

Amla Rasam, or Nellikai Rasam, is a **refreshing, tangy broth** made from Indian gooseberries, a powerhouse of antioxidants and Ayurvedic medicine. It's a **gentle, sattvic rasam** perfect for calming inflammation, kindling digestion, and rejuvenating your inner systems.

## What Is Amla rasam?

Amla Rasam is a South Indian-style spiced broth using **fresh amla (Indian gooseberry)** in place of tamarind. Its **sour, slightly astringent** profile not only mimics tamarind's tanginess but brings **Ayurvedic rasayana (rejuvenating) benefits**, especially for [pitta](#) and [kapha](#) doshas.

## How to Make Amla rasam: The Traditional Way

### □ Ingredients:

#### main

- 2 medium-sized fresh amlas (grated or chopped)
- 2½ cups water
- 1 tsp cumin seeds
- ½ tsp black peppercorns
- Small piece of ginger (optional)
- A pinch of turmeric
- Rock salt – to taste
- Fresh coriander leaves – for garnish

#### Tempering

- 1 tsp ghee
- ½ tsp mustard seeds
- Pinch of hing (asafoetida)
- Few curry leaves
- 1 dry red chilli (optional)

## □ Method:

### 1. Cook the Amla:

In a pan, boil grated or chopped amla with 1 cup water for 5–7 minutes until soft.

### 2. Crush the Spices:

Lightly crush cumin, pepper, and ginger in a mortar-pestle.

### 3. Simmer the Rasam:

Add the crushed spice mix, turmeric, salt, and remaining water to the amla. Simmer for 5 more minutes until flavors combine.

### 4. Tempering:

In a small pan, heat ghee. Add mustard seeds, hing, curry leaves, and red chilli. Let it splutter and pour into the rasam

### 5. Turn off the heat. Garnish with coriander leaves and serve hot.

## □ Ayurvedic Benefits

1. **Amla** is *tridosha balancing* but especially pacifies [pitta](#).
2. Acts as a **natural coolant** while stimulating **agni (digestive fire)**.
3. Excellent for **skin, eyes, liver, and reproductive tissue rejuvenation**.
4. Combats acidity, supports immunity, and boosts absorption of nutrients.
5. The ghee-tadka ensures deeper tissue nourishment and balances [vata](#).

## □ Pro Tips from the Indian Kitchen

- To reduce sourness, **boil amla longer** or blend into a paste before adding.
- Use only **fresh amla** for maximum vitamin C retention and taste.
- For a thinner rasam, strain after boiling.
- Avoid combining with dal if you're using this rasam for detox or fasting.

## □ Why We love Amla rasam

- Tangy, refreshing, and light
- Immunity-boosting and liver-friendly
- Perfect alternative to tamarind-based rasams
- Sattvic and soothing, ideal for yoga and [Ayurveda](#) followers

## □ Ideal For

- [Pitta](#) and [kapha](#) imbalance

- Acidity and indigestion
- Post-illness rejuvenation
- Spring/summer meals
- Fasting or light meals

