



A literary review on medicinal plant Bala (Sida cordifolia) from different Ayurvedic literature

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Background: Sida cordifolia is Ayurvedic medicinal plant and is an important pharmaceutical component for Indian traditional medicine. The drug is known by many names and synonyms in different languages.

Data source: All the information about this drug is collected from Vedas, Samhitas, Nighantus, Research articles internet and online sources that gives the medicinal uses of Sida cordifolia.

Conclusion: All the Vedas and Samhita guide that Bala is a Ayurvedic medicinal plant which is being used from ancient time and properties like Balya, Rasayan, Brihaniya, Grahi, Sothahar, Laghu etc. and used in disorder like Karshya, Kshaya, Vatarakta, Jwara, Vyanga, Vata-Vyadhi. Different Samhita indicate the use in different forms like Basti, Peya, Shaka, Yavagu, Ghrita, Taila, Pralepa, Kashaya, Sweda and Lepa etc. there are many synonyms are present in different Nighantus as Bala, Kharyashtika, Vatyayani, Bhardodani.

Keywords: Sida cordifolia, Bala, Balya, Veda, Nighantu

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Introduction

There are numerous of plants and herbs are being used in *Ayurveda* system of medicine for the management of many diseases from ancient time. They work as they are having *Ayurvedic* properties like, *Rasa*, *Gun Virya*, *Vipaka*, and *Prabhava*. That is known as *Raspanchaka*. *Bala* (*Sida cordifolia*) is a medicinal plant and having a numerous medicinal value which is described in different *Ayurveda Samhitas* and *Nighantu*. *Bala* belongs to *Malvaceae* family and is known as *Bariyar* and *Khirenti* in Hindi, *Bedela* in Bengali, *Wellurum* in Malyalam, and in English it is known as *Country mallow*. In *Ayurvedic* text it has properties like *Balya*, *Rasayan*, *Brihaniya*, *Grahi*, *Sothahar*, *Laghu*[1] etc.

Taxonomical classification of *Bala*[2]

Kingdom: Plantae.
Subkingdom: Tracheobionta.
Super division: Spermatophyta.
Division: Magnoliophyta.
Class: Magnoliopsida.
Subclass: Dilleniidae.
Order: Malvales.
Family: Malvaceae.
Genus: *Sida* (Linn.)
Species: *Sida cordifolia*.

Vernacular name:[3]

Classical Name: *Sahadeva*, *Vatyalika*, *Vatyapushpi*, *Vatyayani*.
Sanskrit: *Bala*, *Kharyashtika*, *Vatyayani*, *Bhardodani*.

Bala in *Samhitas*

In *Charak Samhita*[6]

Table 1: Formulation and Rogadhikara of *Bala* in *Charak Samhita*

SN	Formulation	References	Rogadhikara
1.	Aasthapana Basti	Ch. Su. 2/12	Udavrita, Vibandha
2.	Peya	Ch. Su. 2/20	Pitta-Kaphaja Atisara
3.	Lepa	Ch. Su. 3/21	Vatarakta
4.	Lepa	Ch. su.3/22	Vatarakta
5.	Brihaniya Mahakashaya	Ch. Su. 4/9.2	Brihaniya Karma
6.	Balya Mahakashaya	Ch. Su. 4/9.7	Balya Karma
7.	Prajasthapana Mahakashaya	Ch. Su. 4/18.49	Prajasthapana Karma
8.	Anu Taila preparation method	Ch. Su. 5/63	Nasya Karma
9.	Pradhan Aushadha Dravya	Ch. Su. 25/40	Balya and Vatahara
10.	Shaka	Ch. Su. 27/107	Vata-Pittahara
11.	Madhura Skandha	Ch. Vi. 8/139	Vata-Pittahara

English: *Country mallow*.

Hindi: *Kungyi*, *Bariyaar*, *Khareti*.

Bengali: *Swetberela*, *Brela*, *Bala*.

Punjabi: *Kowar*, *Simak*, *Kharent*.

Telugu: *Tellantisa*, *Tellagorra*, *Chiribenda*.

Gujarati: *Mahabala*, *Khapat*.

Kanada: *Hettuthi*, *Hettugigada*.

Malyalam: *Kurunthott*, *Vellurum*.

Marathi: *Chikana*, *Khiranti*.

Tamil: *Nilatutti*, *Paniar-tuthi*.

Ayurvedic properties[4]

***Rasa*:** *Madhura*.

***Guna*:** *Laghu*, *Snigdha*, *Pichhila*.

***Virya*:** *Sheeta*.

***Vipaka*:** *Madhura*.

Data source

All the data and information are collected from different *Ayurvedic* text, literature, *Samhita*, *Nighantu*, *Veda*, article, research paper, internet, and many online sources etc. about medicinal properties and therapeutic uses of *Sida cordifolia*.

Bala in *Vedic Kala Grantha*[5]

Veda is an ancient source of knowledge in the literature of *Atharva Veda* and *Samaveda* there are many details description of *Bala* may found. *Amarkosha* has mention about *Bala* in *Vanoushadhi Varga*. In *Atharvaveda* *Bala* is detailed in *Kalpsutra*. *Bala* is described as *Balya*, *Rasayana*, *Pramehaghna*, and *Vishaghna* in *Paippalada Samhita*. In *Vedic Literature* *Bala* is called as *Saha*, *Vishdushani*, *Shetapaki* *Sahamana*, *Jiwala*, *Sahasvati*, *Viryavati*, *Nagharisha*, and *Arjunapaki*.

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12.	Bhata	C. Sa. 8/24	4th-8th Mo.Grabhini Chikitsa
13.	1st Brahmarasayana	Cha. Chi. 1.1/42	Medha - Smritikara
14.	Chyavanaprasha	Cha. Chi. 1.1/62	Kasa etc.
15.	Aamalaka Ghrita	Cha. Chi. 1.2/4	Prajasthapana Karma
16.	29 Baladi Rasayana	Cha. Chi. 1.2/12	Rasayana Karma
17.	Bramhani Gutika	Cha. Chi. 2.1/25	Vrishya etc. Karma
18.	Apatyakari Shashtikadi Gutika	Cha. Chi. 2.2/5	Prajasthapana Karma
19.	Peya	Cha. Chi. 3/182	Jwaraatisara
20.	Peya	Cha. Chi. 3/186	Jwarajanita Parikatrika
21.	Vatskadi Kwath	Cha. Chi. 3/205	Jwara
22.	Baladi Ghrita	Cha. Chi. 3/224	Kshaya, Kasa etc.
23.	Trikantakadi Ksheerapaka	Cha. Chi. 3/236	Shotha, Jwara
24.	Patoladi Niruha Basti	Cha. Chi. 3/242	Jwara
25.	Guduchyadi Niruha Basti	Cha. Chi. 3/247	Jwara
26.	Jeevantyadya Anuvasana Basti	Cha. Chi. 3/250	Jwara
27.	Chandanadi Taila	Cha. Chi. 3/258	Jwara
28.	Agurvadi Taila	Cha. Chi. 3/267	Sheeta Jwara
29.	Yavagu	Cha. Chi. 4/47	Raktapitta
30.	Phanta	Cha. Chi. 4/78	Raktapitta
31.	Drakshadi Yoga	Cha. Chi. 4/84	Raktapitta
32.	Neelinyadhya Ghrita	Cha. Chi. 5/106	Gulma, Vyanga etc
33.	Bhojya Dravya	Cha. Chi. 5/134	Pittajagulma
34.	Parisheka Sweda	Cha. Chi. 8/72	Rajayakshma
35.	Upanaha Sweda	Cha. Chi. 8/75	Rajayakshma
36.	Pradeha	Cha. Chi. 8/78	Rajayakshma
37.	Pradeha	Cha. Chi. 8/79	Rajayakshma
39.	Nasya	Cha. Chi. 8/91	Rajayakshma
40.	Dashamuladhya Ghrita Pana	Cha. Chi. 8/93	Rajayakshma
41.	Bala Ghrita Pana	Cha. Chi. 8/94	Rajayakshma
42.	Jeevantyadi Ghrita Pana	Cha. Chi. 8/111	Rajayakshma
43.	Baladi Ksheera Pana	Cha. Chi. 8/114	Rajayakshma
44.	Rasna Ghrita	Cha. Chi. 8/170	Rajayakshma
45.	Utsadana	Cha. Chi. 8/176	Rajayakshma
46.	Madhukadi Yoga	Cha. Chi. 11/20	Kshatakshina
47.	Amritaprasha Ghrita	Cha. Chi. 11/37	Kshatakshina
48.	Shwadanshradi Ghrita	Cha. Chi. 11/44	Kshatakshina
49.	2nd Sarpigauda	Cha. Chi. 11/56	Kahatakshina
50.	Punarnavadyarishta	Cha. Chi. 12/34	Shvayathu
51.	Kshara – Taila Paka	Cha. Chi. 13/169	Udhara
52.	Peya	Cha. Chi. 14/200	Rakta – Arsha
53.	Sunishannaka Changeri Ghrita	Cha. Chi. 14/235	Arsha
54.	Haridradi Ghrita	Cha. Chi. 16/53	Kamala / Pandu
55.	Gauda Arishta	Cha. Chi. 16/105	Pandu
56.	Abhaya Leha	Cha. Chi. 16/137	Pandu
57.	Rasnadi Yusha	Cha. Chi. 17/96	Hikkashvasa
58.	Kanji	Cha. Chi. 17/108	Hikkashvasa
59.	Agastya Haritaki	Cha. Chi. 18/57	Kasa
60.	Kantakari Ghrita	Cha. Chi. 18/125	Kasa
61.	Dhoompana Method	Cha. Chi. 18/145	Kasa
62.	Bala Ghrita Pana	Cha. Chi. 18/153	Vataja Kasa
63.	Padmakadi Leha	Cha. Chi. 18/174	Kasa
64.	Dipanya and Sangrahi Gana	Cha. Chi. 19/26	Atisara
65.	Shadangapaniya	Cha. Chi. 19/50	Atisara

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66.	Vividha Yoga	Cha. Chi. 19/110	Atisara
67.	Baladi Aalepa	Cha. Chi. 21/79	Visarpa
68.	Pradeha	Cha. Chi. 21/82	Visarpa
69.	Pralepa	Cha. Chi. 21/85	Visarpa
70.	Pralepa	Cha. Chi. 21/91	Visarpa
71.	Baladi Lepa	Cha. Chi. 21/125	Visarpa
72.	Pana	Cha. Chi. 23/188	Visha
73.	Vachadi Yoga	Cha. Chi. 23/212	Visha
74.	Amrita Ghrita	Cha. Chi. 23/243	Visha
75.	Peya	Cha. Chi. 24/165	Peya
76.	Baladi Lepa	Cha. Chi. 25/63	Vrana
77.	Sneha Sharkra	Cha. Chi. 25/75	Shoola Nashaka (Vaina)
78.	Kashaya	Cha. Chi. 25/84	Vrana
79.	Lepa	Cha. Chi. 25/89	Vrana
80.	Kampilakadi Taila	Cha. Chi. 25/91	Vrana
81.	Mishraka Sneha	Cha. Chi. 26/46	Vataja Mutrakrichha
82.	Karpasamuladi Yoga	Cha. Chi. 26/69	Ashmarjanya Mutrakrichha
83.	Tryushanadi Ghrita	Cha. Chi. 26/87	Shwasa, Kasa etc.
84.	Drakshadi Ghrita	Cha. Chi. 26/93	Pittaja Hridaya Roga
85.	Shatahvadi Dhumavarti	Cha. Chi. 26/135	Vataja Pinasa Roga
86.	Baladi Taila Nasya	Cha. Chi. 26/161	Sarva Shiroroga
87.	Mayura Ghrita	Cha. Chi. 26/163	Shiroroga, Arditaroga etc.
88.	Chandanadi Pradeha	Cha. Chi. 26/177	Pittaja Shiroroga
89.	Suman Korakadi Varti	Cha. Chi. 26/241	Netragata Raktavikara
90.	Baladi Taila	Cha. Chi. 26/283	Swara Bheda
91.	Mansa Rasa	Cha. Chi. 28/106	Vata Vyadhi
92.	Nadi Sweda	Cha. Chi. 28/110	Vata Vyadhi
93.	Baladi Ghrita	Cha. Chi. 28/123	Vata Vyadhi
94.	Bala Taila	Cha. Chi. 28/148	Vata Vyadhi
95.	Amritadhya Taila	Cha. Chi. 28/159	Vata Vyadhi
96.	Rasnadi Taila	Cha. Chi. 28/166	Vata Vyadhi
97.	Mulakadhya Taila	Cha. Chi. 28/167	Vata Vyadhi
98.	Bala Shrita	Cha. Chi. 28/185	Pittavrita Vata Roga
99.	Bala Taila - Parisheka	Cha. Chi. 28/186	Pittavrita Vata Roga
100.	Bala Ghrita	Cha. Chi. 29/56	Hridaya Roga, Pandu etc.
101.	Jeevaniya Ghrita	Cha. Chi. 29/62	Pandu, Jwara etc.
102.	Jeevakadi Mahasneha	Cha. Chi. 29/73	Vatarakta
103.	Sthiradi Ghrita	Cha. Chi. 29/76	Vatarakta
104.	Baladi Yoga	Cha. Chi. 29/81	Vatarakta
105.	Amritadhya Taila - Nasya etc	Cha. Chi. 29/104	Vatarakta
106.	Mahapadma Taila	Cha. Chi. 29/110	Vatarakta
107.	Shata / Sahastrapaka Bala Taila	Cha. Chi. 29/119	Vatarakta
108.	Bala Taila	Cha. Chi. 30/49	Yoniroga
109.	Guduchyadi Taila	Cha. Chi. 30/59	Vataja Yoniroga
110.	Utkarika	Cha. Chi. 30/106	Aticharana and Acharna Roga
111.	Baladi Lepa	Cha. Chi. 30/280	Guru Kshira Chikitsa
112.	Baladi Niruha Basti	Cha. Si. 3/13	Balya - Bastisutrya
113.	Sthiradi Niruha Basti	Cha. Si. 3/36	Netra Balya
114.	Chandanadi Niruha Basti	Cha. Si. 3/48	-
115.	Punarnavadi Niruha Basti	Cha. Si. 3/64	Sarvadosha Nashaka
116.	Dashamuladi Anuvashana	Cha. Si. 4/3	Sarva Vata Vikara
117.	Prishniparniyadi Basti	Cha. Si. 7/12	Bastivyapatajanita Daha
118.	Baladi Basti.	Cha. Si. 7/28	Bastivyapatajanita Hikka

119.	Yavagu	Cha. Si. 8/38	Sarva Atisara
120.	Satavariyadi Taila Basti	Cha. Si. 9/8	Marmaghata
121.	Guduchyadi Taila	Cha. Si. 9/87	Anantavata
122.	Baladi Basti	Cha. Si. 11/34	Balya and Varniya
123.	Mustadiyapana Basti	Cha. Si. 12/27	Kshatakshina, Kasa etc.
124.	Sahacharadiyapana Basti	Cha. Si. 12/29	Kshatakshina, Vriddha etc
125.	1st Baladiyapana Basti	Cha. Si. 12/30	Kasa, Jwara etc.
126.	2nd Baladiyapana Basti	Cha. Si. 12/31	Gulma, Hridaroga etc.
127.	3rd Baladiyapana Basti	Cha. Si. 12/34	Vriddha, Durbala etc.
128.	4th Baladiyapana Basti	Cha. Si. 12/35	Jwara
129.	Baladiyamaka Anuvāsana Basti	Cha. Si. 12/55	Kshatakshina, Nastashukra etc.
130.	Aparayamaka Anuvāsana Basti	Cha. Si. 12/56	Kshatakshina, Raktapitta etc.

In *Sushruta Samhita*[7]

Table 2: Formulation and Rogadhikara of Bala in *Sushruta Samhita*

SN	Formulation	References	Rogadhikara
1.	Aushadha Dravya	Shu. Sutra. 15/40	Kashrya Roga
2.	Taila - Abhyanga	Shu. Sutra. 16/21	Karnapali
3.	Vidarigandhadi Gana	Shu. Sutra. 38/4	Dravya Sangrahana
4.	Bhadradaruyadi Dravya	Shu. Sutra. 39/7	Vata Sanshamana Varga
5.	Kshiradi Dravya	Shu. Sutra. 42/18	Madhura Varga
6.	Asvakarnadai Taila	Shu. Chi. 2/65	Vrana Ropana
7.	Bala Taila	Shu. Ci. 2/81	Vrana Ropana
8.	Bala Taila and Yavadi Lepa	Shu. Ci. 5/7	Vata Pradhana Vatarakta
9.	Bala Taila - Parisheka	Shu. Ci. 5/12	Vatarakta
10.	Kalka Pralepa	Shu. Ci. 5/19	Vatarakta
11.	Bala Taila	Shu. Ci. 15/28	Mundhagarbha
12.	Bala Taila	Shu. Ci. 15/29	Sutika Roga
13.	Satapaka Bala Taila	Shu. Ci. 15/40	Mundhagarbha
14.	Bala Kalpa	Shu. Ci. 15/44	Mundhagarbha
15.	Bala Taila	Shu. Ci. 15/46	Mundhagarbha
16.	Bala Taila	Shu. Ci. 15/47	Mundhagarbha
17.	Hinstradi Taila – Shodhana	Shu. Ci. 17/19	Nadivarna
18.	Amritadi Taila – Pana	Shu. Ci. 18/47	Galaganda
19.	Bala, Atibala, Mulethi etc. Lepa	Shu. Ci. 20/35	Vyanga, Nilika
20.	Bala Taila – Parisheka	Shu. Ci. 21/8	Mridita Roga
21.	Manjishtadi Taila	Shu. Ci. 25/17	Utpata Paliroga
22.	Balamula Rasayana	Shu. Ci. 27/9	Shosharoga, Raktapitta etc.
23.	Bala Taila – Abhyanga	Shu. Ci. 29/12	Svabhava vyadhipratishedh
24.	Ajakarnadi Kwath	Shu. Ci. 34/17	Paristrava Vyapada
25.	Bhutikadi Taila – Basti	Shu. Ci. 37/20	Vata Vikara
26.	Shampakadi - Aashthapana Basti	Shu. Ci. 38/43	Vata Vikara
27.	Guduchyadi - Aashthapana Basti	Shu. Ci. 38/47	Vata Vikara
28.	Lodhradi - Aashthapana Basti	Shu. Ci. 38/55	Vata Vikara
29.	Vrishadi - Aashthapana Basti	Shu. Ci. 38/67	Vata Vikara
30.	Rasnadi - Aashthapana Basti	Shu. Ci. 38/72	Vata Vikara
31.	Bala Taila - Basti	Shu. Ci. 38/89	Bandhya
32.	Mustadi - Aashthapana Basti	Shu. Ci. 38/106	Balya etc.
33.	Koshatakyadi Yavagu	Shu. K. 2/46	Sthavara and Jangama Visha
34.	Maha Agadaraja Lepa	Shu. K. 6/16	Sarva Visha
35.	Dhavadi Agada	Shu. K. 8/51	Vishvambhara Visha
36.	Lakshmanadi Kshira - Nasya	Shu. Sh. 2/34	Putrakama Stri

37.	Badaradi - Aashthapana Basti	Shu. Sh. 10/5	Prasuta – 8th month Chikitsa
38.	Bala Taila - Abhyanga	Shu. Sh. 10/18	Sutika Roga
39.	Prishniparnidi Kshira	Shu. Sh. 10/65	Garbhastava
40.	Manashiladhya Anjana	Shu. Ut. 17/18	Netraroga
41.	Bala Taila	Shu. Ut. 23/9	Nasanaha Roga
42.	Baladi Taila - Nasya	Shu. Ut. 24/31	Pratishyaya
43.	Bala Taila	Shu. Ut. 26/11	Shiroroga
44.	Baladi Kwath	Shu. Ut. 39/171	Vataja-Jwara
45.	Baladi Kwath	Shu. Ut. 39/195	Pitta-Kapha-Jwara
46.	Kalshyadi Ghrita	Shu. Ut. 39/224	Jirna Jwara
47.	Bala Kwath	Shu. Ut. 39/243	Shopha, Panduroga
48.	Yavagu	Shu. Ut. 40/59	Pittaja Atisara
49.	Baladi Ghrita	Shu. Ut. 40/77	Sashulapittatisara
50.	Peya	Shu. Ut. 40/91	Atisara
51.	Bala Taila – Basti	Shu. Ut. 43/19	Kaphaja Hridaroga
52.	Balashigru Yoga	Shu. Ut. 44/29	Pandu Roga
53.	Kwath	Shu. Ut. 48/28	Amaja Trishna
54.	Pathadi Ghrita	Shu. Ut. 52/29	Panch Kasahara
55.	Agastya Avaleha	Shu. Ut. 52/43	Rajyakshma etc.
56.	Shatavari Ghrita	Shu. Ut. 52/49	Kasa
57.	Madhurakadi Yoga	Shu. Ut. 53/14	Pttaja-Svarabheda
58.	Baladi Kalka	Shu. Ut. 58/44	Mutradosahara
59.	Bala Ghrita	Shu. Ut. 58/58	Mutradosahara
60.	Mahabala Ghrita	Shu. Ut. 58/62	Jivaniya, Vrishya etc.
61.	Trivrita Taila and Ghrita	Shu. Ut. 59/17	Vata-Mutrakrichha
62.	Taila Yoga - Pana	Shu. Ut. 65/9	Galaganda Roga

In Astang Hridaya Samhita[8]

Table 3: Formulation and Rogadhikara of Bala in Astang Hridaya Samhita.

SN	Formulation	References	Rogadhikara
1.	Madhyama Panhamula	Ah. Su. 6/169	Kapha-Vata Doshanashaka
2.	Ghritadi Dravya	Ah. Su. 10/23	Madhura Skandha Dravya
3.	Bhadradarudi Dravya	Ah. Su. 15/5	Vatanashaka Dravya
4.	Anu Taila - Method	Ah. Su. 20/37	Nasya
5.	Shaliyadi Rasa	Ah. Sh. 2/5	Rajasa Shula
6.	Ghanadi Kwath	Ah. Sh. 2/8	Raktadarshana
7.	Bala Taila	Ah. Sh. 2/45	Mundhagarbha
8.	Bala Taila - Method	Ah. Sh. 2/46	Mundhagarbha
9.	Prishnapaniyadi Yoga	Ah. Sh. 2/56	Garbharakshaka
10.	Prishnapaniyadi Yoga	Ah. Ci. 1/28	Jwara - Atisara
11.	Bala Rasa and Kalka Paka Ghrita	Ah. Ci. 1/94	Jirna Jwara
12.	Drakshadi Yoga	Ah. Ci. 1/110	Trishna, Daha, Jwara
13.	Shunthiyadi Kshirapaka	Ah. Ci. 1/114	Shoth, Jwara etc.
14.	Niruhabasti Yoga	Ah. Ci. 1/119	Jwara
15.	Anuvashana Basti Yoga	Ah. Ci. 1/123	Jwara
16.	Baladi Kwath - Peya	Ah. Ci. 2/18	Raktapitta
17.	Chandanadi Yoga	Ah. Ci. 2/32	Raktapitta
18.	Jivakadi Kshira Yoga	Ah. Ci. 2/37	Raktapitta
19.	Medadi Ghrita	Ah. Ci. 3/38	Pittaja Kasa
20.	Kantakari Ghrita	Ah. Ci. 3/60	Kasa, Shwasa etc.
21.	Madhukadi Leha	Ah. Ci. 3/80	Kasa
22.	Amritaprash Ghrita	Ah. Ci. 3/95	Kasa

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23.	Shwadanshtradi Ghrita	Ah. Ci. 3/102	Vata, Pitta Roga etc.
24.	Nagabala Sarpi	Ah. Ci. 3/121	Raktapitta, Kasa etc.
25.	Agastyahartaki Rasayana	Ah. Ci. 3/127	Kasa, Balya, Varnya etc.
26.	Vasishthaharitaki Rasayana	Ah. Ci. 3/133	Kasa etc.
27.	Dhumapana Yoga	Ah. Ci. 3/148	Kasa
28.	Ghrita Paka Yoga	Ah. Ci. 3/154	Kshayaja Kasa
29.	Padmakadi Yoha	Ah. Ci. 3/172	Kshayaja Kasa
30.	Yusha Method	Ah. Ci. 4/22	Svasa – Hridhma
31.	Ghrita Yoga	Ah. Ci. 5/15	Rajayakshma
32.	Jivantyadi Ghrita	Ah. Ci. 5/16	Rajayakshma
33.	Rasnadi Ghrita	Ah. Ci. 5/24	Rajayakshma
34.	Baladi Yoga	Ah. Ci. 5/41	Rajayakshma
35.	Prapaundarika Yoga	Ah. Ci. 5/42	Rajayakshma
36.	Balamuladi Lepa	Ah. Ci. 5/68	Pinasa Roga
37.	Punarnavadi Lepa	Ah. Ci. 5/68	Pinasa Roga
38.	Udvardana Yoga	Ah. Ci. 5/79	Rajayakshma
39.	Bala Taila – Pana	Ah. Ci. 6/38	Chhardi-Hridroga-Trishna
40.	Mahasneha Method	Ah. Ci. 6/39	Hridroga
41.	Ghrita Yoga	Ah. Ci. 6/46	Pittaja Hridroga
42.	Kutajadi Avaleha	Ah. Ci. 8/109	Arsha
43.	Peya Yoga	Ah. Ci. 9/13	Atisara
44.	Peya Yoga	Ah. Ci. 9/56	Pittaja – Atisara
45.	Dashamuladi Yoga	Ah. Ci. 11/2	Mutraghata – Shula
46.	Dadhika Ghrita	Ah. Ci. 14/13	Gulma, Apasmara etc.
47.	Nilini Ghita	Ah. Ci. 14/55	Gulma, Vyanga, Kushtha
48.	Ahara Dravya	Ah. Ci. 14/75	Pittaja Gulma
49.	Bilvakshara Taila	Ah. Ci. 15/46	Udhara Roga
50.	Pippaliyadi Yoga	Ah. Ci. 16/56	Halimaka
51.	Baladi Ghrita – Nasya	Ah. Ci. 21/62	Sirogata – Vata
52.	Bala Taila – Pana, Nasya etc.	Ah. Ci. 21/73	Kanti, Lakshami, Kasa etc.
53.	Balamuladi Kshira	Ah. Ci. 22/8	Vatarakta
54.	Bala Taila	Ah. Ci. 22/45	Vatarakta
55.	Bala Yoga – Pana, Basti.	Ah. Ci. 22/55	Vatarakta
56.	Bala Taila	Ah. Ci. 22/56	Vatarakta
57.	Baladi Kalpa 1st – Basti	Ah. K. 4/1	Jivaniya, Brinhanityakara
58.	Baladi Kalpa 2nd – Basti	Ah. K. 4/5	Balya
59.	Erandamuladi Kalpa – Basti	Ah. K. 4/7	Gulma, Ashmari etc.
60.	Rasnadi Kalpa	Ah. K. 4/12	Phalashruti – Bastidaha etc.
61.	Yapanaraja Basti	Ah. K. 4/37	Vatarakta etc.
62.	Dashamuladi Sneha Basti	Ah. K. 4/54	Vataja Roga
63.	Yamana Sneha	Ah. K. 4/59	Brinhana etc.
64.	Vridhdakashyapokta Ghrita	Ah. Ut. 2/41	Dantashula
65.	Baladi Kwath - Snana	Ah. Ut. 3/44	Garhavesha
66.	Rasnadi Ghrita	Ah. Ut. 3/51	Garhabadha
67.	Bhutarava Ghrita	Ah. Ut. 5/19	Garhavesha
68.	Jivanti Taila	Ah. Ut. 13/52	Varnya, Kanti
69.	Varti	Ah. Ut. 16/23	Pitta-Raktaja Adhimantha
70.	Jambvadi Taila – Abhyanga	Ah. Ut. 18/43	Karnapali
71.	Karnapalivardhaka Sneha	Ah. Ut. 18/56	Karnapali
72.	Dhumapana Yoga	Ah. Ut. 20/7	Pratishyaya
73.	Guduchyadi Taila (Bala Dvaya)	Ah. Ut. 22/68	Vataja Galaganda
74.	Mayuradi Ghrita	Ah. Ut. 24/47	Sarva Urdhvajatru Roga

75.	Utsadana Yoga	Ah. Ut. 25/47	Varna
76.	Bala Taila	Ah. Ut. 26/6	Sadhyovarna Shula
77.	Gandha Taila – Pana (Balatraya)	Ah. Ut. 27/38	Vata-Pitta Vikara
78.	Shatavari Avaleha (DviBala)	Ah. Ut. 34/37	Guhyaroga
79.	Baladi Yamaka Sneha	Ah. Ut. 34/42	Vata-Pitta Yoniroga
80.	Yavagu	Ah. Ut. 35/22	Vishanashaka
81.	Chandrodaya Agada	Ah. Ut. 35/25	Visha
82.	Chyavanaprasha Rasayana	Ah. Ut. 39/33	Kasa, Swasa etc.
83.	Vidarikandadi Churna	Ah. Ut. 39/60	Medha, Vaya etc.
84.	Shunthiyadi Rasayana	Ah. Ut. 39/104	Vyadhijaravimukta
85.	Murva Adi Kalpa	Ah. Ut. 39/155	Rasayana Vidhi
86.	Vajikarana Yoga	Ah. Ut. 40/13	Vajikarana Vidhi

***Kashyapa Samhita*[9]**

Table 4: Formulation and Rogadhikara of Bala according to Kashyapa Samhita.

SN	Formulation	References	Rogadhikara
1.	Bala Taila	Ka. Ci. 6/8	Kamala, Pandu Roga
2.	Taila - Abhayanga, Pana, Basti	Ka. Ci. 6/14	Dushprajata Chikitsa
3.	Grita	Ka. Ci. 6/15	Raktaja Mutrakarichchha
4.	Bala Taila – Abhayanga	Ka. Ci. 6/17	Dhatri Chikitsa
5.	Taila	Ka. Ci. 8/5	Kumar - Sarvaroga
6.	Niruha Basti	Ka. Ci. 8/16	Pittaja Roga
7.	Taila and Ghrita	Ka. Ci. 8/33	Shatkalpa
8.	Kashaya	Ka. Ci. 9/124	Vishishta Kalpa
9.	Peya	Ka. Ci. 10/80	Yushanirdeshiya
10.	Taila	Ka. Ci. 11/95	Vataja Jvara
11.	Lepa	Ka. Khi. 13/77	Garbhini Chikitsa
12.	Taila	Ka. Khi. 19/13	Vataja Jvara
13.	Kashaya	Ka. Khi. 21/12	Shotha, Aadhmana etc.

***Bhela Samhita*[10]**

Table 5: Formulation and Rogadhikara of Bala according to Bhela Samhita.

SN	Formulation	References	Rogadhikara
1.	Mahapadmaka Taila	Bh. Ci. 2/27	Jirna Jvara, Vishama Jvara
2.	Rasayaniya Sarpi	Bh. Ci. 4/34	Yakshma, Kasa etc.
3.	Dadhika Ghrita	Bh. Ci. 5/20	Gulma
4.	Shiva Varti – Anjana	Bh. Ci. 10/70	Visuchika
5.	Bala Taila	Bh. Ci. 12/5	Shukrashmari
6.	Dashamula Taila	Bh. Ci. 14/13	Urustambha
7.	Bala Taila	Bh. Ci. 15/39	Vatarakta
8.	Baladi Taila	Bh. Ci. 16/31	Raktarsha and Pittarsha
9.	Lepadi Yoga	Bh. Ci. 16/74	Arsha
10.	Ayorajiyam	Bh. Ci. 17/36	Shotha
11.	Bala Taila	Bh. Ci. 19/14	Hridaroga
12.	Jivakadi Ghrita	Bh. Ci. 19/16	Vata – Pittaja Hridaroga
13.	Mahasneha	Bh. Ci. 19/20	Hridaroga
14.	Tryushnadi Churna	Bh. Ci. 20/29	Kasa
15.	Agastya Rasayana	Bh. Ci. 20/41	Kasa
16.	Bala Taila – Nasya	Bh. Ci. 21/31	Shira Kampa
17.	Kavala Dharana	Bh. Ci. 21/44	Arochaka
18.	Taila – Abhayanga	Bh. Ci. 21/59	Shiroroga, Karnashula
19.	Baladi Taila	Bh. Ci. 24/4	Vatanashaka

20.	Bala Taila	Bh. Ci. 24/14	Vataroga, Raktapitta
21.	Rasna Taila	Bh. Ci. 24/19	Vata vyadhi
22.	Bala Taila	Bh. Ci. 24/44	Vata vyadhi
23.	Kakadanyadi Taila	Bh. Ci. 26/20	Hikka, Shvasa
24.	Taila	Bh. Ci. 26/36	Ardita
25.	Bala Taila	Bh. Ci. 26/40	Ardita
26.	Pidaniya Lepa	Bh. Ci. 27/3	Varna
27.	Varnaropana Taila	Bh. Ci. 27/7	Varna Ropana
28.	Guduchyadi Panaka	Bh. Ci. 28/39	Jvara, Trishna
29.	Jivakadi Nasya Yoga	Bh. Si. 2/18	Udhrvagata Roga
30.	Kshrapaka	Bh. Si. 4/65	Hanustambha
31.	Niruha Basti Yoga	Bh. Si. 7/10	Pittahara
32.	Ashvagandhadi Niruha Basti	Bh. Si. 7/16	Pittahara
33.	Shatavaryadi Rasayana Basti	Bh. Si. 8/25	Vali, Palita Roga etc.

Harita Samhita[11]

Table 6: Formulation and Rogadhikara of Bala according to Harita Samhita.

SN	Formulation	References	Rogadhikara
1.	Shaka	Ha. Pr. 16/14	Vatala
2.	Mustadi Kvatha	Ha. Tr. 2/120	Jvara
3.	Utpalashatka	Ha. Tr. 3/11	Jvaratisara
4.	Panchamuli Kvatha	Ha. Tr. 3/17	Jvaratisara
5.	Kvatha	Ha. Tr. 3/21	Jvaratisara, Pittatisara
6.	Shaliparnyadi Pana	Ha. Tr. 3/44	Pittatisara
7.	Kalingadi Kalka	Ha. Tr. 3/52	Pitta – Kapha Atisara
8.	Lepa	Ha. Tr. 3/72	Guda – bhrinsha
9.	Churna	Ha. Tr. 6/19	Tikshanagni Chikitsa
10.	Chyavanaprashaleha	Ha. Tr. 9/49	Kshaya
11.	Bala Kvatha	Ha. Tr. 9/67	Kamala, Kshaya, Prameha
12.	Parashara Ghrita	Ha. Tr. 9/88	Kshaya Roga
13.	Baladi Ghrita	Ha. Tr. 9/93	Kahaya Roga
14.	Chandanadi Taila – Pana	Ha. Tr. 9/99	Kshaya Roga
15.	Talakamrataka	Ha. Tr. 9/124	Rajaykshama, Kshaya
16.	Churna	Ha. Tr. 10/30	Raktapitta
17.	Shatavari Ghrita	Ha. Tr. 10/41	Adhoraktapitta
18.	Narayana Taila	Ha. Tr. 20/109	Vata vyadhi
19.	Bala Kvatha	Ha. Tr. 21/27	Vata vyadhi
20.	Churna	Ha. Tr. 22/7	Gridhrasi Vata
21.	Vajkarana Yoga	Ha. Tr. 47/14	Vajikaraka

Sharngadhara Samhita[12]

Table 7: Formulation and Rogadhikara of Bala according to Sharngadhara Samhita

SN	Formulation	References	Rogadhikara
1.	Kvatha	Sh. M. K. 2/12	Vataja Jvara
2.	Shaliparnyadi Kvath	Sh. M. K. 2/73	Vataja Grihani
3.	Maharasnadi Kvath	Sh. M. K. 2/90	Sarva Vata Vyadhi
4.	Rasnadi Kvath	Sh. M. K. 2/125	Antravridhi
5.	Trikantakadi Srita Paya	Sh. M. K. 2/165	Kaphaja Jvara
6.	Nilotpaladi Hima	Sh. M. K. 4/4	Vata – Pitaja Jvara
7.	Sudarshana Churna	Sh. M. K. 6/29	Sarva Jvara
8.	Chyavanaprasha	Sh. M. K. 8/19	Kshayakshinadi
9.	Agastyaharitakyavaleha	Sh. M. K. 8/32	Kshaya

10.	Kamdeva Ghrita	Sh. M. K. 9/27	Raktapitta
11.	Triphaladhy Ghrita	Sh. M. K. 9/68	Timira etc.
12.	Mayura Ghrita	Sh. M. K. 9/75	Shiroroga
13.	Narayana Taila	Sh. M. K. 9/101	Vataroga
14.	Baladhya Taila	Sh. M. K. 9/114	Vatavyadhi
15.	Mashadi Taila	Sh. M. K. 9/130	Vatavikara
16.	Shatavati Taila	Sh. M. K. 9/136	Vatavikara
17.	Dhaturadi Taila	Sh. M. K. 9/199	Tvachagata Vataroga
18.	Kumaryasava	Sh. M. K. 10/22	Prameha, Varna etc.
19.	Lepa	Sh. M. K. 11/57	Pitaja - Visarpa
20.	Kandarpa Sundara Rasa	Sh. M. K. 12/269	Vajikarana Karma
21.	Potali svedana	Sh. U. K. 2/26	Vatanashaka
22.	Lepa	Sh. U. K. 11/64	Raktapitta etc.

Bala in Nighantu Kala[13,18]

Table 8: Synonyms of Bala according to various Nighantus.

SN	Synonyms	D. N.	M.P.N.	K. N.	R. N.	B. N.	P. N.
1.	Aaudanika	-	-	-	-	-	-
2.	Bala	-	-	-	+	+	+
3.	Baladhya	-	-	-	+	-	-
4.	Bhadra	-	-	-	+	-	-
5.	Bhadrabala	-	-	-	+	-	-
6.	Bhadrodani	+	+	+	+	-	-
7.	Kaliyanini	-	-	-	+	-	-
8.	Kanaka	-	-	-	-	-	-
9.	Katharayashtika	-	-	-	-	-	-
10.	Khakashthika	-	-	-	+	-	-
11.	Kharayashtika	+	+	+	-	-	-
12.	Kharanga	-	-	-	-	-	-
13.	Krura	-	-	+	-	-	-
14.	Mota	-	-	-	+	-	-
15.	Mahasamanga	+	-	-	-	-	-
16.	Nishthiva	-	-	-	-	-	-
17.	Odanahvaya	+	-	+	-	-	-
18.	Oaudanika	+	-	-	-	-	-
19.	Phanijivaka	-	-	-	-	-	-
20.	Prabhasa	-	-	-	-	-	-
21.	Paryaya	-	-	+	-	-	-
22.	Raktatandula	-	-	-	-	-	-
23.	Samanga	+	+	+	+	-	-
24.	Samansha	-	+	+	-	-	-
25.	Shitapaki	+	+	+	-	-	-
26.	Saha	-	-	+	-	-	-
27.	Sahadeva	-	-	-	-	-	-
28.	Shitakurchika	-	-	+	-	-	-
29.	Vatyalika	-	-	-	-	+	-
30.	Vatyodarahvaya	-	+	-	-	-	-
31.	Vatyapushpi	-	-	-	-	-	-
32.	Vatyayani	-	-	-	-	-	+
33.	Vijjala	-	-	+	-	-	-
34.	Vataghani	-	-	-	-	-	-
35.	Vatyalaka	-	+	+	-	+	-

36.	Vatyali	-	-	-	-	-	-
37.	Vihvala	-	-	-	-	-	-
38.	Vati	+	-	+	+	-	-
39.	Vatyabhidhana	-	-	-	-	-	-
40.	Vatya	-	-	+	-	+	-
41.	Vatyahva	-	-	-	-	-	-
42.	Udakika	-	-	-	+	-	-

Table 9: Classification (*Varga*) of *Bala* according to different *Nighantus*.

SN	Nighantus	Varga
1.	Dhanvantari Nighantu	Guduchyadi Varga
2.	Madanapala Nighantu	Abhayadi Varga
3.	Kaiyadeva Nighantu	Aushadhi Varga
4.	Raja Nighantu	Shatahwadi Varga
5.	Bhavaprakasha Nighantu	Guduchyadi Varga
6.	Priya Nighantu	Shatapushpadi Varga

Table 10: *Rasa Panchaka* of *Bala* according to various *Nighantus*/

SN	Rasa Panchaka		Nighantus					
			D.N.	M.P.N.	K.N.	R.N.	B. N.	P.N.
1.	Rasa	Madhura	+	+	+	-	+	+
		Atitikta	-	-	-	+	-	-
2.	Guna	Snigdha	+	+	+	-	+	+
3.	Virya	Shita	+	+	+	-	+	+
4.	Vipaka	Madhura	+	+	+	+	+	+
5.	Doshaghanta	Tridosahara	+	-	+	-	-	-
		Vatapittahara	-	+	-	-	+	+
		Kaphanashaka	-	-	-	+	-	-

Table 11: Variety of *Bala* according to different *Nighantus*.

SN	Types	Name	Latin Name
1.	Baladvaya (C. S.)	Bala Atibaa	<i>Sida cordifolia</i> (Linn.) <i>Abutilon indicum</i> (Linn.)
2.	Balatraya (A.H.) & (D.H)	Bala Atibaa Nagabala	<i>Sida cordifolia</i> (Linn.) <i>Abutilon indicum</i> (Linn.) <i>Grewia hirsuta</i> (Vanb.)
3.	Balachatustaya (B.N.) & (K. N.)	Bala Atibala Nagabala Mahabaa	<i>Sida cordifolia</i> (Linn.) <i>Abutilon indicum</i> (Linn.) <i>Grewia hirsuta</i> (Vanb.) [<i>Sida veroniceaefolia</i> (Lom.) or <i>Sida rhombifolia</i> (Linn.)]
4.	Balapanchaya (P. N.)	Bala Atibala Nagabala Mahabala Rajabala	<i>Sida cordifolia</i> (Linn.) <i>Abutilonindicum</i> (Linn.) <i>Grewia hirsuita</i> (Vanb.) <i>Sidarhombifolia</i> (Linn.) <i>Sida veroniceaefolia</i> (Lom.)

Discussion

On the above studies it is shown that *Bala* has been mentioned in different *Veda*, *Samhita*, and *Nighantu*, shows its numerous properties and uses. All Ayurvedic texts show its Ayurvedic properties like *Valya*, *Vrishya*, *Vrihanana*, *Rasayana*, *Ojovardhaka*, *Vishaghna*.

On the point of its *Karma* on *Dosha* Acharya *Bhavaprakash* and *Priya Nighantu* has described as *Vatapittahara*, *Raj Nighantu* as *Kaphashamaka*, whereas *Dhanvantari Nighantu* and *Kaidev Nighantu* stated as *Tridosahara*. *Ayurvedic* text defined as various type of *Bala* are mentioned in *Samhita* and *Nighantu* termed as *Baladvay*, *Balatravay*, *Balachatustay*, and *Balapanchay*.

This study show that *Bala* is used in various disease and health issue like *Vata-Vyadhi*, *Vatrakta*, *Jwara*, *Vata-Pittaja Vyadhi*, and many more. *Samhita* also explained that it is used in various form for treatment and health issue like *Ghrita*, *Taila*, *Lepa*, *Peya*, *Yavagu*, *Kashaya*, *Dhoopana* and *Basti* etc.

Conclusion

After reviewing of all *Ayurvedic* literature it concludes that the *Sida cordifolia* is great *Ayurvedic* medicinal value plant. Basic literature of *Ayurveda* are *Vedas*, *Samhita*, and *Nighantu*, are documented its different types, various form, medicinal properties, different formulation, various synonyms, and different medicinal and pharmaceutical uses.

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