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## Review on *Abutilon Indicum* (Linn.) Sweet (*Atibala*) - An Important Herb in Ayurveda

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### ABSTRACT: -

**Background:** *Abutilon indicum* (Linn.) Sweet commonly known as *Kanghi* and *Atibala*, belonging to family malvaceae, is very important plant since long in traditional medicine of India and grows in hot and waste places. Ayurveda herb *Atibala* review is very helpful to achieve Ayurveda literature.

**Data Source:** The material has been collected from various research articles, *Vedas*, *Samhitas* and *Nighanus* and internet sources etc. to the thought of medicinal uses of *Atibala*.

**Conclusion:** The drug is attributed with *Balya*, *Kantivardhaka*, *Ojovardhaka*, *Brinhana*, *Krimighna*, *Dahahara*, *Rasayana*, *Mridurechana*, *Vajikara*, *Kasahara* and *Vedanahara* properties and The review shows that *Atibala* is used in many complaints like *Vatarakta*, *Vyanga*, *Vata-Vyadhi* and *Nilika* etc. in *Samhitas* it is used in different form of drug i.e. *Kalka*, *Kwath*, *Churna*, *Taila* and *Ghrita* etc. in different Ayurveda *Samhitas* and *Nighantus*. It is used in Ayurveda medicines from a very long time. The study review highlights its description in *Vedas*, *Samhitas* and *Nighantus*.

**Keywords:** *Atibala*, *Abutilon indicum* (Linn.) Sweet, *Ojovardhaka*, *Rasayana*.



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## INTRODUCTION

*Abutilon indicum* (Linn.) Sweet family (malvaceae) is widely distributed throughout India up to 1200 m in Sub – Himalayan tracts and also in Srilanka. It is a perennial shrub, softly tomentose and up to 3 m in height. It is a perennial softly tomentose shrub, with very big leaves. Stem - round, frequently tinged with purple. Leaves - ovate to orbicular - cordate, 2-2.5 cm. long acuminate, toothed, petioles long, stipules long, linear, acute,. Flowers - Solitary on jointed peduncles, orange-yellow or yellow. Calyx - lobes ovate, apiculate, Corolla - yellow, opening in the evening. Staminal tube hairy at the base, Filaments long. Seeds: 3-5, reniform, tubercled or minutely stellate - hairy, black or dark brown.<sup>[1]</sup>

*Atibala* is mentioned as having *Madhura Rasa* (Taste), *Laghu - Snigdha - Pichchhila Guna* (Property), *Shita Virya* (Potency), *Madhura Vipaka* (Metabolic property) and *Vatapittahara Karma* (Action) etc. and attributed *Balya, Kantivardhaka, Grahi, Ojovardhaka, Brinhana, Krimighna, Dahahara, Vatahara, Rasayana, Mutrajanana, Snehana, Mridurechana, Vajikara, Kasahara* and *Vedanahara* properties<sup>[2]</sup> and form of drug i.e. *Kalka, Kwath, Churna, Taila* and *Ghrita* etc. in different Ayurveda *Samhitas* and *Nighantus*.

The historical evidence of *Atibala* is traced from *Vedic* period, *Samhita* period ancient *Nighantu* period. After medieval period, various types of *Atibala* are described by *Samhitas* and

*Nighantus* under heading of *Baladvaya, Balatraya*,<sup>[3]</sup> *Balachatushtaya*<sup>[4][5]</sup> and *Balapanchaya*.<sup>[6]</sup> Classically, there are varieties of two type's namely small and big types. The small variety corresponds to *Abutilon indicum*

(Linn.) Sweet whiles the large variety to *Abutilon hirtum* (G. Don.).<sup>[7]</sup> This study is aimed review focus its delineation in *Vedas, Samhitas* and *Nighantus*.

### ❖ Taxonomical Classification:<sup>[8]</sup>

- 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 - *Abutilon* Mill. – Indian mallow
- Species - *Abutilon indicum* (Linn.) – monkeybush

### ❖ Vernacular Names:<sup>[9]</sup>

- Sanskrit – *Atibala, Kankatika, Rishyaprokta*.
- English - Indian mallow
- Hindi – *Jhampi, Kangi, Khanghahi*
- Bangali – *Jhampi, Petari, Badela*
- Gujarati - *Khapat, Dabdi*
- Kanada - *Srimudrigida*
- Malyalam – *Jhonkaped, Uram*
- Marathi – *Chakrabhenda, Kangori, Mudra, Petari*
- Panjabi – *Kangi, Kangibooti*
- Tamil – *Perum tutti, Thuttlis, Ponnai tutti*
- Telugu – *Adavibenda, Botlabenda, Peddabenda, Tutturibendachettu*

**Data Source:** The material has been collected from many *Vedas, Samhitas* and *Nighanus*, research articles and internet sources etc.

### *Atibala* in *Vedic Granthas*:<sup>[10]</sup>

In *Vedic* literature, we may find the extensive explanation of *Atibala* in *Atharvaveda*. *Bala* and *Atibala* (*Baladvaya*) have been mentioned in *Pushyabhisheka*. In *Vedic* scripture

*Atibala* is described as *Kankatadanti* and used for *Vishaghana Karma*.

### *Atibala* in *Samhita Granthas*:

***Charaka Samhita***:<sup>[11]</sup>

**Table 1: Formulation and Indication of *Atibala* according to *Charaka Samhita***

S. No.	References	Formulation	Indication
1.	<i>C. Su. 4/8/2</i>	<i>Brinhaniya Mahakashaya</i>	<i>Brinhana Karma</i>
2.	<i>C. Su. 4/8/7</i>	<i>Balya Mahakashaya</i>	<i>Balya Karma</i>
3.	<i>C. Vi. 8/139</i>	<i>Madhura Skandha</i>	<i>Vata-Pittahara</i>
4.	<i>C. Sh. 8/24</i>	<i>Bhata</i>	<i>4<sup>th</sup> -8<sup>th</sup> Mo. Grabhini Chikitsa</i>
5.	<i>C. Ci. 1.2/4</i>	<i>Aamalaka Ghrita</i>	<i>Prajasthapana Karma</i>
6.	<i>C. Ci. 1.2/12</i>	<i>29 Baladi Rasayana</i>	<i>Rasayana Karma</i>
7.	<i>C. Ci. 3/267</i>	<i>Agurvadi Taila</i>	<i>Sheeta Jwara</i>
8.	<i>C. Ci. 19/50</i>	<i>Shadanganiya</i>	<i>Atisara</i>
9.	<i>C. Ci. 28/166</i>	<i>Rasnadi Taila</i>	<i>Vata Vyadhi</i>
10.	<i>C. Ci. 29/56</i>	<i>Bala Ghrita</i>	<i>Hridaya Roga, Vatarakta etc.</i>
11.	<i>C. Ci. 29/62</i>	<i>Jeevaniya Ghrita</i>	<i>Pandu, Jwara etc.</i>
12.	<i>C. Si. 12/30</i>	<i>1<sup>st</sup> Baladiyapana Basti</i>	<i>Kasa, Jwara etc.</i>
13.	<i>C. Si. 12/31</i>	<i>2<sup>nd</sup> Baladiyapana Basti</i>	<i>Gulma, Hridaroga etc.</i>
14.	<i>C. Si. 12/34</i>	<i>3<sup>rd</sup> Baladiyapana Basti</i>	<i>Vridhha, Durbala etc.</i>

***Sushruta Samhita***:<sup>[12]</sup>

**Table 2: Formulation and Indication of *Atibala* according to *Sushruta Samhita***

S. No.	References	Formulation	Indication
1.	<i>S. Su. 15/40</i>	<i>Aushadha Dravya</i>	<i>Kashrya Roga</i>
2.	<i>S. Su. 16/21</i>	<i>Taila – Abhyanga</i>	<i>Karnapali</i>
3.	<i>S. Su. 39/7</i>	<i>Bhadradaruyadi Dravya</i>	<i>Vata Sanshamana Varga</i>
4.	<i>S. Su. 42/18</i>	<i>Kshiradi Dravya</i>	<i>Madhura Varga</i>
5.	<i>S. Ci. 5/7</i>	<i>Bala Taila and Yavadi Lepa</i>	<i>Vata Pradhana Vatarakta</i>
6.	<i>S. Ci. 5/12</i>	<i>Bala Taila – Parisheka, Pralepa</i>	<i>Vatarakta</i>
7.	<i>S. Ci. 15/44</i>	<i>Atibala Kalpa</i>	<i>Mundhagarbha</i>
8.	<i>S. Ci. 20/35</i>	<i>Bala, Atibala etc. Lepa</i>	<i>Vyanga, Nyachchha, Nilika</i>
9.	<i>S. Ci. 27/9</i>	<i>Atibalamula Rasayana Yoga</i>	<i>Shosharoga, Raktapitta</i>
10.	<i>S. Ci. 37/23</i>	<i>Atibala Taila / Ghrita – Nasya</i>	<i>Urdhvajatrugata Roga</i>
11.	<i>S. K. 8/51</i>	<i>Dhavadi Agada</i>	<i>Vishvambhara Visha</i>
12.	<i>S. Sh. 10/5</i>	<i>Badaradi - Aashthapana Basti</i>	<i>Prasuta – 8<sup>th</sup> manth Chikitsa</i>
13.	<i>S. Ut. 17/34</i>	<i>Kalka / Kwath – Nasya</i>	<i>Vataja Timira Roga</i>
14.	<i>S. Ut. 24/31</i>	<i>Baladi Taila – Nasya</i>	<i>Pratishyaya</i>
15.	<i>S. Ut. 58/58</i>	<i>Bala Ghrita</i>	<i>Mutradoshahara</i>

**Astanga Hridaya:**<sup>[13]</sup>**Table 3: Formulation and Indication of Atibala according to Astanga Hridaya Samhita**

S. No.	References	Formulation	Indication
1.	<i>A. Ci. 3/121</i>	<i>Nagabala Sarpi</i>	<i>Raktapitta, Kasa etc.</i>
2.	<i>A. Ci. 11/18</i>	<i>Atibala – Kwath, Ghritapaka</i>	<i>Vatashmari</i>
3.	<i>A. Ci. 21/73</i>	<i>Bala Taila – Pana, Nasya etc.</i>	<i>Kanti, Lakshami etc.</i>
4.	<i>A. Ut. 39/60</i>	<i>Vidarikandadi Churna</i>	<i>Medha, Vaya etc.</i>
5.	<i>A. Ut. 39/104</i>	<i>Shunthiyadi Rasayana</i>	<i>Vyadhijaravimukta</i>
6.	<i>A. Ut. 40/13</i>	<i>Vajikarana Yoga</i>	<i>Vajikarana Vidhi</i>

**Kashyapa Samhita:**<sup>[14]</sup>**Table 4: Formulation and Indication of Atibala according to Kashyapa Samhita**

S. No.	References	Formulation	Indication
1.	<i>Ka. Ci. 6/14</i>	<i>Taila - Abhayanga, Pana, Basti</i>	<i>Dushprajata Chikitsa</i>
2.	<i>Ka. Ci. 6/17</i>	<i>Bala Taila – Abhayanga</i>	<i>Dhatri Chikitsa</i>
3.	<i>Ka. Ci. 11/95</i>	<i>Taila</i>	<i>Vataja Jvara</i>
4.	<i>Ka. Khi. 13/77</i>	<i>Lepa</i>	<i>Garbhini Chikitsa</i>

**Bhela Samhita:**<sup>[15]</sup>**Table 5: Formulation and Indication of Atibala according to Bhela Samhita**

S. No.	References	Formulation	Indication
1.	<i>Bh. Ci. 27/7</i>	<i>Varnaropana Taila</i>	<i>Varna Ropana</i>
2.	<i>Bh. Si. 4/65</i>	<i>Kshriapaka</i>	<i>Hanustambha</i>

**Harita Samhita:**<sup>[16]</sup>**Table 6: Formulation and Indication of Atibala according to Harita Samhita**

S. No.	References	Formulation	Indication
1.	<i>Ha. Tr. 9/49</i>	<i>Chyavanaprashaleha</i>	<i>Kshaya</i>
2.	<i>Ha. Tr. 9/67</i>	<i>Bala Kvatha</i>	<i>Kamala, Kshaya, Prameha</i>
3.	<i>Ha. Tr. 10/41</i>	<i>Shatavari Ghrita</i>	<i>Adhoraktapitta</i>
4.	<i>Ha. Tr. 20/109</i>	<i>Narayana Taila</i>	<i>Vata vyadhi</i>
5.	<i>Ha. Tr. 22/7</i>	<i>Churna</i>	<i>Gridhrasi Vata</i>

*Sharngadhara Samhita*:<sup>[17]</sup>

**Table 7: Formulation and Indication of *Atibala* according to *Sharngadhara Samhita***

S. No.	References	Formulation	Indication
	<i>Sh. M. K. 6/155</i>	<i>Shatavariyadi Churna</i>	<i>Vajikarana Karma</i>
	<i>Sh. M. K. 9/199</i>	<i>Dhaturadi Taila</i>	<i>Tvachagata Vataroga</i>
	<i>Sh. M. K. 10/22</i>	<i>Kumaryasava</i>	<i>Prameha, Varna etc.</i>
	<i>Sh. M. K. 12/269</i>	<i>Kandarpa Sundara Rasa</i>	<i>Vajikarana Karma</i>
	<i>Sh. U. K. 2/26</i>	<i>Potali svedana</i>	<i>Vatanashaka</i>

*Nighantu Kala*:<sup>[18][19][20][21][22][23]</sup>

**Table 8: Classification (*Varga*) of *Atibala* according to different *Nighantu***

S. No.	<i>Nighantu</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 9: *Rasa Panchaka* of *Atibala* 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>Tikta</i>	-	-	-	+	-	-
		<i>Katu</i>	-	-	-	+	-	-
2.	<i>Guna</i>	<i>Shnigdha</i>	+	+	+	-	+	+
3.	<i>Virya</i>	<i>Shita</i>	+	+	+	-	+	+
4.	<i>Vipaka</i>	<i>Madhura</i>	+	+	+	-	+	+
5.	<i>Karma</i>	<i>Vatapittahara</i>	+	+	-	-	+	+
		<i>Tridosahara</i>	-	-	+	-	-	-
		<i>Vatanashaka</i>	-	-	-	+	-	-

## DISCUSSION

The extensive survey of literature has shown that *Abutilon indicum* (Linn.) Sweet (*Atibala*) is an important herb in Ayurveda. *Atibala* in *Samhitas* show its various qualities like *Balya*,

*Kantivardhaka*, *Grahi*, *Ojovardhaka*, *Brinhana*, *Krimighna*, *Rasayana*, *Vajikara* properties and in all *Nighantus* its *Madhura Rasa*, *Snigdha Guna*, *Shita Virya* and *Madhura Vipaka* have been mentioned except *Raja Nighantu* which have not described its *Guna* and *Virya*. In the context of its



*Karma on Doshas* it is described as *Tridosahara* in *Kaiyadeva Nighantu*, *Vatapittahara* in *Dhanvantari Nighantu*, *Madanapala Nighantu*, *Bhavaprakasha Nighantu*, *Priya Nighantu* and *Vatanashaka* in *Raja Nighantu*. The review shows that *Atibala* can be used in many disorders like *Sheeta Jwara*, *Atisara*, *Vata Vyadhi*, *Hridaya Roga*, *Vatarakta*, *Pandu*, *Kasa*, *Vyanga*, *Nyachchha*, *Nilika*, *Raktapitta*, *Vatashmari*, *Prameha* and *Varna* etc. In *Samhitas* it is used in different forms of drug viz. *Basti*, *Lepa*, *Ghruta*, *Pralepa*, *Kwath*, *Taila*, *Churna* etc. *Atibala* are mention by *Vedas*, *Samhitas* and *Nighantus* under groups of *Baladvaya*, *Balatraya*, *Balachatushtaya* and *Balapanchaya*.

## CONCLUSION

The plant *Atibala* is well-known important Ayurveda herb. *Vedas*, *Samhitas* and *Nighantus* are the simple literature for the proper thoughtful and documentation of various Ayurveda medicinal plants. On review of *Atibala* in different *Vedas*, *Samhitas* and *Nighantus*, we find its different form of drug, properties, formulations and therapeutic uses.

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