



**Hon. Nishikant Bhosale-Patil
(Dada)**

Founder, Prakash Shikshan
Mandal, Islampur



Prakash Shikshan Mandal's

LOKNETE RAJARAMBAPU PATIL

AYURVEDIC MEDICAL COLLEGE, HOSPITAL,

P.G.INSTITUTE AND RESEARCH CENTER, ISLAMPUR

DIST-SANGLI (MAHARASHTRA) INDIA

DEPARTMENT OF DRAVYAGUNA



BALA

Marathi:

Botanical Name:

Synonyms:

Common name:

Description-

Heart-Leaf Sida is an erect, velvety undershrub, 20-120 cm tall. Branches, leaf-stalked and flower-stalks are velvety mixed with spreading hairs. Leaves have stipules 2-6 mm long, thread-like. Leaf stalk is 0.5-3 cm long, velvety. Heart-Leaf Sida may look superficially similar to [Long-Stalk Sida](#), but an easy distinction is that the flower-stalks of Heart-Leaf Sida are very short, and those Long-Stalk Sida are very long, as the name suggests. Leaves are 1-4.5 cm long, 0.7-3.5 cm broad, usually ovate, somewhat round, or lance-shaped, rounded or slightly heart-shaped at base, pointed at the tip, with toothed margins. Leaves are velvety on both surfaces, mixed with simple hairs on the nerves beneath. Flowers arise in leaf axils, singly or paired or more in terminal branches. Flower stalks are 4-7 mm, in fruit up to 2 cm long, jointed near the top. Sepal cup is 5-10 mm long, 5-8 mm across, densely velvety outside and mixed with simple, spreading hairs, fused to the middle. Sepals are triangular, pointed. Petals are yellow, slightly exceeding the sepals, obliquely obovate. Stamen column is about 3 mm long. Fruit is disc-shaped, 5-8 mm across, velvety in the upper half, splitting open.

Attributes:

Medicinal uses:

Rasa- Madhurveerya – Sheetaveepak- MadhurGuna- Guru, Snigdha, Pichila
This plant is known to promote beauty and grace. Regular use of this sweet tasting, light and sticky herb provides a naturally glowing skin. It nourishes and strengthens your body from deep within, and helps get rid of chronic fatigue. It boosts stamina and promotes strong bones. While its anti-inflammatory property provides great relief in case of sore muscles and joints, being analgesic helps ease local pains. It can be found as a prominent ingredient in a variety of over the counter NSAIDs and pain killers. Bala also exhibits incredible healing virtues. The paste obtained from crushed leaves of the plant make for an excellent wound dressing, and speeds up the recovery process. The presence of stimulant alkaloids aids the process of fat burning and promotes weight loss.