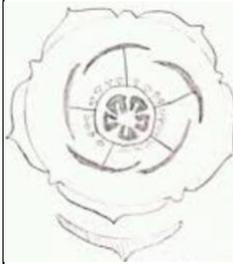


Official Name:-	Bala
English Name	Flannel weed, Heart - leaf sida
Botanical Name :-.	<i>Sida cordifolia</i>
Family :-	Malvaceae
Taxonomical Classification	<p>KINGDOM - Plantar</p> <p>SUBKINGDOM - Tracheobionta</p> <p>SUPERDIVISION - Spermatophyta</p> <p>DIVISION- Magnoliophyta</p> <p>CLASS - Magnoliopsida</p> <p>SUBCLASS - Dilleniidae</p> <p>ORDER- Malvales</p> <p>FAMILY - Malvaceae</p> <p>GENUS - Sida</p> <p>SPECIES - cordifolia</p>
Synonyms:-	ओदनाहवया , खरयष्टिका , पीतपुष्पी , बलाढ्या , शीतपाकी , विनया ।
Habitat :-	Native to India but found across

		tropical and subtropical regions worldwide, including Africa, South America, and Southeast Asia.		
Botanical Identification	Habit	Erect, perennial shrub that typically grows 30–90 cm in height		
	Root	Tap root (main central root that grows deep into soil)		
	Stem/ Bark	Hairy and rough stem with strong fibres which give it tenacity and strength Bark is thin can be easily peeled and light brown in colour		
	Leaves	Phyllotaxy	Alternate, Spiral	
		Simple/Compound	Simple	
		Lamina	Ovate to cordate and serrated - margined	
		Texture	Rough and hairy	
		Tip	Acute to acuminate leaf tip	
		Base	Cordate	
		Margins	Crenate	
Venation		Reticulate		
Petiole	Long , slender and pubescent			
Inflorescence		Axillary and solitary or in small clusters. Flower arises from leaf axils.		
Flower		Colour – yellow Shape – cup or bell shaped with 5 petals Size – around 1-2 cm in diameter		
Floral formula/ Diagram		% ♀ K(5) C5 A(∞) G(5)		
Fruit		Slightly flattened appearance, 6-8 mm in diameter divided into multiple segments usually 8-10		

	Seed		आचार्य सुश्रुत – बला, नागबला, अतिबला, महाबला आचार्य चरक – बला, अतिबला निघण्टु – महाबला	
Types:-				
Rasapanchaka:-			रस – मधुर गुण – लघु, स्निग्ध वीर्य – शीत विपाक – मधुर दोषकर्म – वात पित्त शामक	
Chemical Constituents:-		Class of Constituents →Alkaloids →Flavonoids → Tannins →Saponins →Fatty acids →steroids	Compounds present in class → Ephedrine, pseudoephedrine → Hypaphorine, Vasicinone Beta- Phenethylamine →Palmitic acid, Stearic acid →Beta-sitosterol	
Market information:-		<ul style="list-style-type: none"> •Sida cordifolia extract is available in Indore for around Rs 700-750 per kilogram. •It is available in 10-25 kg HDPE drums. •Available as dried herb, powdered extract, liquid extracts, Capsules, Ointments. 		
Adulteration/Substitution:-		Root extract of Sida rhombifolia plant Can be used as substitute for Sida cordifolia		
Cultivation:-		<ul style="list-style-type: none"> •Grown from seeds or cuttings in well-draining soil draining • Prefers Slightly acidic to neutral pH and good drainage to prevent waterlogging 		
Flowering season:-		<ul style="list-style-type: none"> •Sida cordifolia flowers throughout the year. • Species of Sida flowers from October to February. 		
Harvesting:-		• Harvests after 8 months of planting.		
Present Status- Endangered/ Not concerned/ Extinct		Not concerned		
Conservation method:-		Nil		
Main Uses:-		बल्य, वातपित्त नाशक, रसायन, ज्वरघन		
Part used:-		Leaves, roots seeds		
Dose	Medicinal Dose:-	चूर्ण-(२-५g)		
	Toxic Dose:-	चूर्ण -(५-१०g)		
	Fatal Dose:-	Nil		
Toxicity (if any) toxic constituent -		Alkaloids, Glycosides, saponins, Flavonoids		
Antidote or treatment (if any)-		<ol style="list-style-type: none"> 1. *Tinospora cordifolia (Guduchi)* 2. *Azadirachta indica (Neem)* 3. *Ocimum sanctum (Tulsi)* 4. *Withania somnifera (Ashwagandha)* 5. *Asparagus racemosus (Shatavari)*: 		
Purification (if any)				
Formulations:-		Formulations बलादि तैल बलादि घृत	Rogadhikara स्वर भेद हृदय रोग, पाण्डु	Reference च. चि (26/283) च. चि (29/56)

Special information (if any)	Nil		