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### Review Of *Bala(Sida Cordifolia Linn.)* From *Samhitas* And *Nighantus*

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#### ABSTRACT: -

*Sida cordifolia* Linn. commonly known as *Bala*, a small erect downy shrub widely distributed along with other species throughout the tropical and sub- tropical plains all over India and Srilanka upto an altitude of 1050m. It is used in *Ayurvedic* medicines from a very long time. The study review highlight its delineation in *Samhitas*, *Nighantus*.

**Keywords :** *Sida cordifolia*, *Bala*, *Samhita*, *Nighantu*.



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## INTRODUCTION

A large number of plants that are introduced in *Ayurvedic* system of medicine have been employing for the treatment of many ailments 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. This plant *Bala* (*Sida cordifolia* (Linn.) belongs to family Malvaceae is an important *Ayurvedic* herb used from ancient times. The plant name *Bala* is coined on the name of “Parvati”(Goddess of strength and beauty)<sup>1</sup>. This plant have been precisely described in different *Samhitas* of *Ayurveda* and *Nighantu* literature which is also as ancient as *Ayurveda*. The term *Nighantu* is based on the term *Nigama*. The etymology of *Nigama* is which brings out the extremely concealed or secret meaning of words in systematic way. This tradition was also adopted by the *Ayurvedic* scholars to clarify the technical words specially in the field of *Dravyaguna*. Earlier *Nighantus* were limited to explain the synonyms only. After sometime the description of properties, actions and indications are also included in the *Nighantus* along with the synonyms. The *Nighantu* literature is one of the important aspect in the study of *Ayurveda* and *Dravyaguna Vigyana*. The ancient *Nighantus* were actually like *kosa*, containing the synonyms of *Dravya*. Later on, the drugs were given the description of properties, actions and their uses.<sup>2</sup>

### Taxonomical Classification

- Kingdom Plantae
- Division Angiosperms
- Class Eudicots
- Order Malvales
- Family Malvaceae
- Genus *Sida*
- Species *Sida cordifolia*

**Sanskrit Name:** *Bala, kharyashtika, vatyayani, bhardodani*

### Vernacular Names:

- Hindi- Bariyaar, khireeti
- Punjabi – kharyati
- Bengali – Bedela
- Marathi – Chikana
- Gujarati- Bal
- Tamil- Paniyaar
- Telugu – Telaantis
- kanada – Haetuti
- Malyalam – Vellurama

**English Name** – Country Mallow<sup>3</sup>

**Habit** - It is a shrub grows upto 0.75 – 1.5 metres in height. The root and the stem are stout and strong. The leaves are 2.5- 7 cm long and 2.5- 5cm broad with 7-9 veins . They are heart shaped , serrate and truncate. The flowers are small, yellow or white in colour, solitary and axillaries .The fruits are moong-sized , 6-8 mm in diameter. The seeds are called as *Bijabanda* in *Ayurveda* , are grayish black in colour and smooth. The plant flowers from August to December and fruiting occurs from October to January<sup>4</sup>.

**Habitat** : Throughout the tropical and sub-tropical plains all over India and Srilanka upto an altitude of 1050m .

**Parts used** : Seeds, root , leaves

### ❖ *BALA* (*Sida cordifolia* Linn.) IN SAMHITA GRANTHAS

#### *Charaka Samhita*<sup>5</sup>:

This *Samhita* is composed by *Agnivesh*(4<sup>th</sup> Century AD) which later redacted by *Acharya Charaka* and by *Acharya Dridhabala*. This *Samhita* is mainly concerned with *Kayachikitsa*.

- In this *Samhita* the drug *Bala* has been described in *Brihaniya Mahakashya* , *Balya Mahakashya*, *Prajasthapan Mahakashya* and also as an ingredient in numerous formulation for various ailments.

**Table No.1 Formulations and Indications of *Bala* according to *Charak Samhita***

S.NO.	Reference	Formulation	Indications
1.	<i>C.Su.2/12</i>	<i>Aasthapana Basti</i>	<i>Udavrita ,Vibandha</i>
2.	<i>C.Su.2/20</i>	<i>Peya</i>	<i>Pitta-Kaphaja Atisara</i>
3.	<i>C.Su.3/21</i>	<i>Lepa</i>	<i>Vatarakta</i>
4.	<i>C.Su.4/9.2</i>	<i>Brihaniya Mahakashaya</i>	<i>Brihaniya Karma</i>
5.	<i>C.Su.4/9.7</i>	<i>Balya Mahakashaya</i>	<i>Balya Karma</i>
6.	<i>C.Su.4/18.49</i>	<i>Prajasthapana Mahakashaya</i>	<i>Prajasthapana Karma</i>
7.	<i>C.Su.5/63</i>	<i>Anu Taila Preparation Method</i>	<i>Nasya Karma</i>
8.	<i>C.Su.25/40</i>	<i>Pradhan Aushadha Dravya</i>	<i>Balya and Vatahara</i>
9.	<i>C.Vi.8/139</i>	<i>Madhura Skandha</i>	<i>Vata-pittahara</i>
10.	<i>C.Sa.8/24</i>	<i>Bhata</i>	<i>4<sup>th</sup>- 8<sup>th</sup> month.Grabhini chikitsa</i>
11.	<i>C.Ci.1.1/42</i>	<i>1<sup>st</sup> Brahmarasayana</i>	<i>Medha-Smiritikara</i>
12.	<i>C.Ci.1.1/62</i>	<i>Chavanaprasha</i>	<i>Kasaadi</i>
13.	<i>C.Ci.1.2/4</i>	<i>Aamataka Ghrta</i>	<i>Prajasthapana Karma</i>
14.	<i>C.Ci.1.2/12</i>	<i>Baladi Rasayana</i>	<i>Rasyana karma</i>
15.	<i>C.Ci.2.1/25</i>	<i>Bramhani Gutika</i>	<i>Vrishya karma</i>
16.	<i>C.Ci.2.2/5</i>	<i>Apatyakari Shashtikadi gutika</i>	<i>Prajashapana karma</i>
17.	<i>C.Ci.3/205</i>	<i>Vatsakadi kwath</i>	<i>Jwara</i>
18.	<i>C.Ci.3/224</i>	<i>Baladi ghrita</i>	<i>Kshaya ,Kasa</i>
19.	<i>C.Ci.3/236</i>	<i>Trikantakadi ksheerapaka</i>	<i>Shotha ,Jwara</i>
20.	<i>C.Ci.4/47</i>	<i>Yavagu</i>	<i>Raktapitta</i>
21.	<i>C.Ci.5/106</i>	<i>Neelinyadhya ghrita</i>	<i>Gulma,Vyanga</i>
22.	<i>C.Ci.5/134</i>	<i>Bhojya dravya</i>	<i>Pittajagulma</i>

23.	<i>C.Ci.8/72</i>	<i>Parisheka sweda</i>	<i>Rajayakshma</i>
24.	<i>C.Ci.11/20</i>	<i>Madhukadi Yoga</i>	<i>Kshataksheena</i>
25.	<i>C.Ci.11/37</i>	<i>Amritaprasha Ghrita</i>	<i>Kshataksheena</i>
26.	<i>C.Ci.12/34</i>	<i>Punarnavadhyarishta</i>	<i>Shvayathu</i>
27.	<i>C.Ci.13/169</i>	<i>Kshara-Taila Paka</i>	<i>Udhara roga</i>
28.	<i>C.Ci.14/200</i>	<i>Peya</i>	<i>Rakta-arsha</i>
29.	<i>C.Ci.14/235</i>	<i>Sunishannaka Changeri ghrita</i>	<i>Arsha</i>
30.	<i>C.Ci.16/53</i>	<i>Haridradi Ghrita</i>	<i>Kamala,Pandu</i>
31.	<i>C.Ci.16/105</i>	<i>Gauda Arishta</i>	<i>Pandu</i>
32.	<i>C.Ci.16/137</i>	<i>Abhaya leha</i>	<i>Pandu</i>
33.	<i>C.Ci.17/96</i>	<i>Rasnadi yusha</i>	<i>Hikka-shvasa</i>
34.	<i>C.Ci.18/57</i>	<i>Agastya haritaki</i>	<i>Kasa</i>
35.	<i>C.Ci.18/153</i>	<i>Bala grita pana</i>	<i>Vataja Kasa</i>
36.	<i>C.Ci.18/174</i>	<i>Padmakadi leha</i>	<i>Kasa</i>
37.	<i>C.Ci.19/26</i>	<i>Dipanya and Sangrahi Gana</i>	<i>Atisara</i>
38.	<i>C.Ci.21/79</i>	<i>Baladi aalepa</i>	<i>Visarpa</i>
39.	<i>C.Ci.21/82</i>	<i>Pradeha</i>	<i>Visarpa</i>
40.	<i>C.Ci.21/85</i>	<i>Pralepa</i>	<i>Visarpa</i>
41.	<i>C.Ci.23/188</i>	<i>Pana</i>	<i>Visha</i>
42.	<i>C.Ci.24/165</i>	<i>Peya</i>	<i>Madatyaya</i>
43.	<i>C.Ci.25/63</i>	<i>Baladi lepa</i>	<i>Vrana</i>
44.	<i>C.Ci.25/75</i>	<i>Sneha Sharkra</i>	<i>Shoola Nashaka</i>
45.	<i>C.Ci.25/84</i>	<i>Kashaya</i>	<i>Vrana</i>

46.	<i>C.Ci.25/89</i>	<i>Lepa</i>	<i>Vrana</i>
47.	<i>C.Ci.25/91</i>	<i>Kampilakadi Taila</i>	<i>Vrana</i>
48.	<i>C.Ci.26/46</i>	<i>Mishraka Sneha</i>	<i>Vataja Mutrakrichchha</i>
49.	<i>C.Ci.26/69</i>	<i>Karpasamuladiyoga</i>	<i>Ashmarijanya Mutrakrichchha</i>
50.	<i>C.Ci.26/87</i>	<i>Tryushanadi ghrita</i>	<i>Shwasa, Kasadi</i>
51.	<i>C.Ci.26/93</i>	<i>Drakshadi ghrita</i>	<i>Pittaja Hridaya Roga</i>
52.	<i>C.Ci.26/135</i>	<i>Shatahvadi dhumavarti</i>	<i>Vataja Pinasa Roga</i>
53.	<i>C.Ci.26/161</i>	<i>Baladi Taila nasya</i>	<i>Sarva Shiroroga</i>
54.	<i>C.Ci.26/163</i>	<i>Mayura ghrita</i>	<i>Shiroroga, Arditarogadi.</i>
55.	<i>C.Ci.26/177</i>	<i>Chandanadi Pradeha, Parisheka</i>	<i>Pittaja Shiroroga</i>
56.	<i>C.Ci.26/241</i>	<i>Suman karakadi varti</i>	<i>Netragata rakhavikara</i>
57.	<i>C.Ci.26/283</i>	<i>Baladi Taila</i>	<i>Swara-bheda</i>
58.	<i>C.Ci.28/106</i>	<i>Mansa Rasa</i>	<i>Vata Vyadhi</i>
59.	<i>C.Ci.28/110</i>	<i>Nadi Sweda</i>	<i>Vata Vyadhi</i>
60.	<i>C.Ci.28/123</i>	<i>Baladi Ghrita</i>	<i>Vata Vyadhi</i>
61.	<i>C.Ci.28/148</i>	<i>Bala Taila</i>	<i>Vata Vyadhi</i>
62.	<i>C.Ci.28/185</i>	<i>Bala Shrita</i>	<i>Pittavrita vata roga</i>
63.	<i>C.Ci.28/186</i>	<i>Bala Taila –Parisheka</i>	<i>Pittavritta Vata Roga</i>
64.	<i>C.Ci.29/56</i>	<i>Bala Ghrita</i>	<i>Hridaya Roga ,Pandu</i>
65.	<i>C.Ci.29/62</i>	<i>Jeevaniya Ghrita</i>	<i>Pandu ,Jwara</i>
66.	<i>C.Ci.29/73</i>	<i>Jeevakadi Mahasneha</i>	<i>Vatarakta</i>
67.	<i>C.Ci.29/110</i>	<i>Mahapadma Taila</i>	<i>Vatarakta</i>
68.	<i>C.Ci.29/119</i>	<i>Shata/Sahastrapaka Bala Taila</i>	<i>Vatarakta</i>

69.	<i>C.Ci.30/49</i>	<i>Bala Taila</i>	<i>Yoniroga</i>
70.	<i>C.Ci.30/59</i>	<i>Guduchyadi Taila</i>	<i>Vataja yoniroga</i>
71.	<i>C.Ci.30/280</i>	<i>Utkarika</i>	<i>Aticharna, Acharna yonivyapada</i>
72.	<i>C.Si.3/13</i>	<i>Baladi Niruha Basti</i>	<i>Balya-Bastisutrya</i>
73.	<i>C.Si.3/36</i>	<i>Sihiradi niruha Basti</i>	<i>Netra Balya</i>
74.	<i>C.Si.3/64</i>	<i>Punarnavadi Niruha Basti</i>	<i>Sarvadasa nashaka</i>
75.	<i>C.Si.4/3</i>	<i>Dashmuladi Anuvashana Basti</i>	<i>Sarva vata vikara</i>
76.	<i>C.Si.7/12</i>	<i>Prishniparnyadi Basti</i>	<i>Bastivyapatajanita-Daha</i>
77.	<i>C.Si.7/28</i>	<i>Baladi Basti</i>	<i>Bastivyapatjanita-Hikka</i>
78.	<i>C.Si.9/8</i>	<i>Satavariyadi Taila Basti</i>	<i>Marmaghata</i>
79.	<i>C.Si.9/87</i>	<i>Guduchyadi Taila</i>	<i>Anantavata</i>
80.	<i>C.Si.11/34</i>	<i>Baladi Basti</i>	<i>Balya, Varniya</i>
81.	<i>C.Si.12/27</i>	<i>Mustadiyapana Basti</i>	<i>Kshatakshina, Kasa</i>
82.	<i>C.Si.12/29</i>	<i>Sahacharadiyapana Basti</i>	<i>Kshatakshina</i>
83.	<i>C.Si.12/30</i>	<i>1<sup>st</sup> Baladiyapana Basti</i>	<i>Kasa ,Jwara</i>
84.	<i>C.Si.12/31</i>	<i>2<sup>nd</sup> Baladiyapana basti</i>	<i>Gulma,Hridaraga</i>
85.	<i>C.Si.12/34</i>	<i>3<sup>rd</sup> Baladiyapana basti</i>	<i>Daurbalya</i>
86.	<i>C.Si.12/35</i>	<i>4<sup>th</sup> Baladiyapana basti</i>	<i>Jwara</i>
87.	<i>C.Si.12/55</i>	<i>Baladiyapana Anuvasana basti</i>	<i>Kshatakshina</i>

### **Sushruta Samhita <sup>6</sup>:**

➤ This *Samhita* is composed by *Vrudha Sushruta*, mainly concerned with *Shalya Chikitsa* .

➤ *Acharya Sushruta* was the redactor of *Sushruta Samhita* in 2<sup>nd</sup> Century AD, which latterly revised by *Acharya Nagarjuna* and finally revised by *Acharya Chandrat*.

**Table No.2 Formulations and indications of Bala according to Sushruta Samhita**

S.NO.	Reference	Formulation	Indications
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. Sh. 10/5</i>	<i>Badaradi- Aashthapana Basti</i>	<i>Prasuta- 8<sup>th</sup> Month Chikitsa</i>
5.	<i>S. Sh. 10/18</i>	<i>Bala Taila-Abhyanga</i>	<i>Sutika Roga</i>
6.	<i>S.Sh.10/65</i>	<i>Prishniparnidi Kshira</i>	<i>Garbhastrava</i>
7.	<i>S.Ci. 2/81</i>	<i>Bala Taila</i>	<i>Vrana Ropana</i>
8.	<i>S.Ci. 15/28</i>	<i>Bala Taila</i>	<i>Mudhagarbha</i>
9.	<i>S.Ci. 15/29</i>	<i>Bala Taila</i>	<i>Sutika Roga</i>
10.	<i>S.Ci. 15/40</i>	<i>Satapaka Bala Taila</i>	<i>Mundhagarbha</i>
11.	<i>S.Ci. 17/19</i>	<i>Hinstradi Taila – Shodhana</i>	<i>Nadivrana</i>
12.	<i>S.Ci. 18/47</i>	<i>Amritadi Taila –Pana</i>	<i>Galaganda</i>
13.	<i>S.Ci. 21/8</i>	<i>Bala Taila – Parisheka</i>	<i>Mridita Roga</i>
14.	<i>S.Ci. 29/12</i>	<i>Bala Taila- Abhyanga</i>	<i>Svabhava Vyadhipratishedh</i>
15.	<i>S.Ci. 34/17</i>	<i>Ajakarnadi Kwath</i>	<i>Paristrava Vyapada</i>
16.	<i>S.Ci. 37/20</i>	<i>Bhulikadi Taila- Basti</i>	<i>Vata Vikara</i>
17.	<i>S.Ci. 38/43</i>	<i>Shampakadi – Aashthapana Basti</i>	<i>Vata Vikara</i>
18.	<i>S. Ci. 38/72</i>	<i>Bala Taila – Basti</i>	<i>Bandhya</i>
19.	<i>S.Ut.39/171</i>	<i>Baladi Kwath</i>	<i>Vataj-Jwara</i>
20.	<i>Su.Ut.40/59</i>	<i>Yavagu</i>	<i>Pittaj- Atisara</i>
21.	<i>Su. Ut. 43/19</i>	<i>Bala Taila – Basti</i>	<i>Kaphaja Hridaroga</i>
22.	<i>Su. Ut. 44/29</i>	<i>Balashigru Yoga</i>	<i>Pandu Roga</i>



23.	<i>Su.Ut.48/28</i>	<i>Bala Kwath</i>	<i>Amaja Trishna</i>
24.	<i>Su.Ut.52/49</i>	<i>Shatavari Ghrita</i>	<i>Kasa</i>
25.	<i>S. Ut. 58/44</i>	<i>Baladi Kalka</i>	<i>Mutradoshahara</i>
26.	<i>S.Ut. 59/17</i>	<i>Trivrita Taila and Ghrita</i>	<i>Vata-Mutrakrichha</i>
27.	<i>S.Ut.65/9</i>	<i>Taila Yoga-Pana</i>	<i>Galaganda Roga</i>

### Astanga Hridaya<sup>7</sup>:

**Table No.3 Formulations and indications of *Bala* according to *Astanga Hridaya***

S.NO.	Reference	Formulation	Indications
1.	<i>A.Su. 6/169</i>	<i>Madhyama Panchamula</i>	<i>Kapha- Vata Doshanashaka</i>
2.	<i>A. Su. 10/23</i>	<i>Ghritadi Dravya</i>	<i>Madhura Skandha Dravya</i>
3.	<i>A. Sh. 2/5</i>	<i>Shaliyadi Rasa</i>	<i>Rajasa Shula</i>
4.	<i>A. Sh. 2/8</i>	<i>Ghanadi Kwath</i>	<i>Raktadarshana</i>
5.	<i>A. Sh. 2/45-46</i>	<i>Bala Taila</i>	<i>Mudhagarbha</i>
6.	<i>A. Sh. 2/56</i>	<i>Prishnapaniyadi Yoga</i>	<i>Garbharakshaka</i>
7.	<i>A. Ci 1/28</i>	<i>Prishnapaniyadi Yoga</i>	<i>Jwara- Atisara</i>
8.	<i>A. Ci 1/94</i>	<i>Bala Rasa and Kalka Paka Ghrita</i>	<i>Jirna Jwara</i>
9.	<i>A. Ci 1/110</i>	<i>Drakshadi Yoga</i>	<i>Trishna, Daha, Jwara</i>
10.	<i>A. Ci 1/114</i>	<i>Shunthiyadi kshirapaka</i>	<i>Shoth ,Jwara</i>
11.	<i>A. Ci. 1/119</i>	<i>Niruhabasti Yoga</i>	<i>Jwara</i>
12.	<i>A. Ci. 1/123</i>	<i>Anuvasana Basti Yoga</i>	<i>Jwara</i>
13.	<i>A. Ci. 2/18</i>	<i>Baladi Kwath – Peya</i>	<i>Raktapitta</i>
14.	<i>A. Ci 2/32</i>	<i>Chandanadi Yoga</i>	<i>Raktapitta</i>
15.	<i>A. Ci. 2/37</i>	<i>Jivakadi Kshira Yoga</i>	<i>Raktapitta</i>



16.	A. Ci. 3/38	<i>Medadi Ghrita</i>	<i>Pittaja Kasa</i>
17.	A. Ci. 3/60	<i>Kantakari Ghrita</i>	<i>Kasa, Shwasa</i>
18.	A. Ci. 3/80	<i>Madhukadi Leha</i>	<i>Kasa</i>
19.	A. Ci. 3/95	<i>Amritaprash Ghrita</i>	<i>Kasa</i>
20.	A. Ci. 3/102	<i>Shwadanshtradi Ghrita</i>	<i>Vata, Pitta Roga</i>
21.	A. Ci. 3/121	<i>Nagabala Sarpi</i>	<i>Raktapitta, Kasa</i>
22.	A. Ci. 3/127	<i>Agastyahartaki Rasayama</i>	<i>Kasa, Balya, Varnya</i>
23.	A. Ci. 3/133	<i>Vasishthaharitaki Rasayana</i>	<i>Kasa</i>
24.	A. Ci. 3/148	<i>Dhumapana Yoga</i>	<i>Kasa</i>
25.	A. Ci. 3/154	<i>Ghrita Paka Yoga</i>	<i>Kshayaja Kasa</i>
26.	A. Ci. 3/172	<i>Padmakadi Yoga</i>	<i>Kshayaja Kasa</i>
27.	A. Ci. 4/22	<i>Yusha Method</i>	<i>Svasa – Hidhma</i>
28.	A. Ci. 5/16	<i>Ghrita Yoga</i>	<i>Rajayakshma</i>
29.	A. Ci. 5/16	<i>Jivantyadi Ghrita</i>	<i>Rajayakshma</i>
30.	A. Ci. 5/24	<i>Rasnadi Ghrita</i>	<i>Rajayakshma</i>
31.	A. Ci. 5/41	<i>Baladi Yoga</i>	<i>Rajayakshma</i>
32.	A. Ci. 5/42	<i>Prapaundarika Yoga</i>	<i>Rajayakshma</i>
33.	A. Ci. 5/68	<i>Balamuladi Lepa</i>	<i>Pinasa Roga</i>
34.	A. Ci. 5/68	<i>Punarnavadi Lepa</i>	<i>Pinasa Roga</i>
35.	A. Ci. 5/79	<i>Udvartana Yoga</i>	<i>Rajayakshma</i>
36.	A. Ci. 6/38	<i>Bala Taila Pana</i>	<i>Chhardi – Hridroga Trishma</i>
37.	A. Ci. 6/39	<i>Mahasneha</i>	<i>Hridroga</i>
38.	A. Ci. 6/46	<i>Ghrita Yoga</i>	<i>Pittaja Hridroga</i>

39.	A. Ci 8/109	<i>Kutajodi Avaleha – 2<sup>nd</sup></i>	<i>Arsha</i>
40.	A. Ci. 9/13	<i>Peya Yoga</i>	<i>Atisara</i>
41.	A. Ci 9/56	<i>Peya Yoga</i>	<i>Pitta – Atisara</i>
42.	A. Ci. 11/2	<i>Dashamuladi Yoga</i>	<i>Mutraghata – Shula</i>
43.	A. Ci 14/13	<i>Dadhika Ghrita</i>	<i>Gulma, Apasmara etc.</i>
44.	A. Ci. 14/55	<i>Nilini Ghita</i>	<i>Gulma, Vyanga ,Kushtha</i>
45.	A. Ci. 14/75	<i>Ahara Dravya</i>	<i>Pittaja Gulma</i>
46.	A. Ci 15/46	<i>Bilvakshara Taila</i>	<i>Udhara Roga</i>
47.	A. Ci. 16/56	<i>Pippaliyadi Yoga</i>	<i>Halimaka</i>
48.	A. Ci. 21/62	<i>Baladi Ghrita – Nasya</i>	<i>Sirogata- Vata</i>
49.	A. Ci. 22/8	<i>Balamuladi kshira</i>	<i>Vatarakta</i>
50.	A. Ci. 22/45	<i>Bala Taila</i>	<i>Vatarakta</i>
51.	A. Ci. 22/55	<i>Bala Yoga – Pana Basti.</i>	<i>Vatarakta</i>
52.	A. Ci 22/56	<i>Bala Taila</i>	<i>Vatarakta</i>
53.	A. K. 4/1	<i>Baladi Kalpa 1<sup>st</sup> – Basti</i>	<i>Jivaniya, Brinhaniyakara</i>
54.	A. K. 4/5	<i>Baladi Kalpa 2<sup>nd</sup> Basti</i>	<i>Balya</i>
55.	A. K. 4/7	<i>Erandamuladi Kalpa- Basti</i>	<i>Gulma, Ashmari etc.</i>
56.	A.K. 4/12	<i>Rasnadi Kalpa</i>	<i>Bastidaha</i>
57.	A. K. 4/37	<i>Yapanaraja Basti</i>	<i>Vatarakta etc.</i>
58.	A. K. 4/54	<i>Dashamuladi Sneha Basti</i>	<i>Vataja Roga</i>
59.	A. K. 4/59	<i>Yamaka Sneha</i>	<i>Brinhana</i>
60.	A. Ut. 5/19	<i>Bhutarava Ghrita</i>	<i>Garhavesha</i>
61.	A. Ut. 13/52	<i>Jivanti Taila</i>	<i>Varnya Kanti</i>

62.	A. Ut. 18/43	Jambvadi Taila- Abhyanga	Karnapali
63.	A. Ut. 18/56	Karnapalivardhaka Sneha	Karnapali
64.	A. Ut. 20/7	Dhumapana Yoga	Pratishyaya
65.	A.Ut. 22/68	Guduchyadi Taila (Bala Dvaya)	Vataja Galaganda
66.	A. Ut. 24/47	Mayuradi Ghrita	Sarva Urdhajatru Roga
67.	A. Ut. 25/47	Utsadana Yoga	Varna
68.	A. Ut. 26/6	Bala Taila	Sadhyovarna Shula
69.	A. Ut. 27/38	Gandha Taila – Pana(Balatraya)	Vata- pitta Vikara
70.	A. Ut. 34/37	Shatavari Avaleha (Dvi Bala)	Guhyaroga
71.	A. Ut. 34/42	Baladi Yamaka Sneha	Vata Pitta Yoniroga
72.	A. Ut. 35/22	Yavagu	Vishanashaka
73.	A. Ut. 39/33	Chavanaprasha Rasayana	Kasa Swasa
74.	A. Ut. 39/104	Shunthiyadi Rasayana	Vyadhijaravimukta
75.	A. Ut. 40/13	Vajikarana Yoga	Vajikarana Vidhi

### Kashyapa Samhita<sup>8</sup>:

**Table No.4 Formulations and indications of Bala according to Kashyapa Samhita**

S.NO.	Reference	Formulation	Indications
1.	Ka.Ci.6/8	Bala Taila	Kamala ,pandu roga
2.	Ka.Ci.6/14	Taila –abhayanga pama basti	Dushprajata
3.	Ka.Ci.6/15	Grila	Raktaja mutrakarichcha
4.	Ka.Ci.6/17	Bala Taila-abhanga	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.	<i>Ka.Ci.9/124</i>	<i>Kashaya</i>	<i>Vishishta Kalpa</i>
10.	<i>Ka.Ci.11/95</i>	<i>Taila</i>	<i>Vataja jwara</i>
11.	<i>Ka.Khi.13/77</i>	<i>Lepa</i>	<i>Garbhini Chikitsa</i>
12.	<i>Ka.Khi.19/13</i>	<i>Taila</i>	<i>Vataja jwara</i>
13.	<i>Ka.Khi.21/22</i>	<i>Kashaya</i>	<i>Shotha ,Aadhmana</i>

**Bhela Samhita<sup>9</sup>:****Table No.5 Formulations and indications of *Bala* according to *Bhela Samhita***

S.NO.	Reference	Formulation	Indications
1.	<i>Bh.Ci.2/27</i>	<i>Mahapadmaka Taila</i>	<i>Jirna jwara, vishama jwara</i>
2.	<i>Bh.Ci.4/34</i>	<i>Rasayaniya Sarpi</i>	<i>Yakshma ,Kasa</i>
3.	<i>Bh.Ci.5/20</i>	<i>Dadhika Ghrita</i>	<i>Gulma</i>
4.	<i>Bh.Ci.10/70</i>	<i>Shiva varti-Anjana</i>	<i>Visuchika</i>
5.	<i>Bh.Ci.12/5</i>	<i>Bala Taila</i>	<i>Shukrashmari</i>
6.	<i>Bh.Ci.14/13</i>	<i>Dashamula Taila</i>	<i>Urustambha</i>
7.	<i>Bh.Ci.15/39</i>	<i>Bala Taila</i>	<i>Vatarakta</i>
8.	<i>Bh.Ci.16/31</i>	<i>Baladi Taila</i>	<i>Raktsrasha ,Pittarsha</i>
9.	<i>Bh.Ci.16/74</i>	<i>Lepadi Yoga</i>	<i>Arsha</i>
10.	<i>Bh.Ci.19/14</i>	<i>Bala Taila</i>	<i>Hridaroga</i>
11.	<i>Bh.Ci.19/16</i>	<i>Jivakadi Ghrita</i>	<i>Vata-Pittaja Hridaroga</i>
12.	<i>Bh.Ci.19/20</i>	<i>Mahasnecha</i>	<i>Hridaroga</i>
13.	<i>Bh.Ci.20/29</i>	<i>Tryushnadi Churna</i>	<i>Kasa</i>
14.	<i>Bh.Ci.20/41</i>	<i>Agastya Rasayana</i>	<i>Kasa</i>
15.	<i>Bh.Ci.21/31</i>	<i>Bala Taila –Nasya</i>	<i>Shira kampa</i>
16.	<i>Bh.Ci.21/44</i>	<i>Kavala Dharana</i>	<i>Arochaka</i>

17.	<i>Bh.Ci.21/59</i>	<i>Taila-Abhayango</i>	<i>Shiroroga ,Karnashula</i>
18.	<i>Bh.Ci.24/4</i>	<i>Baladi Taila</i>	<i>Vatanashaka</i>
19.	<i>Bh.Ci.24/14</i>	<i>Bala Taila</i>	<i>Vataroga Raktapitta</i>
20.	<i>Bh.Ci.24/19</i>	<i>Rasna Taila</i>	<i>Vata Vyadhi</i>
21.	<i>Bh.Ci.24/44</i>	<i>Bala Taila</i>	<i>Vata Vyadhi</i>
22.	<i>Bh.Ci.26/20</i>	<i>Kakadanyadi Taila</i>	<i>Hikka Shvasa</i>
23.	<i>Bh.Ci.26/36</i>	<i>Taila</i>	<i>Ardita</i>
24.	<i>Bh.Ci.26/40</i>	<i>Bala Taila</i>	<i>Ardita</i>
25.	<i>Bh.Ci.27/7</i>	<i>Varnaropona Taila</i>	<i>Varna Ropona</i>
26.	<i>Bh.Ci.28/39</i>	<i>Guduchyadi panaka</i>	<i>Jwara , Trishna</i>
27.	<i>Bh.Si.2/18</i>	<i>Jivakadi nasya yoga</i>	<i>Udhrvagata Roga</i>
28.	<i>Bh.Si.4/65</i>	<i>Kshirapaka</i>	<i>Hanustambha</i>
29.	<i>Bh.Si.7/16</i>	<i>Ashvagandhadi Niruha</i>	<i>Pittahara</i>

### Harita Samhita<sup>10</sup>:

**Table No.6 Formulation and indications of *Bala* according to *Harita Samhita***

SL.NO.	Reference	Formulation	Indications
1.	<i>Ha. Tr 2/120</i>	<i>Mustadi Kwatha</i>	<i>Jwara</i>
2.	<i>Ha. Tr. 3/11</i>	<i>Utpalashatka</i>	<i>Jwaratisara</i>
3.	<i>Ha. Tr. 3/17</i>	<i>Panchamuli Kwatha</i>	<i>Jwaratisara</i>
4.	<i>Ha. Tr. 3/21</i>	<i>Kwatha</i>	<i>Jvaratisara, Pittatisara</i>
5.	<i>Ha. Tr. 3/44</i>	<i>Shaliparnyadi Pana</i>	<i>Pittatisara</i>
6.	<i>Ha. Tr. 3/52</i>	<i>Kalingadi Kalka</i>	<i>Pitta – Kapha Atisara</i>
7.	<i>Ha. Tr. 3/72</i>	<i>Lepa</i>	<i>Guda – Bhrinsha</i>

8.	<i>Ha. Tr. 6/19</i>	<i>Churna</i>	<i>Tikshanagni Chikitsa</i>
9.	<i>Ha. Tr. 9/49</i>	<i>Chyavanaprashaleha</i>	<i>Kshaya</i>
10.	<i>Ha. Tr. 9/67</i>	<i>Bala Kwatha</i>	<i>Kamala, Kshaya, Prameha</i>
11.	<i>Ha. Tr. 9/93</i>	<i>Baladi Ghrita</i>	<i>Kashaya Roga</i>
12.	<i>Ha. Tr. 9/124</i>	<i>Talakmrataka</i>	<i>Rajaykshama, Kshaya</i>
13.	<i>Ha. Tr. 10/30</i>	<i>Churna</i>	<i>Raktapitta</i>
14.	<i>Ha. Tr. 10/41</i>	<i>Shatavari Ghrita</i>	<i>Adhoraktapitta</i>
15.	<i>Ha. Tr. 20/109</i>	<i>Narayana Taila</i>	<i>Vata Vyadhi</i>
16.	<i>Ha. Tr. 47/14</i>	<i>Vajkarana Yoga</i>	<i>Vajkaraka</i>

**Sharngadhara Samhita<sup>11</sup>:**

**Table No.7 Formulations and indications of *Bala* according to *Sharngadhara Samhita***

<b>S.NO.</b>	<b>References</b>	<b>Formulation</b>	<b>Indication</b>
1.	<i>Sh.M.K.2/12</i>	<i>Kwatha</i>	<i>Vataja jwara</i>
2.	<i>Sh.M.K.2/73</i>	<i>Shaliparnyadi kwath</i>	<i>Vataja Grahani</i>
3.	<i>Sh.M.K.2/90</i>	<i>Maharasnadi kwath</i>	<i>Sarva vata Vyadhi</i>
4.	<i>Sh.M.K.2/125</i>	<i>Rasnadi Kvath</i>	<i>Antravridhi</i>
5.	<i>Sh.M.K.4/4</i>	<i>Nilotpaladi Hima</i>	<i>Vata –Pittaj Jwara</i>
6.	<i>Sh.M.K.6/29</i>	<i>Sudarshana Churna</i>	<i>Sarva jwara</i>
7.	<i>Sh.M.K.8/19</i>	<i>Chyavanaprasha</i>	<i>Kshayakshinadi</i>
8.	<i>Sh.M.K.8/32</i>	<i>Agastyaharitakyavaleha</i>	<i>Kshaya</i>
9.	<i>Sh.M.K.9/27</i>	<i>Kamdeva ghrita</i>	<i>Raktapitta</i>
10.	<i>Sh.M.K.9/75</i>	<i>Mayura Ghrita</i>	<i>Shiroroga</i>
11.	<i>Sh.M.K.9/114</i>	<i>Baladhya Taila</i>	<i>VataVyadhi</i>
12.	<i>Sh.M.K.9/136</i>	<i>Shatavati Taila</i>	<i>Vatavikara</i>

13.	<i>Sh.M.K.9/199</i>	<i>Dhaturadi Taila</i>	<i>Tvachagata vataroga</i>
14.	<i>Sh.M.K.11/57</i>	<i>Lepa</i>	<i>Pitaja-visarpa</i>
15.	<i>Sh.M.K.12/269</i>	<i>Kandarpa Sundara Rasa</i>	<i>Vajikarana karma</i>
16.	<i>Sh.M.K.2/26</i>	<i>Potali Svedana</i>	<i>Vatanashaka</i>
17.	<i>Sh.M.K.11/64</i>	<i>Lepa</i>	<i>Raktapitta</i>

❖ **BALA**(*Sida cordifolia* Linn.) IN NIGHANTUS

**Dhanvantari Nighantu**(10<sup>th</sup> -13<sup>th</sup>century A.D)<sup>12</sup>:

In this *Nighantu*, *Bala* is mentioned under *Guduchyadi Varga*. It has been described by its synonyms like *Bhadrodani*, *Kharayashtika*, *Mahasamanga*, *Odanahvaya*, *Oaudnika*, *Samanga*, *Shitapaki*, *Vati*. Its properties and actions are mentioned as *Madhura* in *Rasa*, *Snigdha* in *Guna*, *Shita* in *Virya*, *Madhura* in *Vipaka*.

**Madan Pala Nighantu** (14<sup>th</sup>centuryA.D)<sup>13</sup>:

In this *Nighantu*, *Bala* is mentioned under *Abhayadi Varga* with synonyms like *Bhadrodani*, *Kharayashtika*, *Samanga*, *Samansha*, *Shitapaki*, *Vatyodarahvaya*, *Vatyalaka*. Its properties and actions are mentioned as *Madhura* in *Rasa*, *Snigdha* in *Guna*, *Shita* in *Virya*, *Madhura* in *Vipaka*, *Vatapittahara*.

**Kaiyadeva Nighantu**(15<sup>th</sup>century A.D)<sup>14</sup>:

Another Title of this book is “*Pathyapathya Vibodhaka*”. The drug *Bala* is mentioned in *Aushadhi Varga* with synonyms like *Bhadrodani*, *Kharayashtika*, *Krura*, *Odanahvaya*, *Paryaya*, *Samanga*, *Shitapaki*,

*Saha*, *Shitakkurchika*, *Vijala*, *Vatyalaka*, *Vati*, *Vatya*. Its properties and actions are mentioned as *Madhura* in *Rasa*, *Snigdha* in *Guna*, *Shita* in *Virya*, *Madhura* in *Vipaka*, *Tridosahara*.

**Bhavaprakash Nighantu**(16<sup>th</sup> century A.D)<sup>15</sup>:

In this, The drug *Bala* is mentioned under *Guduchyadi Varga* with synonyms like *Bala*, *Vatyalika*, *Vatyalaka*, *Vatya*. Its properties and actions are mentioned as *Madhura Rasa*, *Snigdha Guna*, *Shita Virya*, *Madhura Vipaka*, *Kaphnashaka*.

**Raja Nighantu**(17<sup>th</sup>Century A.D)<sup>16</sup>:

This is composed by Narhari Pandita. The drug *Bala* is mentioned in *Shatahwadi Varga* with *Bala*, *Baladhya*, *Bhadra*, *Bhadrabala*, *Bhadrodani*, *Kaliyanini*, *Khakashthika*, *Mota*, *Samanga*, *Udakika* as Synonyms and its properties are mentioned as *Tikta Rasa*, *Madhura Vipaka* and *Kaphanashaka*.

**Priya Nighantu**<sup>17</sup>:

This *Nighantu* is composed by Acharya Priyavrat Sharma in 1983. The drug *Bala* is mentioned in *Shatpushpadi Varga* with *Bala*, *Vatyayani* as synonyms and *Madhura Rasa*, *Snigdha Guna*, *Shita Virya*, *Madhura Vipaka* and *Vatapittahara* in properties.



**Table No.8 Pharmacodynamic properties of Bala in Nighantu Literature**

S.No	Texts	Rasa	Guna	Virya	Vipaka	Karma
1.	<i>Dhanwantari Nighantu</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Tridoshahara</i>
2.	<i>Madanpala Nighantu</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Vatapittahara</i>
3.	<i>Kaiyadeva Nighantu</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Tridoshahara</i>
4.	<i>Bhavaprakash Nighantu</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Vatapittahara</i>
5.	<i>Raja Nighantu</i>	<i>Tikta</i>	-	-	<i>Madhura</i>	<i>Kaphanashaka</i>
6.	<i>Priya Nighantu</i>	<i>Madhura</i>	<i>Snigdha</i>	<i>Shita</i>	<i>Madhura</i>	<i>Vatapittahara</i>

## DISCUSSION

As outlined above, results from above studies shows that delineation of *Bala in Samhitas* indicate its numerous qualities like *Brihangniya*, *Balya*, *Rasayan*, *Medhasmritikara*<sup>18</sup> and in all *Nighantus* its *Madhura Rasa*, *Snigdha Guna*, *Shita Virya*, *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 *Tridoshahara* in *Dhanwantari* and *kaiyadeva Nighantu*, *Vatapittahara* in *Bhavaprakash* and *Priya Nighantu* and *kaphanashak* in *Raj Nighantu*. The review shows that *Bala* (*Sida cordifolia* Linn.) is used in many ailments like *Vatarakta*, *Jwara*, *Shaya*, *Vata-vyadhi*, *Vata-pittajvikara*. In *Samhitas* it is used in different forms viz. *basti*, *Peya*, *Lepa*, *Shaka*, *Yavagu*, *Sweda*, *Ghrita*, *Dhupan*, *Pralepa*, *Kashaya*, *Taila*.etc.

## CONCLUSION

*Samhitas* and *Nighantus* are the basic literature for the proper understanding and identification of various medicinal plants. On review of *Bala* in different *Samhitas* and *Nighantus*, we find its different synonyms, properties, formulations and medicinal uses.

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