



Review Article

AYURVEDA MEDICINAL PLANT *BALA* (*SIDA CORDIFOLIA* LINN.) FROM VEDAS, SAMHITAS AND NIGHANTUS: A LITERARY REVIEW

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KEYWORDS: *Bala*, *Sida cordifolia* (Linn.), *Balya*, *Vedas*, *Samhita*, *Nighantu*.

ABSTRACT

Background: *Sida cordifolia* (Linn.) commonly known as *Bala*, belonging to a family malvaceae is a very important medicinal plant since long in a traditional remedy of India. The drug is given many vernacular names i.e. *Kharethi* in Hindi, *Baladana* in Gujarati and *Chikana* in Malayalam etc. Medicinal plant *Bala* review is very helpful to achieve Ayurveda literature. **Data Source:** The information has been collected from many research articles, *Vedas*, *Samhitas* and *Nighantus* and internet sources etc. to the concept of medicinal uses of *Bala*. **Conclusion:** *Bala* in different *Vedas* and *Samhitas* we find it's different to indicate *Vishaghna*, *Brihmana*, *Kantikarka*, *Grahi*, *Vrishya*, *Ojhovardhaka*, *Balya*, *Rasayan* properties and in all *Nighantus* its *Madhura Rasa*, *Snigdha Guna*, *Shita Virya*, *Madhura Vipaka* have been mentioned excluding *Raja Nighantu* which have not indication its *Guna* and *Virya*. Various types of *Bala* are clear by *Samahitas* and *Nighantus* under groups of *Baladvaya*, *Balatraya*, *Balachatushtaya* and *Balapanchaya*. The review displays that *Bala* is used in many disorders like *Vatarakta*, *Jwara*, *Vyanga*, *Vata-Vyadhi* and *Nilika* etc in *Samhitas* it is used in different forms of drug i.e. *Basti*, *Peya*, *Shaka*, *Yavagu*, *Ghrita*, *Taila*, *Pralepa*, *Kashaya*, *Sweda* and *Lepa* etc and many synonyms are presents various *Nighantus*. This study review highlights its description in *Vedas*, *Samhitas* and *Nighantus*.

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INTRODUCTION

An impressive number of plants that are introduced in Ayurveda system of medicine have been using for the treatment of many disorders since thousands of years. According to World Health Organization, herbal medicines are being used by 80% of the world population primarily in the developing countries for primary health care.^[1] This plant *Sida cordifolia* (Linn.) belongs to family malvaceae is a very important Ayurveda medicinal plant used from ancient times. *Bala* is known as *Bariyara* locally, *Kharethi* in Hindi, *Bedela* in Bengali, *Chikana* in Malyalam, *Baladana* in Gujarati, *Simaka* in Punjabi and Country mallow in English etc.^[2] The drug is attributed *Balya*, *Kantikarka*, *Grahi*, *Vrishya*, *Ojhovardhaka*, *Stambhana*, *Brihmana*, *Sothahara*,

Rasayana and *Hridya* properties in different Ayurveda *Samhiutas* and *Nighantus*. The plant name *Bala* is created on the name of "Parvati" (Goddess of strength and beauty).^[3] The present review study highlights the contribution of *Bala* in *Vedas*, *Samhitas* and *Nighantus*.

Taxonomic classification of *Bala*:^[4]

Kingdom: Plantae – Plants
Subkingdom: Tracheobionta – Vascular plants
Superdivision: Spermatophyta – Seed plants
Division: Magnoliophyta – Flowering plants
Class: Magnoliopsida – Dicotyledons
Subclass: Dilleniidae
Order: Malvales

Family: Malvaceae – Mallow family
Genus: Sida (Linn.) – fanpetals
Species: *Sida cordifolia* (Linn.)

Guna: Laghu, Snigdha, Pichchhilla

Virya: Shita

Vipaka: Madhura

Vernacular Names: [5]

Classical Name: *Sahadeva, Vatyalika, Vatyapushpi, Vatyayani*

Sanskrit: *Bala, Kharyashtika, Vatyayani, Bhardodani*

English: Country mallow

Hindi: *Kungyi, Bariyaar, Khareti*

Bengali: *Swetberela, Brela, Bala*

Gujarati: *Mahabala, Khapat*

Kanada: *Hettuthi, Hettugigada*

Malyalam: *Kurunthott, Vellurum*

Marathi: *Chikana, Khiranti*

Punjabi: *Kowar, Simak, Kharent*

Tamil: *Nilatutti, Paniar-tuthi*

Telugu: *Tellantisa, Tellagorra, Chiribenda*

Ayurvedic properties [6]

Rasa: Madhura

Bala in Samhita Kala Granthas

Charaka Samhita [8]

Data Source: The information has been collected from many Vedas, Samhitas and Nighanus, research articles and internet sources etc to the concept of therapeutic uses of Bala.

Bala in Vedas Kala Granthas [7]

In Vedic literature, we may find the wide description of Bala in Atharva Veda and Sama Veda. In Amarkosha the mention is found in Vanoushadhi Varga. In Atharva Veda, Kalpasutra the mention regarding Bala is available. In Paippalada Samhita, Bala is cited as Rasayana, Vishaghna, Balya and Pramehaghna. In Atharva Parishishta Bala is used as Pushpaabhisheka. In Vedic scripture Bala is described synonym as Saha, Sahamana, Jivala, Viryavati, Vishdushani, Nagharisha, Sahasvati, Arjunapaki and Shvetapaki.

Table 1: Formulation and Rogadhikara of Bala according to Charaka Samhita

S. No.	References	Formulation	Rogadhikara
1.	C. Su. 2/12	Aasthapana Basti	Udavrita, Vibandha
2.	C. Su. 2/20	Peya	Pitta - Kaphaja Atisara
3.	C. Su. 3/21	Lepa	Vatarakta
4.	C. Su. 3/22	Lepa	Vatarakta
5.	C. Su. 4/9.2	Brihaniya Mahakashaya	Brihaniya Karma
6.	C. Su. 4/9.7	Balya Mahakashaya	Balya Karma
7.	C. Su. 4/18.49	Prajasthapana Mahakashaya	Prajasthapana Karma
8.	C. Su. 5/63	Anu Taila preparation method	Nasya Karma
9.	C. Su. 25/40	Pradhan Aushadha Dravya	Balya and Vatahara
10.	C. Su. 27/107	Shaka	Vata-Pittahara
11.	C. Vi. 8/139	Madhura Skandha	Vata-Pittahara
12.	C. Sa. 8/24	Bhata	4 th -8 th Mo. Grabhini Chikitsa
13.	C. Ci. 1.1/42	1 st Brahmarasayana	Medha - Smritikara
14.	C. Ci. 1.1/62	Chyavanaprasha	Kasa etc.
15.	C. Ci. 1.2/4	Aamalaka Ghrita	Prajasthapana Karma
16.	C. Ci. 1.2/12	29 Baladi Rasayana	Rasayana Karma
17.	C. Ci. 2.1/25	Bramhani Gutika	Vrishya etc. Karma
18.	C. Ci. 2.2/5	Apatyakari Shashtikadi Gutika	Prajasthapana Karma
19.	C. Ci. 3/182	Peya	Jwaraatisara
20.	C. Ci. 3/186	Peya	Jwarajanita Parikatrika
21.	C. Ci. 3/205	Vatskadi Kwath	Jwara
22.	C. Ci. 3/224	Baladi Ghrita	Kshaya, Kasa etc.
23.	C. Ci. 3/236	Trikantakadi Ksheerapaka	Shotha, Jwara
24.	C. Ci. 3/242	Patoladi Niruha Basti	Jwara
25.	C. Ci. 3/247	Guduchyadi Niruha Basti	Jwara

26.	C. Ci. 3/250	Jeevantyadya Anuvasana Basti	Jwara
27.	C. Ci. 3/258	Chandanadi Taila	Jwara
28.	C. Ci. 3/267	Agurvadi Taila	Sheeta Jwara
29.	C. Ci. 4/47	Yavagu	Raktapitta
30.	C. Ci. 4/78	Phanta	Raktapitta
31.	C. Ci. 4/84	Drakshadi Yoga	Raktapitta
32.	C. Ci. 5/106	Neelinyadhya Ghrita	Gulma, Vyanga etc.
33.	C. Ci. 5/134	Bhojya Dravya	Pittajagulma
34.	C. Ci. 8/72	Parisheka Sweda	Rajyakshma
35.	C. Ci. 8/75	Upanaha Sweda	Rajyakshma
36.	C. Ci. 8/78	Pradeha	Rajyakshma
37.	C. Ci. 8/79	Pradeha	Rajyakshma
38.	C. Ci. 8/90	Nasya	Rajyakshma
39.	C. Ci. 8/91	Nasya	Rajyakshma
40.	C. Ci. 8/93	Dashamuladhya Ghrita Pana	Rajyakshma
41.	C. Ci. 8/94	Bala Ghrita Pana	Rajyakshma
42.	C. Ci. 8/111	Jeevantyadi Ghrita Pana	Rajyakshma
43.	C. Ci. 8/114	Baladi Ksheera Pana	Rajyakshma
44.	C. Ci. 8/170	Rasna Ghrita	Rajyakshma
45.	C. Ci. 8/176	Utsadana	Rajyakshma
46.	C. Ci. 11/20	Madhukadi Yoga	Kshatakshina
47.	C. Ci. 11/37	Amritaprasha Ghrita	Kshatakshina
48.	C. Ci. 11/44	Shwadanshradi Ghrita	Kshatakshina
49.	C. Ci. 11/56	2 nd Sarpigauda	Kahatakshina
50.	C. Ci. 12/34	Punarnavadhyarishta	Shvayathu
51.	C. Ci. 13/169	Kshara – Taila Paka	Udhara
52.	C. Ci. 14/200	Peya	Rakta – Arsha
53.	C. Ci. 14/235	Sunishannaka Changeri Ghrita	Arsha
54.	C. Ci. 16/53	Haridradi Ghrita	Kamala / Pandu
55.	C. Ci. 16/105	Gauda Arishta	Pandu
56.	C. Ci. 16/137	Abhaya Leha	Pandu
57.	C. Ci. 17/96	Rasnadi Yusha	Hikkashvasa
58.	C. Ci. 17/108	Kanji	Kikkashvasa
59.	C. Ci. 18/57	Agastya Haritaki	Kasa
60.	C. Ci. 18/125	Kantakari Ghrita	Kasa
61.	C. Ci. 18/145	Dhoompana Method	Kasa
62.	C. Ci. 18/153	Bala Ghrita Pana	Vataja Kasa
63.	C. Ci. 18/174	Padmakadi Leha	Kasa
64.	C. Ci. 19/26	Dipanya and Sangrahi Gana	Atisara
65.	C. Ci. 19/50	Shadangapaniya	Atisara
66.	C. Ci. 19/110	Vividha Yoga	Atisara
67.	C. Ci. 21/79	Baladi Aalepa	Visarpa
68.	C. Ci. 21/82	Pradeha	Visarpa
69.	C. Ci. 21/85	Pralepa	Visarpa
70.	C. Ci. 21/91	Pralepa	Visarpa
71.	C. Ci. 21/125	Baladi Lepa	Visarpa
72.	C. Ci. 23/188	Pana	Visha

73.	C. Ci. 23/212	Vachadi Yoga	Visha
74.	C. Ci. 23/243	Amrita Ghrita	Visha
75.	C. Ci. 24/165	Peya	Madatyaya
76.	C. Ci. 25/63	Baladi Lepa	Vrana
77.	C. Ci. 25/75	Sneha Sharkra	Shoola nashaka (Vaina)
78.	C. Ci. 25/84	Kashaya	Vrana
79.	C. Ci. 25/89	Lepa	Vrana
80.	C. Ci. 25/91	Kampilakadi Taila	Vrana
81.	C. Ci. 26/46	Mishraka Sneha	Vataja Mutrakrichchha
82.	C. Ci. 26/69	Karpasamuladi Yoga	Ashmarjanya Mutrakrichchha
83.	C. Ci. 26/87	Tryushanadi Ghrita	Shwasa, Kasa etc.
84.	C. Ci. 26/93	Drakshadi Ghrita	Pittaja Hridaya Roga
85.	C. Ci. 26/135	Shatahvadi Dhumavarti	Vataja Pinasa Roga
86.	C. Ci. 26/161	Baladi Taila Nasya	Sarva Shiroroga
87.	C. Ci. 26/163	Mayura Ghrita	Shiroroga, Arditaroga etc.
88.	C. Ci. 26/177	Chandanadi Pradeha	Pittaja Shiroroga
89.	C. Ci. 26/241	Suman Korakadi Varti	Netragata Raktavikara
90.	C. Ci. 26/283	Baladi Taila	Swara – Bheda
91.	C. Ci. 28/106	Mansa Rasa	Vata Vyadhi
92.	C. Ci. 28/110	Nadi Sweda	Vata Vyadhi
93.	C. Ci. 28/123	Baladi Ghrita	Vata Vyadhi
94.	C. Ci. 28/148	Bala Taila	Vata Vyadhi
95.	C. Ci. 28/159	Amritadhya Taila	Vata Vyadhi
96.	C. Ci. 28/166	Rasnadi Taila	Vata Vyadhi
97.	C. Ci. 28/167	Mulakadhya Taila	Vata Vyadhi
98.	C. Ci. 28/185	Bala Shrita	Pittavrita Vata Roga
99.	C. Ci. 28/186	Bala Taila – Parisheka	Pittavrita Vata Roga
100.	C. Ci. 29/56	Bala Ghrita	Hridaya Roga, Pandu etc.
101.	C. Ci. 29/62	Jeevaniya Ghrita	Pandu, Jwara etc.
102.	C. Ci. 29/73	Jeevakadi Mahasneha	Vatarakta
103.	C. Ci. 29/76	Sthiradi Ghrita	Vatarakta
104.	C. Ci. 29/81	Baladi Yoga	Vatarakta
105.	C. Ci. 29/104	Amritadhya Taila – Nasya etc.	Vatarakta
106.	C. Ci. 29/110	Mahapadma Taila	Vatarakta
107.	C. Ci. 29/119	Shata / Sahastrapaka Bala Taila	Vatarakta
108.	C. Ci. 30/49	Bala Taila	Yoniroga
109.	C. Ci. 30/59	Guduchyadi Taila	Vataja Yoniroga
110.	C. Ci. 30/106	Utkarika	Aticharana and Acharna Roga
111.	C. Ci. 30/280	Baladi Lepa	Guru Kshira Chikitsa
112.	C. Si. 3/13	Baladi Niruha Basti	Balya - Bastisutrya
113.	C. Si. 3/36	Sthiradi Niruha Basti	Netra Balya
114.	C. Si. 3/48	Chandanadi Niruha Basti	--
115.	C. Si. 3/64	Punarnavadi Niruha Basti	Sarvadosha Nashaka
116.	C. Si. 4/3	Dashamuladi Anuvashana	Sarva Vata Vikara
117.	C. Si. 7/12	Prishniparniyadi Basti	Bastivyapatajanita Daha
118.	C. Si. 7/28	Baladi Basti	Bastivyapatajanita Hikka
119.	C. Si. 8/38	Yavagu	Sarva Atisara

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

Sushruta Samhita: [9]**Table 2: Formulation and Rogadhikara of Bala according to Sushruta Samhita**

S. No.	References	Formulation	Rogadhikara
1.	S. Su. 15/40	Aushadha Dravya	Kashrya Roga
2.	S. Su. 16/21	Taila - Abhyanga	Karnapali
3.	S. Su. 38/4	Vidarigandhadi Gana	Dravya Sangrahana
4.	S. Su. 39/7	Bhadradaruyadi Dravya	Vata Sanshamana Varga
5.	S. Su. 42/18	Kshiradi Dravya	Madhura Varga
6.	S. Ci. 2/65	Asvakarnadai Taila	Vrana Ropana
7.	S. Ci. 2/81	Bala Taila	Vrana Ropana
8.	S. Ci. 5/7	Bala Taila and Yavadi Lepa	Vata Pradhana Vatarakta
9.	S. Ci. 5/12	Bala Taila - Parisheka	Vatarakta
10.	S. Ci. 5/19	Kalka Pralepa	Vatarakta
11.	S. Ci. 15/28	Bala Taila	Mundhagarbha
12.	S. Ci. 15/29	Bala Taila	Sutika Roga
13.	S. Ci. 15/40	Satapaka Bala Taila	Mundhagarbha
14.	S. Ci. 15/44	Bala Kalpa	Mundhagarbha
15.	S. Ci. 15/46	Bala Taila	Mundhagarbha
16.	S. Ci. 15/47	Bala Taila	Mundhagarbha
17.	S. Ci. 17/19	Hinstradi Taila - Shodhana	Nadivarna
18.	S. Ci. 18/47	Amritadi Taila - Pana	Galaganda
19.	S. Ci. 20/35	Bala, Atibala, Mulethi etc. Lepa	Vyanga, Nilika
20.	S. Ci. 21/8	Bala Taila - Parisheka	Mridita Roga
21.	S. Ci. 25/17	Manjishtadi Taila	Utpata Paliroga
22.	S. Ci. 27/9	Balamula Rasayana	Shosharoga, Raktapitta etc.
23.	S. Ci. 29/12	Bala Taila - Abhyanga	Svabhava vyadhipratishedh
24.	S. Ci. 34/17	Ajakarnadi Kwath	Paristrava Vyapada
25.	S. Ci. 37/20	Bhutikadi Taila - Basti	Vata Vikara
26.	S. Ci. 38/43	Shampakadi - Aashthapana Basti	Vata Vikara
27.	S. Ci. 38/47	Guduchyadi - Aashthapana Basti	Vata Vikara
28.	S. Ci. 38/55	Lodhradi - Aashthapana Basti	Vata Vikara
29.	S. Ci. 38/67	Vrishadi - Aashthapana Basti	Vata Vikara
30.	S. Ci. 38/72	Rasnadi - Aashthapana Basti	Vata Vikara
31.	S. Ci. 38/89	Bala Taila - Basti	Bandhya
32.	S. Ci. 38/106	Mustadi - Aashthapana Basti	Balya etc.
33.	S. K. 2/46	Koshatakyadi Yavagu	Sthavara and Jangama Visha

34.	S. K. 6/16	Maha Agadaraja Lepa	Sarva Visha
35.	S. K. 8/51	Dhavadi Agada	Vishvambhara Visha
36.	S. Sh. 2/34	Lakshmanadi Kshira - Nasya	Putrakama Stri
37.	S. Sh. 10/5	Badaradi - Aashthapana Basti	Prasuta - 8 th manth Chikitsa
38.	S. Sh. 10/18	Bala Taila - Abhyanga	Sutika Roga
39.	S. Sh. 10/65	Prishniparnidi Kshira	Garbhastrava
40.	S. Ut. 17/18	Manashiladhya Anjana	Netraroga
41.	S. Ut. 23/9	Bala Taila	Nasanaha Roga
42.	S. Ut. 24/31	Baladi Taila - Nasya	Pratishyaya
43.	S. Ut. 26/11	Bala Taila	Shiroroga
44.	S. Ut. 39/171	Baladi Kwath	Vataja-Jwara
45.	S. Ut. 39/195	Baladi Kwath	Pitta-Kapha-Jwara
46.	S. Ut. 39/224	Kalshyadi Ghrita	Jirna Jwara
47.	S. Ut. 39/243	Bala Kwath	Shopha, Panduroga
48.	S. Ut. 40/59	Yavagu	Pittaja - Atisara
49.	S. Ut. 40/77	Baladi Ghrita	Sashulapittatisara
50.	S. Ut. 40/91	Peya	Atisara
51.	S. Ut. 43/19	Bala Taila - Basti	Kaphaja Hridaroga
52.	S. Ut. 44/29	Balashigru Yoga	Pandu Roga
53.	S. Ut. 48/28	Kwath	Amaja Trishna
54.	S. Ut. 52/29	Pathadi Ghrita	Panch Kasahara
55.	S. Ut. 52/43	Agastya Avaleha	Rajayakshma etc.
56.	S. Ut. 52/49	Shatavari Ghrita	Kasa
57.	S. Ut. 53/14	Madhurakadi Yoga	Pttaja-Svarabheda
58.	S. Ut. 58/44	Baladi Kalka	Mutradoshahara
59.	S. Ut. 58/58	Bala Ghrita	Mutradoshahara
60.	S. Ut. 58/62	Mahabala Ghrita	Jivaniya, Vrishya etc.
61.	S. Ut. 59/17	Trivrita Taila and Ghrita	Vata-Mutrakrichha
62.	S. Ut. 65/9	Taila Yoga - Pana	Galaganda Roga

Astanga Hridaya: ^[10]**Table 3: Formulation and Rogadhikara of Bala according to Astanga Hridaya Samhita**

S. No.	References	Formulation	Rogadhikara
1.	A. Su. 6/169	Madhyama Panchamula	Kapha-Vata Doshanashaka
2.	A. Su. 10/23	Ghritadi Dravya	Madhura Skandha Dravya
3.	A. Su. 15/5	Bhadradarudi Dravya	Vatanashaka Dravya
4.	A. Su. 20/37	Anu Taila - Method	Nasya
5.	A. Sh. 2/5	Shaliyadi Rasa	Rajasa Shula
6.	A. Sh. 2/8	Ghanadi Kwath	Raktadarshana
7.	A. Sh. 2/45	Bala Taila	Mundhagarbha
8.	A. Sh. 2/46	Bala Taila - Method	Mundhagarbha
9.	A. Sh. 2/56	Prishnapaniyadi Yoga	Garbharakshaka
10.	A. Ci. 1/28	Prishnapaniyadi Yoga	Jwara - Atisara
11.	A. Ci. 1/94	Bala Rasa and Kalka Paka Ghrita	Jirna Jwara
12.	A. Ci. 1/110	Drakshadi Yoga	Trishna, Daha, Jwara
13.	A. Ci. 1/114	Shunthiyadi Kshirapaka	Shoth, Jwara etc.
14.	A. Ci. 1/119	Niruhabasti Yoga	Jwara
15.	A. Ci. 1/123	Anuvashana Basti Yoga	Jwara

16.	A. Ci. 2/18	Baladi Kwath – Peya	Raktapitta
17.	A. Ci. 2/32	Chandanadi Yoga	Raktapitta
18.	A. Ci. 2/37	Jivakadi Kshira Yoga	Raktapitta
19.	A. Ci. 3/38	Medadi Ghrita	Pittaja Kasa
20.	A. Ci. 3/60	Kantakari Ghrita	Kasa, Shwasa etc.
21.	A. Ci. 3/80	Madhukadi Leha	Kasa
22.	A. Ci. 3/95	Amritaprash Ghrita	Kasa
23.	A. Ci. 3/102	Shwadanshtradi Ghrita	Vata, Pitta Roga etc.
24.	A. Ci. 3/121	Nagabala Sarpi	Raktapitta, Kasa etc.
25.	A. Ci. 3/127	Agastyahartaki Rasayana	Kasa, Balya, Varnya etc.
26.	A. Ci. 3/133	Vasishthaharitaki Rasayana	Kasa etc.
27.	A. Ci. 3/148	Dhumapana Yoga	Kasa
28.	A. Ci. 3/154	Ghrita Paka Yoga	Kshayaja Kasa
29.	A. Ci. 3/172	Padmakadi Yoha	Kshayaja Kasa
30.	A. Ci. 4/22	Yusha Method	Svasa – Hidhma
31.	A. Ci. 5/15	Ghrita Yoga	Rajyakshma
32.	A. Ci. 5/16	Jivantyadi Ghrita	Rajyakshma
33.	A. Ci. 5/24	Rasnadi Ghrita	Rajyakshma
34.	A. Ci. 5/41	Baladi Yoga	Rajyakshma
35.	A. Ci. 5/42	Prapaundarika Yoga	Rajyakshma
36.	A. Ci. 5/68	Balamuladi Lepa	Pinasa Roga
37.	A. Ci. 5/68	Punarnavadi Lepa	Pinasa Roga
38.	A. Ci. 5/79	Udvartana Yoga	Rajyakshma
39.	A. Ci. 6/38	Bala Taila – Pana	Chhardi-Hridroga-Trishna
40.	A. Ci. 6/39	Mahasneha Method	Hridroga
41.	A. Ci. 6/46	Ghrita Yoga	Pittaja Hridroga
42.	A. Ci. 8/109	Kutajadi Avaleha – 2 nd	Arsha
43.	A. Ci. 9/13	Peya Yoga	Atisara
44.	A. Ci. 9/56	Peya Yoga	Pitta – Atisara
45.	A. Ci. 11/2	Dashamuladi Yoga	Mutraghata – Shula
46.	A. Ci. 14/13	Dadhika Ghrita	Gulma, Apasmara etc.
47.	A. Ci. 14/55	Nilini Ghita	Gulma, Vyanga, Kushtha
48.	A. Ci. 14/75	Ahara Dravya	Pittaja Gulma
49.	A. Ci. 15/46	Bilvakshara Taila	Udhara Roga
50.	A. Ci. 16/56	Pippaliyadi Yoga	Halimaka
51.	A. Ci. 21/62	Baladi Ghrita – Nasya	Sirogata – Vata
52.	A. Ci. 21/73	Bala Taila – Pana, Nasya etc.	Kanti, Lakshami, Kasa etc.
53.	A. Ci. 22/8	Balamuladi Kshira	Vatarakta
54.	A. Ci. 22/45	Bala Taila	Vatarakta
55.	A. Ci. 22/55	Bala Yoga – Pana, Basti.	Vatarakta
56.	A. Ci. 22/56	Bala Taila	Vatarakta
57.	A. K. 4/1	Baladi Kalpa 1 st – Basti	Jivaniya, Brinhaniyakara
58.	A. K. 4/5	Baladi Kalpa 2 nd – Basti	Balya
59.	A. K. 4/7	Erandamuladi Kalpa – Basti	Gulma, Ashmari etc.
60.	A. K. 4/12	Rasnadi Kalpa	Phalashruti – Bastidaha etc.
61.	A. K. 4/37	Yapanaraja Basti	Vatarakta etc.
62.	A. K. 4/54	Dashamuladi Sneha Basti	Vataja Roga

63.	A. K. 4/59	Yamana Sneha	Brinhana etc.
64.	A. Ut. 2/41	Vridhdakashyapokta Ghrita	Dantashula
65.	A. Ut. 3/44	Baladi Kwath - Snana	Garhavesha
66.	A. Ut. 3/51	Rasnadi Ghrita	Garhabadha
67.	A. Ut. 5/19	Bhutarava Ghrita	Garhavesha
68.	A. Ut. 13/52	Jivanti Taila	Varnya, Kanti
69.	A. Ut. 16/23	Varti	Pitta-Raktaja Adhimantha
70.	A. Ut. 18/43	Jambvadi Taila - Abhyanga	Karnapali
71.	A. Ut. 18/56	Karnapalivardhaka Sneha	Karnapali
72.	A. Ut. 20/7	Dhumapana Yoga	Pratishyaya
73.	A. Ut. 22/68	Guduchyadi Taila (Bala Dvaya)	Vataja Galaganda
74.	A. Ut. 24/47	Mayuradi Ghrita	Sarva Urdhvajatru Roga
75.	A. Ut. 25/47	Utsadana Yoga	Varna
76.	A. Ut. 26/6	Bala Taila	Sadhyovarna Shula
77.	A. Ut. 27/38	Gandha Taila - Pana (Balatraya)	Vata-Pitta Vikara
78.	A. Ut. 34/37	Shatavari Avaleha (DviBala)	Guhyaroga
79.	A. Ut. 34/42	Baladi Yamaka Sneha	Vata-Pitta Yoniroga
80.	A. Ut. 35/22	Yavagu	Vishanashaka
81.	A. Ut. 35/25	Chandrodaya Agada	Visha
82.	A. Ut. 39/33	Chyavanaprasha Rasayana	Kasa, Swasa etc.
83.	A. Ut. 39/60	Vidarikandadi Churna	Medha, Vaya etc.
84.	A. Ut. 39/104	Shunthiyadi Rasayana	Vyadhijaravimukta
85.	A. Ut. 39/155	Murva Adi Kalpa	Rasayana Vidhi
86.	A. Ut. 40/13	Vajikarana Yoga	Vajikarana Vidhi

Kashyapa Samhita: ^[11]

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

S. No.	References	Formulation	Rogadhikara
1.	Ka. Ci. 6/8	Bala Taila	Kamala, Pandu Roga
2.	Ka. Ci. 6/14	Taila - Abhayanga, Pana, Basti	Dushprajata Chikitsa
3.	Ka. Ci. 6/15	Grita	Raktaja Mutrakarichchha
4.	Ka. Ci. 6/17	Bala Taila - Abhayanga	Dhatri Chikitsa
5.	Ka. Ci. 8/5	Taila	Kumar - Sarvaroga
6.	Ka. Ci. 8/16	Niruha Basti	Pittaja Roga
7.	Ka. Ci. 8/33	Taila and Ghrita	Shatkalpa
8.	Ka. Ci. 9/124	Kashaya	Vishishta Kalpa
9.	Ka. Ci. 10/80	Peya	Yushanirdeshiya
10.	Ka. Ci. 11/95	Taila	Vataja Jvara
11.	Ka. Khi. 13/77	Lepa	Garbhini Chikitsa
12.	Ka. Khi. 19/13	Taila	Vataja Jvara
13.	Ka. Khi. 21/12	Kashaya	Shotha, Aadhmana etc.

Bhela Samhita: ^[12]

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

S. No.	References	Formulation	Rogadhikara
1.	Bh. Ci. 2/27	Mahapadmaka Taila	Jirna Jvara, Vishama Jvara
2.	Bh. Ci. 4/34	Rasayaniya Sarpi	Yakshma, Kasa etc.
3.	Bh. Ci. 5/20	Dadhika Ghrita	Gulma
4.	Bh. Ci. 10/70	Shiva Varti - Anjana	Visuchika

5.	Bh. Ci. 12/5	Bala Taila	Shukrashmari
6.	Bh. Ci. 14/13	Dashamula Taila	Urustambha
7.	Bh. Ci. 15/39	Bala Taila	Vatarakta
8.	Bh. Ci. 16/31	Baladi Taila	Raktarsha and Pittarsha
9.	Bh. Ci. 16/74	Lepadi Yoga	Arsha
10.	Bh. Ci. 17/36	Ayorajiyam	Shotha
11.	Bh. Ci. 19/14	Bala Taila	Hridaroga
12.	Bh. Ci. 19/16	Jivakadi Ghrita	Vata - Pittaja Hridaroga
13.	Bh. Ci. 19/20	Mahasneha	Hridaroga
14.	Bh. Ci. 20/29	Tryushnadi Churna	Kasa
15.	Bh. Ci. 20/41	Agastya Rasayana	Kasa
16.	Bh. Ci. 21/31	Bala Taila - Nasya	Shira Kampa
17.	Bh. Ci. 21/44	Kavala Dharana	Arochaka
18.	Bh. Ci. 21/59	Taila - Abhayanga	Shiroroga, Karnashula
19.	Bh. Ci. 24/4	Baladi Taila	Vatanashaka
20.	Bh. Ci. 24/14	Bala Taila	Vataroga, Raktapitta
21.	Bh. Ci. 24/19	Rasna Taila	Vata vyadhi
22.	Bh. Ci. 24/44	Bala Taila	Vata vyadhi
23.	Bh. Ci. 26/20	Kakadanyadi Taila	Hikka, Shvasa
24.	Bh. Ci. 26/36	Taila	Ardita
25.	Bh. Ci. 26/40	Bala Taila	Ardita
26.	Bh. Ci. 27/3	Pidaniya Lepa	Varna
27.	Bh. Ci. 27/7	Varnaropana Taila	Varna Ropana
28.	Bh. Ci. 28/39	Guduchyadi Panaka	Jvara, Trishna
29.	Bh. Si. 2/18	Jivakadi Nasya Yoga	Udhvagata Roga
30.	Bh. Si. 4/65	Kshrapaka	Hanustambha
31.	Bh. Si. 7/10	Niruha Basti Yoga	Pittahara
32.	Bh. Si. 7/16	Ashvagandhadi Niruha Basti	Pittahara
33.	Bh. Si. 8/25	Shatavaryadi Rasayana Basti	Vali, Palita Roga etc.

Harita Samhita ^[13]**Table 6: Formulation and Rogadhikara of Bala according to Harita Samhita**

S. No.	References	Formulation	Rogadhikara
1.	Ha. Pr. 16/14	Shaka	Vatala
2.	Ha. Tr. 2/120	Mustadi Kvatha	Jvara
3.	Ha. Tr. 3/11	Utpalashatka	Jvaratisara
4.	Ha. Tr. 3/17	Panchamuli Kvatha	Jvaratisara
5.	Ha. Tr. 3/21	Kvatha	Jvaratisara, Pittatisara
6.	Ha. Tr. 3/44	Shaliparnyadi Pana	Pittatisara
7.	Ha. Tr. 3/52	Kalingadi Kalka	Pitta - Kapha Atisara
8.	Ha. Tr. 3/72	Lepa	Guda - bhrinsha
9.	Ha. Tr. 6/19	Churna	Tikshanagni Chikitsa
10.	Ha. Tr. 9/49	Chyavanaprashaleha	Kshaya
11.	Ha. Tr. 9/67	Bala Kvatha	Kamala, Kshaya, Prameha
12.	Ha. Tr. 9/88	Parashara Ghrita	Kshaya Roga
13.	Ha. Tr. 9/93	Baladi Ghrita	Kahaya Roga
14.	Ha. Tr. 9/99	Chandanadi Taila - Pana	Kshaya Roga
15.	Ha. Tr. 9/124	Talakamrataka	Rajaykshama, Kshaya

16.	Ha. Tr. 10/30	Churna	Raktapitta
17.	Ha. Tr. 10/41	Shatavari Ghrita	Adhoraktapitta
18.	Ha. Tr. 20/109	Narayana Taila	Vata vyadhi
19.	Ha. Tr. 21/27	Bala Kvatha	Vata vyadhi
20.	Ha. Tr. 22/7	Churna	Gridhrasi Vata
21.	Ha. Tr. 47/14	Vajkarana Yoga	Vajikaraka

Sharngadhara Samhita: [14]

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

S. No.	References	Formulation	Rogadhikara
1.	Sh. M. K. 2/12	Kvatha	Vataja Jvara
2.	Sh. M. K. 2/73	Shaliparnyadi Kvath	Vataja Grihani
3.	Sh. M. K. 2/90	Maharasnadi Kvath	Sarva Vata Vyadhi
4.	Sh. M. K. 2/125	Rasnadi Kvath	Antravridhi
5.	Sh. M. K. 2/165	Trikantakadi Srita Paya	Kaphaja Jvara
6.	Sh. M. K. 4/4	Nilotpaladi Hima	Vata - Pitaja Jvara
7.	Sh. M. K. 6/29	Sudarshana Churna	Sarva Jvara
8.	Sh. M. K. 8/19	Chyavanaprasha	Kshayakshinadi
9.	Sh. M. K. 8/32	Agastyaharitakyavaleha	Kshaya
10.	Sh. M. K. 9/27	Kamdeva Ghrita	Raktapitta
11.	Sh. M. K. 9/68	Triphaladhya Ghrita	Timira etc.
12.	Sh. M. K. 9/75	Mayura Ghrita	Shiroroga
13.	Sh. M. K. 9/101	Narayana Taila	Vataroga
14.	Sh. M. K. 9/114	Baladhya Taila	Vatavyadhi
15.	Sh. M. K. 9/130	Mashadi Taila	Vatavikara
16.	Sh. M. K. 9/136	Shatavati Taila	Vatavikara
17.	Sh. M. K. 9/199	Dhaturadi Taila	Tvachagata Vataroga
18.	Sh. M. K. 10/22	Kumaryasava	Prameha, Varna etc.
19.	Sh. M. K. 11/57	Lepa	Pitaja - Visarpa
20.	Sh. M. K. 12/269	Kandarpa Sundara Rasa	Vajikarana Karma
21.	Sh. U. K. 2/26	Potali svedana	Vatanashaka
22.	Sh. U. K. 11/64	Lepa	Raktapitta etc.

Bala in Nighantu Kala Granthas: [15-20]

Table 8: Synonyms of Bala according to various Nighantus

S. No.	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.	<i>Mota</i>	-	-	-	+	-	-
15.	<i>Mahasamanga</i>	+	-	-	-	-	-
16.	<i>Nishthiva</i>	-	-	-	-	-	-
17.	<i>Odanahvaya</i>	+	-	+	-	-	-
18.	<i>Oaudanika</i>	+	-	-	-	-	-
19.	<i>Phanijivaka</i>	-	-	-	-	-	-
20.	<i>Prabhasa</i>	-	-	-	-	-	-
21.	<i>Paryaya</i>	-	-	+	-	-	-
22.	<i>Raktatandula</i>	-	-	-	-	-	-
23.	<i>Samanga</i>	+	+	+	+	-	-
24.	<i>Samansha</i>	-	+	+	-	-	-
25.	<i>Shitapaki</i>	+	+	+	-	-	-
26.	<i>Saha</i>	-	-	+	-	-	-
27.	<i>Sahadeva</i>	-	-	-	-	-	-
28.	<i>Shitakurchika</i>	-	-	+	-	-	-
29.	<i>Vatyalika</i>	-	-	-	-	+	-
30.	<i>Vatyodarahvaya</i>	-	+	-	-	-	-
31.	<i>Vatyapushpi</i>	-	-	-	-	-	-
32.	<i>Vatyayani</i>	-	-	-	-	-	+
33.	<i>Vijjala</i>	-	-	+	-	-	-
34.	<i>Vataghani</i>	-	-	-	-	-	-
35.	<i>Vatyalaka</i>	-	+	+	-	+	-
36.	<i>Vatyali</i>	-	-	-	-	-	-
37.	<i>Vihvala</i>	-	-	-	-	-	-
38.	<i>Vati</i>	+	-	+	+	-	-
39.	<i>Vatyabhidhana</i>	-	-	-	-	-	-
40.	<i>Vatya</i>	-	-	+	-	+	-
41.	<i>Vatyahva</i>	-	-	-	-	-	-
42.	<i>Udakika</i>	-	-	-	+	-	-

Table 9: Classification (*Varga*) of *Bala* According to Different *Nighantus*

S. No.	<i>Nighantus</i>	<i>Varga</i>
1.	<i>Dhanvantari Nighantu</i>	<i>Guduchyadi Varga</i>
2.	<i>Madanapala Nighantu</i>	<i>Abhayadi Varga</i>
3.	<i>Kaiyadeva Nighantu</i>	<i>Aushadhi Varga</i>
4.	<i>Raja Nighantu</i>	<i>Shatahwadi Varga</i>
5.	<i>Bhavaprakasha Nighantu</i>	<i>Guduchyadi Varga</i>
6.	<i>Priya Nighantu</i>	<i>Shatapushpadi Varga</i>

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

S. No.	<i>Rasa Panchaka</i>		<i>Nighantus</i>					
			<i>D.N.</i>	<i>M.P.N.</i>	<i>K.N.</i>	<i>R.N.</i>	<i>B. N.</i>	<i>P.N.</i>
1.	<i>Rasa</i>	<i>Madhura</i>	+	+	+	-	+	+
		<i>Atitikta</i>	-	-	-	+	-	-
2.	<i>Guna</i>	<i>Snigdha</i>	+	+	+	-	+	+
3.	<i>Virya</i>	<i>Shita</i>	+	+	+	-	+	+
4.	<i>Vipaka</i>	<i>Madhura</i>	+	+	+	+	+	+
5.	<i>Doshaghanta</i>	<i>Tridosahara</i>	+	-	+	-	-	-
		<i>Vatapittahara</i>	-	+	-	-	+	+
		<i>Kaphanashaka</i>	-	-	-	+	-	-

Table 11: Varieties of *Bala* according to various *Samhita* and *Nighantu*

S. No.	Types	Name	Latin name
1.	<i>Baladvaya</i> (C. S.)	<i>Bala</i> <i>Atibala</i>	<i>Sida cordifolia</i> (Linn.) <i>Abutilon indicum</i> (Linn.)
2.	<i>Balatraya</i> (A. H.)	<i>Bala</i> <i>Atibala</i> <i>Nagabala</i>	<i>Sida cordifolia</i> (Linn.) <i>Abutilon indicum</i> (Linn.) <i>Grewia hirsuta</i> (Vanb.)
3.	<i>Balachatushtaya</i> (B. N.) (K. N.)	<i>Bala</i> <i>Atibala</i> <i>Nagabala</i> <i>Mahabala</i>	<i>Sida cordifolia</i> (Linn.) <i>Abutilon indicum</i> (Linn.) <i>Grewia hirsuta</i> (Vanb.) [<i>Sida veroniceafolia</i> (Lom.) or <i>Sida rhombifolia</i> (Linn.)]
4.	<i>Balapanchaya</i> (P. N.)	<i>Bala</i> <i>Atibala</i> <i>Nagabala</i> <i>Mahabala</i> <i>Rajabala</i>	<i>Sida cordifolia</i> (Linn.) <i>Abutilon indicum</i> (Linn.) <i>Grewia hirsuta</i> (Vanb.) <i>Sida rhombifolia</i> (Linn.) <i>Sida veroniceafolia</i> (Lom.)

DISCUSSION

As outlined above, results from above studies shows that delineation of *Bala* in *Vedas* and *Samhitas* indicate its numerous qualities like *Vishaghna*, *Kantikarka*, *Grahi*, *Vrishya*, *Ojhovardhaka*, *Stambhana*, *Brihmana*, *Balya*, *Rasayan* and in all *Nighantus* its *Madhura Rasa*, *Snigdha Guna*, *Shita Virya*, *Madhura Vipaka* have been cited except *Raja Nighantu* which have not indication its *Guna* and *Virya*. In the context of its *Karma* on *Doshas* it is described as *Tridoshara* in *Dhanwantari* and *Kaiyadeva Nighantu*, *Vatapittahara* in *Bhavprakash* and *Priya Nighantu* and *Kaphanashaka* in *Raj Nighantu*. Various types of *Bala* are defined by *Samahitas* and *Nighantus* under term of *Baladvaya*, *Balatraya*, *Balachatushtaya* and *Balapanchaya*. The review displays that *Bala* is used in many ailments like *Vatarakta*, *Jwara*, *Vyanga*, *Nilika*, *Vata-Vyadhi*, and *Vata-Pittaja Vikara* etc. in *Samhitas* it is used in different forms of drug i.e. *Basti*, *Peya*, *Lepa*, *Shaka*, *Yavagu*, *Ghruta*, *Taila*, *Pralepa*, *Kashaya*, *Sweda* and *Dhupana* etc.

CONCLUSION

The plant *Sida cordifolia* (Linn.) is well-known important Ayurveda medicinal plant. *Vedas*, *Samhitas* and *Nighantus* are the basic literature for the proper thoughtful and documentation of various medicinal plants. On review of *Bala* in different *Vedas*, *Samhitas* and *Nighantus*, we find its different form of drug, synonyms, pharmaceutical properties, formulations and medicinal uses.

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