



Case Study

ROLE OF *BALA TAILA* IN STRENGTHENING MATERNAL FACTORS FOR *SUKHA PRASAV*

Trisha Verma^{1*}, Salim Mulla²

¹PG Scholar, ²Guide and HOD, Department of Prasuti Tantra Evum Striroga, Shri Babu Singh Jay Singh Ayurvedic Medical College and Hospital, Farukhabad, UP, India.

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ABSTRACT

Bala Taila is a classical Ayurvedic medicated oil widely used for strengthening the body, nourishing tissues, pacifying aggravated *Vata Dosha*, and supporting the normal functions of muscles, nerves, joints, and reproductive tissues. In pregnancy care, especially in the later months, the concept of *Sukha Prasav* is closely related to the proper strength of the mother, balanced *Vata*, adequate nourishment of *Dhatu*, flexibility of pelvic structures, and smooth functioning of *Apana Vayu*. *Bala Taila*, prepared mainly with *Tila Taila, Bala Moola Kwatha, Dashamoola Kwatha, Godugdha*, and other *Balya, Brimhana, Vatahara*, and *Snigdha Dravya*, may help in strengthening maternal factors required for normal labour. Its external use in the form of *Abhyanga, Kati Abhyanga, Prishtha Abhyanga, Yoni Pichu*, or local application may improve softness, flexibility, circulation, muscular tone, and relaxation. The present drug review highlights the probable role of *Bala Taila* in strengthening maternal factors for *Sukha Prasav* through classical properties, ingredient-based action, and modern physiological understanding.

INTRODUCTION

Pregnancy is a natural physiological condition, but it needs proper care, nourishment, and physical as well as mental preparation for safe delivery. In Ayurveda, the health of the mother is given special importance because the strength of the mother directly affects the growth of the fetus, the process of labour, and the postnatal recovery. The concept of *Sukha Prasav* means smooth, comfortable, and uncomplicated delivery. For this, proper functioning of *Apana Vayu*, adequate strength of the reproductive passage, pelvic region, abdominal muscles, and relaxed mental state are considered important.^[1]

In the later stage of pregnancy, *Vata Dosha* plays a major role in the initiation and progression of labour. If *Vata* is balanced, the process of labour becomes smoother. If *Vata* becomes aggravated due to dryness, weakness, fear, pain, constipation, poor

nourishment, or physical strain, it may lead to difficult labour, pain, stiffness, fatigue, and delayed progress. Therefore, Ayurveda gives importance to *Snigdha, Mridu, Balya*, and *Vatahara* measures during pregnancy.^[2]

Bala Taila is one such medicated oil which is commonly used for strengthening and nourishing the body. The word *Bala* itself indicates strength. It contains drugs that are *Balya, Brimhana, Vatahara, Shothahara, Vedanasthapana*, and *Mamsa Dhatu Poshaka*. Due to these properties, *Bala Taila* can be considered useful in improving maternal strength, pelvic flexibility, neuromuscular coordination, and smooth action of *Apana Vayu*, which are essential for *Sukha Prasav*.^[3]

AIM AND OBJECTIVES

Aim

To review the role of *Bala Taila* in strengthening maternal factors for *Sukha Prasav*.

Objectives

- To study the ingredients and classical properties of *Bala Taila*.
- To understand the role of *Bala Taila* in balancing *Vata Dosha* during pregnancy.

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- To evaluate its possible role in improving maternal strength, pelvic flexibility, and labour preparedness.
- To correlate the classical action of *Bala Taila* with modern physiological understanding.

Drug Review

Bala Taila

Bala Taila is a medicated oil preparation used in Ayurveda mainly for strengthening, nourishing, and pacifying *Vata Dosha*. It is prepared by processing *Tila*

Taila with decoctions, milk, and paste of medicinal drugs. The main drug *Bala* is known for its *Balya*, *Brimhana*, *Vatahara*, and *Rasayana* properties. The oil base provides *Snigdha Guna*, which is highly useful in conditions of dryness, stiffness, weakness, and pain. In pregnancy, especially in the third trimester, these properties are useful for supporting the mother physically and preparing the body for normal delivery.^[4]

Taxonomical Classification

S.No.	Drug Name	Botanical Name	Family	Kingdom	Part Used
1	<i>Bala</i>	<i>Sida cordifolia</i> Linn.	Malvaceae	Plantae	Root
2	<i>Tila</i>	<i>Sesamum indicum</i> Linn.	Pedaliaceae	Plantae	Seed oil
3	<i>Kulatha</i>	<i>Macrotyloma uniflorum</i> Lam.	Fabaceae	Plantae	Seed
4	<i>Yava</i>	<i>Hordeum vulgare</i> Linn.	Poaceae	Plantae	Seed
5	<i>Badara</i>	<i>Ziziphus jujuba</i> Mill.	Rhamnaceae	Plantae	Bark
6	<i>Jivaka</i>	<i>Malaxis acuminata</i> D. Don	Orchidaceae	Plantae	Tuber
7	<i>Kakoli</i>	<i>Roscoeia procera</i> Wall.	Zingiberaceae	Plantae	Root / rhizome
8	<i>Ksheerakakoli</i>	<i>Fritillaria roylei</i> Hook.	Liliaceae	Plantae	Bulb / root
9	<i>Meda</i>	<i>Polygonatum cirrhifolium</i> Royle	Asparagaceae	Plantae	Rhizome
10	<i>Godugdha</i>	Cow's milk	Bovidae	Animal source	Milk

Vernacular Names

S.No.	Drug Name	Hindi Name	English Name	Common Name
1	<i>Bala</i>	<i>Bala / Kharenti</i>	Country mallow	Sida
2	<i>Tila</i>	<i>Til</i>	Sesame	Sesame seed
3	<i>Kulatha</i>	<i>Kulthi</i>	Horse gram	Horse gram
4	<i>Yava</i>	<i>Jau</i>	Barley	Barley
5	<i>Badara</i>	<i>Ber</i>	Indian jujube	Jujube
6	<i>Jivaka</i>	<i>Jivak</i>	Orchid tuber	Jivaka
7	<i>Kakoli</i>	<i>Kakoli</i>	Himalayan medicinal root	Kakoli
8	<i>Ksheerakakoli</i>	<i>Ksheer Kakoli</i>	Himalayan lily bulb	Ksheer Kakoli
9	<i>Meda</i>	<i>Meda</i>	Solomon's seal	Meda
10	<i>Godugdha</i>	<i>Gau Dugdh</i>	Cow's milk	Milk

Synonyms

S. No.	Drug Name	Classical Synonyms
1	<i>Bala</i>	<i>Vatyalika, Balya, Mahabala, Atibala</i>
2	<i>Tila</i>	<i>Sneha Phala, Pavitra, Pitra Tarpana, Jatila</i>
3	<i>Kulatha</i>	<i>Kulattha, Horse Gram, Tamrabija</i>
4	<i>Yava</i>	<i>Akshata, Sita Shuka, Tikсна Shuka</i>
5	<i>Badara</i>	<i>Kola, Kuvala, Sauvira, Badari</i>
6	<i>Jivaka</i>	<i>Jivaniya, Pranada, Jivaka</i>
7	<i>Kakoli</i>	<i>Kakolika, Vayasoli, Jivaniya</i>
8	<i>Ksheerakakoli</i>	<i>Payasya, Ksheerini, Ksheerakakoli</i>

9	<i>Meda</i>	<i>Medika, Jivaniya, Pushtida</i>
10	<i>Godugdha</i>	<i>Dugdha, Ksheera, Payas</i>

Ingredients of Bala Taila

S. No.	Ingredient	Botanical Name	Part Used	Proportion
1	<i>Tila Taila</i>	<i>Sesamum indicum</i>	Seed oil	1 part
2	<i>Bala Moola Kwatha</i>	<i>Sida cordifolia</i>	Root	8 parts
3	<i>Dashamoola Kwatha</i>	Group of ten roots	Root	8 parts
4	<i>Kulatha Kwatha</i>	<i>Macrotyloma uniflorum</i>	Seed	8 parts
5	<i>Yava Kwatha</i>	<i>Hordeum vulgare</i>	Whole plant / seed	8 parts
6	<i>Badara Twak Kwatha</i>	<i>Ziziphus jujuba</i>	Bark	8 parts
7	<i>Godugdha</i>	Cow milk	Milk	8 parts
8	<i>Jivaka</i>	<i>Malaxis acuminata</i>	Whole plant / tuber	1 part
9	<i>Kakoli</i>	<i>Roscoeia procera</i>	Root	1 part
10	<i>Ksheerakakoli</i>	<i>Fritillaria roylei</i>	Root	1 part
11	<i>Meda</i>	<i>Polygonatum cirrhifolium</i>	Rhizome / root	1 part
12	<i>Mahameda</i>	<i>Polygonatum verticillatum</i>	Rhizome / root	1 part
13	<i>Riddhi</i>	<i>Habenaria intermedia</i>	Tuber	1 part
14	<i>Vriddhi</i>	<i>Habenaria edgeworthii</i>	Tuber	1 part
15	<i>Madhuka</i>	<i>Glycyrrhiza glabra</i>	Root	1 part
16	<i>Agaru</i>	<i>Aquilaria agallocha</i>	Heartwood	1 part
17	<i>Sariva</i>	<i>Hemidesmus indicus</i>	Root	1 part
18	<i>Rasna</i>	<i>Pluchea lanceolata</i>	Leaf / root	1 part
19	<i>Devadaru</i>	<i>Cedrus deodara</i>	Heartwood	1 part
20	<i>Manjistha</i>	<i>Rubia cordifolia</i>	Root	1 part
21	<i>Chandana</i>	<i>Santalum album</i>	Heartwood	1 part
22	<i>Ushira</i>	<i>Vetiveria zizanioides</i>	Root	1 part
23	<i>Ela</i>	<i>Elettaria cardamomum</i>	Seed	1 part
24	<i>Patra</i>	<i>Cinnamomum tamala</i>	Leaf	1 part
25	<i>Twak</i>	<i>Cinnamomum zeylanicum</i>	Bark	1 part
26	<i>Nata</i>	<i>Valeriana wallichii</i>	Root / rhizome	1 part

Method of Preparation

Bala Taila is prepared by the classical method of *Sneha Paka*. In this process, *Tila Taila* is taken as the main oil base. The decoctions of *Bala Moola*, *Dashamoola*, *Kulatha*, *Yava*, and *Badara Twak* are added along with *Godugdha*. The paste of selected medicinal drugs is mixed properly with the oil and liquid media. The mixture is then cooked on mild fire with continuous stirring until the proper signs of *Sneha Siddhi* are obtained. After completion of cooking, the oil is filtered and stored in a clean, dry container. The preparation method helps to transfer the active principles of herbs into the oil medium. Due to this, the final formulation becomes more effective for external application, massage, and local therapeutic use.^[5]

Ayurvedic Properties of Main Ingredients

Ingredient	Rasa	Guna	Virya	Vipaka	Main Karma
<i>Bala</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Balya, Brimhana, Vatahara</i>
<i>Tila Taila</i>	<i>Madhura, Tikta, Kashaya</i>	<i>Guru, Snigdha, Sukshma</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vatahara, Balya, Twachya</i>

<i>Dashamoola</i>	Mainly <i>Kashaya</i> , <i>Tikta</i>	<i>Laghu</i> , <i>Ruksha</i>	Mostly <i>Ushna</i>	<i>Katu</i>	<i>Vatahara</i> , <i>Shothahara</i> , <i>Vedanasthapana</i>
<i>Godugdha</i>	<i>Madhura</i>	<i>Guru</i> , <i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Brimhana</i> , <i>Rasayana</i> , <i>Jivaniya</i>
<i>Kulatha</i>	<i>Kashaya</i> , <i>Katu</i>	<i>Laghu</i> , <i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata</i> <i>Kapha</i> <i>Shamaka</i> , <i>Shothahara</i>
<i>Yava</i>	<i>Kashaya</i> , <i>Madhura</i>	<i>Laghu</i> , <i>Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Lekhana</i> , <i>Medohara</i> , <i>Sthirakarana</i>
<i>Madhuka</i>	<i>Madhura</i>	<i>Guru</i> , <i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vranaropana</i> , <i>Balya</i> , <i>Shothahara</i>
<i>Rasna</i>	<i>Tikta</i> , <i>Katu</i>	<i>Guru</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vatahara</i> , <i>Vedanasthapana</i>
<i>Manjistha</i>	<i>Tikta</i> , <i>Kashaya</i>	<i>Guru</i> , <i>Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Raktashodhaka</i> , <i>Shothahara</i>

Ayurvedic Properties

S.No.	Drug Name	Rasa	Guna	Virya	Vipaka	Dosha Karma	Main Action
1	<i>Bala</i>	<i>Madhura</i>	<i>Guru</i> , <i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata-Pitta</i> <i>Shamaka</i>	<i>Balya</i> , <i>Brimhana</i> , <i>Vatahara</i> , <i>Shothahara</i>
2	<i>Tila Taila</i>	<i>Madhura</i> , <i>Tikta</i> , <i>Kashaya</i>	<i>Guru</i> , <i>Snigdha</i> , <i>Sukshma</i> , <i>Sara</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vata</i> <i>Shamaka</i> , <i>Kapha-Pitta</i> <i>Vardhaka</i>	<i>Balya</i> , <i>Vatahara</i> , <i>Snehan</i> , <i>Vedanasthapana</i>
3	<i>Dashamoola</i>	Mainly <i>Madhura</i> , <i>Tikta</i> , <i>Kashaya</i>	<i>Laghu</i> , <i>Ruksha</i>	Mostly <i>Ushna</i>	<i>Katu</i> / <i>Madhura</i>	<i>Vata-Kapha</i> <i>Shamaka</i>	<i>Shothahara</i> , <i>Shoolahara</i> , <i>Vatahara</i> , <i>Balya</i>
4	<i>Kulatha</i>	<i>Kashaya</i>	<i>Laghu</i> , <i>Ruksha</i> , <i>Tikshna</i>	<i>Ushna</i>	<i>Katu</i>	<i>Kapha-Vata</i> <i>Shamaka</i> , <i>Pitta</i> <i>Vardhaka</i>	<i>Deepana</i> , <i>Lekhana</i> , <i>Shothahara</i> , <i>Srotoshodhaka</i>
5	<i>Yava</i>	<i>Kashaya</i> , <i>Madhura</i>	<i>Laghu</i> , <i>Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pitta</i> <i>Shamaka</i>	<i>Lekhana</i> , <i>Medohara</i> , <i>Balya</i> , <i>Srotoshodhaka</i>
6	<i>Badara</i>	<i>Madhura</i> , <i>Kashaya</i>	<i>Guru</i> , <i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata-Pitta</i> <i>Shamaka</i>	<i>Balya</i> , <i>Brimhana</i> , <i>Dahahara</i> , <i>Ropana</i>
7	<i>Godugdha</i>	<i>Madhura</i>	<i>Guru</i> , <i>Snigdha</i> , <i>Mridu</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata-Pitta</i> <i>Shamaka</i>	<i>Brimhana</i> , <i>Balya</i> , <i>Jeevaniya</i> , <i>Rasayana</i>
8	<i>Jivaka</i>	<i>Madhura</i>	<i>Guru</i> , <i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata-Pitta</i> <i>Shamaka</i>	<i>Jeevaniya</i> , <i>Balya</i> , <i>Brimhana</i> , <i>Rasayana</i>
9	<i>Kakoli</i>	<i>Madhura</i>	<i>Guru</i> , <i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata-Pitta</i> <i>Shamaka</i>	<i>Brimhana</i> , <i>Balya</i> , <i>Vrishya</i> , <i>Rasayana</i>
10	<i>Ksheerakakoli</i>	<i>Madhura</i>	<i>Guru</i> , <i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata-Pitta</i> <i>Shamaka</i>	<i>Jeevaniya</i> , <i>Balya</i> , <i>Brimhana</i> , <i>Rasayana</i>
11	<i>Meda</i>	<i>Madhura</i>	<i>Guru</i> , <i>Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata-Pitta</i> <i>Shamaka</i>	<i>Balya</i> , <i>Brimhana</i> , <i>Jeevaniya</i> , <i>Rasayana</i>

Pharmacological Actions

Balya Action^[6]

Bala Taila mainly acts as a strengthening formulation. The presence of *Bala*, *Godugdha*, *Tila Taila*, *Jivaka*, *Kakoli*, *Ksheerakakoli*, *Meda*, and *Mahameda* supports nourishment of tissues. In pregnancy, maternal strength is very important

because labour requires good muscular effort, stamina, and endurance. Regular external use of *Bala Taila* may help in improving tone and strength of muscles, ligaments, and joints.

Vatahara Action^[7]

Labour is mainly controlled by *Apana Vayu*. Any obstruction, dryness, stiffness, or weakness may disturb the normal downward movement of *Apana Vayu*. *Bala Taila* contains *Snigdha*, *Guru*, *Mridu*, and *Vata Shamaka* ingredients. These properties help in reducing stiffness, dryness, pain, and irregular movement of *Vata*. This may support the natural downward movement required during delivery.

Brimhana and Poshana Action^[8]

The presence of milk, oil, and nourishing herbs gives *Bala Taila* a strong *Brimhana* effect. It nourishes *Mamsa Dhatu*, *Asthi Sandhi*, and soft tissues. In pregnant women, tissue nourishment is important for maintaining strength of the lower back, thighs, pelvic floor, and abdominal wall.

Vedanasthapana Action^[9]

Pregnancy often causes low back pain, pelvic discomfort, heaviness, and muscular fatigue. Drugs like *Dashamoola*, *Rasna*, *Devadaru*, and *Bala* are useful in relieving pain and inflammation. Gentle massage with *Bala Taila* may reduce discomfort and improve comfort during the antenatal period.

Shothahara Action^[10]

Mild swelling, heaviness, and inflammatory discomfort may occur during pregnancy due to pressure changes and fluid retention. Ingredients such as *Dashamoola*, *Manjistha*, *Rasna*, *Devadaru*, and *Sariva* have *Shothahara* properties. These may help in reducing local inflammation and improving tissue comfort.

Snigdha and Mridu Effect^[11]

The oil base of *Bala Taila* provides softness and lubrication. This is useful for reducing dryness and stiffness of tissues. In the context of *Sukha Prasav*, softness and flexibility of pelvic and perineal structures are important. Local external application may support tissue elasticity and relaxation.

Role of Bala Taila in Strengthening Maternal Factors for Sukha Prasav**Strengthening of Muscles^[12]**

During labour, strong abdominal and pelvic muscles are required for effective bearing down efforts. *Bala Taila* supports *Mamsa Dhatu* due to its *Balya* and *Brimhana* properties. Massage over the lower back, abdomen, hips, and thighs may improve local circulation and muscle relaxation.

Support to Pelvic Region^[13]

The pelvic region undergoes gradual stretching and adaptation during pregnancy. Application of *Bala Taila* over *Kati Pradesh*, *Sphik Pradesh*, and pelvic area may help in reducing stiffness and improving

flexibility. This can support maternal comfort during late pregnancy.

Regulation of Apana Vayu^[14]

Apana Vayu is responsible for the downward movement involved in urination, defecation, menstruation, and childbirth. For *Sukha Prasav*, proper direction and strength of *Apana Vayu* are essential. *Bala Taila* pacifies *Vata* and supports the natural function of *Apana Vayu*.

Reduction of Pain and Fatigue^[15]

Backache, pelvic pain, leg pain, and fatigue are common in pregnancy. *Bala Taila Abhyanga* may reduce pain by improving circulation, relaxing muscles, and pacifying *Vata*. This helps the mother remain more comfortable and physically prepared for labour.

Improvement of Tissue Elasticity^[16]

The *Snigdha* nature of *Tila Taila* and *Godugdha* helps in maintaining softness and elasticity of tissues. This may be useful in preparing the perineal and pelvic tissues for labour. Soft and flexible tissues can support smoother childbirth.

Mental Relaxation^[17]

Gentle oil massage gives calmness and relaxation. It reduces stress and promotes sleep. In Ayurveda, mental calmness is also important for proper labour. Anxiety and fear can aggravate *Vata*, while relaxation supports normal labour progression.

Support in Late Pregnancy Care^[18]

In the later months, *Snigdha* and *Vatahara* therapies are advised to prepare the mother for delivery. *Bala Taila* can be used as a supportive external therapy under proper medical guidance. It may help in maintaining maternal strength, reducing discomfort, and preparing the body for labour.

Mode of Action According to Ayurveda

The action of *Bala Taila* can be understood through its *Rasa*, *Guna*, *Virya*, *Vipaka*, and *Prabhava*. Most of its ingredients are *Madhura Rasa*, *Snigdha Guna*, *Guru Guna*, and *Vatahara* in nature. These properties nourish the body and reduce dryness and stiffness caused by *Vata*. The *Madhura Rasa* and *Madhura Vipaka* help in *Dhatu Poshana*, especially *Mamsa Dhatu* and *Shukra Dhatu*. The *Snigdha* and *Mridu* qualities help in softening tissues, improving flexibility, and supporting smooth movement of *Apana Vayu*.

The *Taila* base has *Sukshma* and *Vyavayi* properties, which help the drug penetrate deeper into tissues. When applied externally, it acts through skin absorption, local circulation, and neuromuscular relaxation. Thus, *Bala Taila* may help in strengthening maternal factors needed for *Sukha Prasav*.

Probable Modern Mode of Action of *Bala Taila***Therapeutic Uses of *Bala Taila* in Pregnancy Care**

Use	Probable Benefit
<i>Abhyanga</i>	Improves strength, circulation, and relaxation
<i>Kati Abhyanga</i>	Reduces lower back pain and stiffness
<i>Pada Abhyanga</i>	Reduces fatigue and promotes sleep
<i>Yoni Pichu</i> under supervision	Supports local softness and lubrication
Local pelvic massage	Improves flexibility of pelvic tissues
Gentle abdominal oiling	Reduces dryness and supports relaxation

Precautions

- *Bala Taila* should be used in pregnancy only under proper medical supervision.
- Strong massage should be avoided, especially over the abdomen.
- Internal use should not be done without advice from an Ayurvedic physician.
- *Yoni Pichu* or local vaginal use should be done only when advised by a qualified doctor.
- It should not be used in case of infection, bleeding, severe pain, high-risk pregnancy, premature rupture of membranes, or any obstetric emergency.
- In high-risk pregnancy, hypertension, placenta previa, preterm labour tendency, or unexplained bleeding, specialist consultation is necessary.

DISCUSSION

Bala Taila is a useful Ayurvedic formulation having *Balya*, *Brimhana*, *Vatahara*, *Snigdha*, and *Vedanasthapana* actions. These actions are directly related to the needs of a pregnant woman, especially in the later stage of pregnancy. The body requires strength, flexibility, proper nourishment, and balanced *Vata* for normal labour. The main ingredient *Bala* supports strength, while *Tila Taila* acts as a nourishing and penetrating oil base.^[19]

The concept of *Sukha Prasav* depends mainly on proper action of *Apana Vayu*, relaxed birth passage, sufficient maternal strength, and mental calmness. *Bala Taila* helps in reducing dryness and stiffness, which are common features of aggravated *Vata*. Its use in massage may improve comfort, reduce backache, and support flexibility of the pelvic region. These effects may prepare the mother physically and mentally for childbirth.^[20]

The ingredients of *Bala Taila* also show a combined action on muscles, nerves, joints, and soft tissues. *Dashamoola*, *Rasna*, and *Devadaru* help in reducing pain and stiffness. *Godugdha*, *Bala*, *Jivaka*, *Kakoli*, and *Meda* provide nourishment. *Manjistha*, *Sariva*, and *Chandana* support tissue health and reduce inflammatory discomfort. Therefore, *Bala Taila* can be considered a supportive formulation for strengthening maternal factors required for smooth delivery.^[21]

CONCLUSION

Bala Taila is an important Ayurvedic medicated oil with strong *Balya*, *Brimhana*, *Vatahara*, *Snigdha*, and *Vedanasthapana* properties. Its ingredients support maternal strength, muscle tone, pelvic flexibility, tissue nourishment, and proper functioning of *Apana Vayu*. In the context of *Sukha Prasav*, *Bala Taila* may be useful as a supportive external therapy for preparing the mother's body for smooth and comfortable labour. Its role is mainly through nourishment, softening, strengthening, pain reduction, and *Vata Shamana*. However, its use during pregnancy should always be done carefully and under the guidance of a qualified physician.

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***Address for correspondence**

Dr. Trisha Verma

PG Scholar,

Department of Prasuti Tantra Evum

Stri Roga, Shri Babu Singh Jay Singh

Ayurvedic Medical College and

Hospital Bewar Road, Farukhabad

Email: trishav206@gmail.com

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