linoleic acid and oleic acid, wherein the Product 2 comprises triterpenoids and hydroxycinnamic acids, and wherein a ratio of Product 2 to Product 1 ranges from about 1:60 to about 99:1.

7. Use of an *Emblica officinalis* seed blend comprising a blend of Product 1 and Product 2 in the manufacture of a medicament for lowering LDL-Cholesterol levels in a subject in need thereof, wherein the Product 1 comprises alpha linolenic acid, linoleic acid and oleic acid, wherein the Product 2 comprises triterpenoids and hydroxycinnamic acids, and wherein a ratio of Product 2 to Product 1 ranges from about 1:60 to about 99:1.

8. Use of an *Emblica officinalis* seed blend comprising a blend of Product 1 and Product 2 in the manufacture of a medicament for lowering VLDL in a subject in

need thereof, wherein the Product 1 comprises alpha linolenic acid, linoleic acid and oleic acid, wherein the Product 2 comprises triterpenoids and hydroxycinnamic acids, and wherein a ratio of Product 2 to Product 1 ranges from about 1:60 to about 99:1.

- 5 9. An *Emblica officinalis* seed blend prepared by the method of claim 1.