

**BALA (*Sida cordifoliya*)**

**Family-** Malvaceae

**Synonym-**

**Bala-** Plant is used as strength promoting

**Vatya-** Having strong fibres

**Vatyalika-** Herbs growing in the fields or occurring wildly.

**Kharyastika-** Having hairy and rough stem

**Sheetpaki -** The fruit ripen in winter.

**Vinaya-** The plant is used as strength promoting.

**Bhadrodni-**The seeds of which are like cereals.

**Pittapushpi-** Flowers are yellow in colour.



**Botanical description-**

Bala - is an erect perennial herb that reaches 60-120 centimeter tall, with the entire plant covered with soft white felt-like hair.

Stem - stems are yellow-green, hairy, long and slender.

Leaves - leaves are yellow greenish in colour, oblong-ovate, covered with hairs and 3.5 to 7.5 cm long.

Flowers - flowers are dark yellow, sometimes with a darker orange center.

Roots cylindrical gradually tapering roots upto 2centimeter in diameter, branching at lower parts only. The outer surface is rough, longitudinally wrinkled or shrivelled and earthy brown in colour.

**Species**

*Sida cordifoliya*

*Sida rhombifoliya*

*Abutilon Indicum*

*Abutilon veronicaefoliya*

**Rasa panchak-**

**Rasa -** madhur

**Guna -** laghu, snigdha, pichchhil,

**Vipaka-**madhur

**Virya-** sheet

**Part uses**

Mool , seed , panchang

**Dose**

Churn - 3- 6 GM

Kwatha- 50-100 ml

**Chemica composition**

Ephiedrine , Hypaphorine, Alkaloids, Vasicinone, vasicine, vasicinol, and phytosterol.