

## PHARMACOGNOSY OF BALA- I. SIDA CORDIFOLIA L.

M.B. Yelne<sup>1</sup> & P.C. Sharma<sup>2</sup>

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*Bala (Sida cordifolia L.) is a common Ayurvedic drug. In Ayurvedic texts four types of Bala are described viz. Bala, Nagbala, Mahabala and Atibala. More than one species are being used as Bala in different parts of the country as well as also available in the markets. However according to Ayurvedic formulary part I, the official accepted source of Bala is Sida cordifolia Linn.*

*Balaguduchiadi taila are some of the well known Ayurvedic preparations where Bala is used as chief constituent.*

*The root of Bala is ascribed with cooling, astringent, stomachic and tonic properties and used for nervous and urinary disorders, piles, leucorrhoea and fever. Leaves are considered useful in opthalmia and seeds for gonorrhoea and as aphrodisiac. Whole plant is employed in the treatment of rheumatism and spermatorrhoea. Bala taila, Bala rishta, Balaashwagandhalakshadi taila,*

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1. Assistant Research Officer

2. Assistant Director Incharge

Jawaharlal Nehru Ayurvedic Medicinal Plants Garden and Herbarium, Kothrud, Pune- 411029.

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