

# *Sida cordifolia*

## **TAXONOMICAL CLASSIFICATION:**<sup>[1]</sup>

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



## **INTRODUCTION:**<sup>[2]</sup>

An impressive number of thousands of plants have been utilized for treatment of diseases since thousands of years. Many of them are fairly introduced in our Indian traditional medicines “Ayurveda”. According to the world health organization, herbal medicines are being used by about 80% of the world population primarily in the developing countries for primary health care. This plant-based traditional medicinal system continues to play an essential role in health care. *Sida cordifolia* (Linn) syn. Country Mallow of Malvaceae family is widely distributed along with other species are common throughout the tropical and sub tropical plains all over India and Sri Lanka up to an altitude of 1050 m., growing wild along the roadside. It grows as wasteland weed. It is also known as the “Bala” in Hindi and Sanskrit. The plant name Bala is coined on the name of ‘Parvati’ (goddess of strength and beauty). The quantities are low, with less than 2% of ephedrine and pseudoephedrine found in the leaves of *Sida cordifolia*. Ephedrine is known to stimulate the central nervous system (CNS), and as such can enhance weight loss. Traditionally nutrition companies used plants such as Ma-Huang (Ephedra plant), because it contained relatively large amounts of ephedrine, in their weight loss products. However, since this product was banned in many countries including the USA and UK, they are now looking for alternatives. The leaves of the plant are chordate-oblong or ovate-oblong and fruits with a pair of awns on each carpel. Roots of the plant which constitute a drug are 5-15 cm long with few lateral roots of smaller size. The tap roots are generally branched at the tip. The outer surface of the root is off to grayish yellow. It is almost odorless with slightly bitter taste.<sup>[2]</sup>

### **Medicinal Properties:**<sup>[2]</sup>

1. Anti-inflammatory
2. Anti-oxidant
3. Analgesic
4. Appetizer
5. Anti-asthmatic
6. CNS Depressant
7. Cardio-protective
8. Nervine Tonic
9. Diuretic
10. Emollient
11. Aphrodisiac
12. Hepato-protective

### **SIDE EFFECTS OF EXCESS CONSUMPTION:**<sup>[3]</sup>

Side effects Sida cordifolia when use excessively can cause ephedrine related side effects like insomnia and,

- Restlessness
- Irritability
- Anxiety
- Nervousness
- Increase in blood pressure
- Memory loss or even stroke.
- Insomnia
- Lack of appetite
- Nausea
- Vomiting

### **DOSAGE:**<sup>[3]</sup>

Powder- 3-6gms

Juice Extract- 10-20 ml

Decoction- 50-100ml

### **INTERACTION WITH MEDICATION:**<sup>[4]</sup>

Despite serious safety concerns, Sida cordifolia is used to treat asthma, tuberculosis, the common cold, flu, headaches, nasal congestion, cough and wheezing, urinary tract infections, sore mouth, and fluid retention (edema).

## **RESEARCH:**

1. Bala is described as *Rasayan*, *Vishaghana*, *Balya* and *Pramehaghna* in the Vedic literature. *Caraka* described *Bala* under *Balya*, *Brumhani dashaimani*, while *Susruta* described both *Bala* and *Atibala* in *Madhur skandha*. It is extensively used for Ayurvedic therapeutics internally as well as externally. The root of the herb is used as a good tonic and immunomodulator. *Atibala* is in *Atharva Parisista* along with *Bala* and other drugs. *Caraka* described it among the *Balya* group of drugs whereas *Carakapani* considered it as *Pitbala*. *Atibala* is quoted in the *Nighantus* in the context of *Bala catustaya*. *Nagbala* or *Gangaruki* are not found in *vedic* literature. *Nagbala* term is used by *Bruhatrayi* repeatedly whereas *Gangeruki* which is synonym of *Nagbala* is mentioned thrice only. The present review explained on the *sida* species and the traditional uses, Ayurvedic preparation and pharmacological properties.<sup>[5]</sup>

## **PRECAUTIONS & WARNINGS:**<sup>[6]</sup>

- Pregnancy and breast-feeding:
- Chest pain (angina):
- Anxiety:
- Diabetes:

## **References:**

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4. [https://www.webmd.com/vitamins/ai/ingredientmono-837/sida-cordifolia#:~:text=Despite%20serious%20safety%20concerns%2C%20Sida,and%20fluid%20retention%20\(edema\).](https://www.webmd.com/vitamins/ai/ingredientmono-837/sida-cordifolia#:~:text=Despite%20serious%20safety%20concerns%2C%20Sida,and%20fluid%20retention%20(edema).)
5. International Journal of Ayurveda and Pharma Research MEDICINAL PROPERTIES OF BALA (*SIDA CORDIFOLIA* LINN. AND ITS SPECIES  
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