

Critical review on Bala Chatushtaya WSR to Vedic and Samhita Kala

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ABSTRACT:

There is no doubt that Ayurveda is one of the oldest Indian systems of medicine that has been accepted globally. Since thousands of years ago, in Ayurveda system an impressive number of plants have used for the treatment of various disorders. Amongst which BalaChatushtaya are well-known and widely used herb in traditional systems of medicine. Acharya Charaka mentioned BalaChatushtaya first time in MadhuraSkandha as well as he also quoted in Balaya, Brimhaniya and Prajasthapana Gana while Sushruta mentioned in Vatasanshamana Gana. BalaChatushtaya is attributed with Madhura and Kashaya Rasa, Guru and Snigdha Guna, Sheeta Veerya, Madhura Vipaka, Vatapittahara, Balya, Kantikarka, Sangrahi, Vrishya, Ojhovardhaka, Brihmana, Sothahara, Rasayana, Garbhashtapaka and Vrishya properties in different Ayurveda Samhitas and Nighantus. On review of Bala and its types in different Veda and Samhitas, it can be concluded that BalaChatustaya is used in different dosage forms with various indications proved its medicinal value in fever, diarrhoea, tuberculosis, heart disease, osteoarthritis, etc.

KEYWORDS: BalaChatushtaya, Atibala, Nagabala, Mahabala, Sida cordifolia, Abutilon indicum, Sidaveronicaefolia, Sidarhombifolia, etc.

I. INTRODUCTION:

There is no doubt that Ayurveda is one of the oldest Indian systems of medicine that has been accepted globally. The information about the healing properties of the medicinal plants was mentioned in the form of 'Shlokas' in Vedas and Ayurvedic texts. Since thousands of years ago, Ayurveda system of medicine has used an impressive number of plants for the treatment of various disorders. According to World Health Organization, herbal medicines are being used by 80% of the world population primarily in the developing countries for primary health care.[1]

Amongst which BalaChatushtaya are well-known and widely used herb in the medicine of Ayurveda, Unani and Siddha systems of medicines since ages. In Vedas the description of BalaChatushtaya is also available. Acharya Charaka mentioned BalaChatushtaya first time in MadhuraSkandha in terms of various synonyms like Bala, Atibala, Rushyaprokta, Rushyagandha, Vishvadeva and Sahadeva.[2] The plant name Bala is created on the name of "Parvati" (Goddess of strength and beauty). BalaChatushtaya is attributed with Madhura and Kashaya Rasa, Guru and Snigdha Guna, Sheeta Veerya, Madhura Vipaka, Vatapittahara, Balya, Kantikarka, Sangrahi, Vrishya, Ojhovardhaka, Brihmana, Sothahara, Rasayana, Garbhashtapaka and Vrishya properties in different Ayurveda Samhitas and Nighantus.[3-6]

II. MATERIALS AND METHODS:

In this review article Charaka Samhita, Sushruta Samhita, Ashtanga Sangraha, Ashtangahridaya, Kashyapa Samhita, Bhelasamhita and Harita Samhita has been referred thoroughly for the formulations containing BalaChatushtaya as an ingredient and presented systematically.

Vedic Kala [7]:

In Vedic literature, found the wide description of Bala in Atharva Veda and Samaveda. In Amarakoshait is mentioned in Vanoushadhi Varga. In Atharva Veda, Bala is mentioned in Kalpasutra. In Paippalada Samhita, Bala is cited as Rasayana, Vishaghna, Balya and Pramehaghna. In Atharva Parishishta Balais used as Pushpabhisheka. In Vedic scripture synonym coined for Bala are Saha, Sahamana, Jivala, Viryavati, Vishdushani, Nagharisha, Sahasvati, Arjunapaki and Shvetapaki.

Samhita Kala:

Samhita Kala is the period in which the drugs are classified into various Ganas, Vargas and Mahakashayas according to their properties and actions. Many references regarding BalaChatustayais used as single drug and in various formulations internally as well as externally are available in Samhitas which are as follows:

1) Charakasamhita [8]:

Acharya Charakais known as the father of medicine and his text considered best in medicine. There are many references regarding to BalaChatustayain different indications are available internally as well as externally. In the text, BalaChatustayais also found as single drug. The references are given as below:

Table No. 1: Various observed references of Balain Charakasamhita:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	Pitta-ShleshmaAtisaraghnipeya	Su. 2/20	Pitta-Shleshmatisara
2.	BrimhaniyaMahakashaya	Su. 4/9 (2)	Brimhana
3.	BalyaMahakashaya	Su. 4/9 (7)	Balya
4.	PrajasthapanaMahakashaya	Su. 4/9 (49)	Prajasthapana
5.	AgrayaDravya	Su. 25/40	Sangrahika, Balya, Vatahara
6.	Madhura Skandha	Vi. 8/139	Asthapana
7.	GarbhasthapakaDravya	Sha. 8/20	Garbhasthapana
8.	Dharana Aushadha	Sha. 8/52	Aushadhi dharana during Stanapana
9.	PrathambrahmaRasayanaAvaleha	Chi. 1/1/43	Rasayana
10.	ChyavanprashaAvaleha	Ch. 1/1/69	Rasayana
11.	HaritakyadiGhrita	Chi. 1/1/77	Rasayana
12.	Amalaka Ghrita	Chi. 1/2/4	Rasayana
13.	Baladi RasayanaAvaleha	Chi. 1/2/12	Rasayana
14.	BrimhaniGutika	Chi. 2/1/25	Vajikarana
15.	Apatyakari - ShashtikadiGutika	Chi. 2/2/5	Vajikarana
16.	PrishnipranyadiPeaya	Chi. 3/182	Jvaratisara
17.	Baladi Peaya	Chi. 3/186	JvarawithParikartika
18.	VatsakadiKwatha	Chi. 3/204	Jvara
19.	Baladi Ghrita	Chi. 3/224	Jvara, Kshaya, Kasa, Shirahshula
20.	TrikantakadiKshirapaka	Chi. 3/236	Jvara, Shotha, Vibandha
21.	Yavagu	Chi. 4/47	Raktapitta
22.	BalaKwatha	Chi. 4/84	Raktapitta
23.	NilinyadiGhrita	Chi. 5/106	Gulma
24.	BalaKwatha	Chi. 5/132	PaitikaGulma
25.	DashmuladyaGhrita	Chi. 8/93	Kasa, Shvasa, Shirahshula, Parsvashula
26.	BalaGhrita	Chi. 8/94	Shirahshula, Parsvashula, Anshashula
27.	DuralabhadiGhrita	Chi. 8/106	Jvara, Daha, Bhrama, Kasa, Anshashula
28.	JivantyadiGhrita	Chi. 8/111	Rajyakshma
29.	Baladi Kshira	Chi. 8/114	Jvara, Kasa, Svarabheda
30.	RasnaGhrita	Chi. 8/170	Rajyakshma
31.	AmritaprashaGhrita	Chi. 11/37	Kasa, Shvasa, Jvara, Hikka, Yoniroga
32.	DvitiyaSarpigudaAvaleha	Chi. 11/56	Shosha, Kasa, Urahkshata, Pinasa, Anshashula
33.	PunarnavadiArishta	Chi. 12/54	Hridaroga, Pandu, Kushtha, Hikka, Shvasa, etc.

34.	Bala-PrishniparniSadhitaPeya	Chi. 14/199	Raktarsha
35.	SunishannakaChangeriGhrita	Chi. 14/234	Arsha, Gudabhransha, Mutragraha
36.	HaridradiGhrita	Chi. 15/53	Kamala
37.	RasnadiYusha	Chi 17/96	Hikka, Shvasa
38.	HingvadiChurna	Chi. 17/108	Hikka, Shvasa
39.	AgatsyaHaritakiAvaleha	Chi. 18/57	Hikka, Shvasa, Kshaya, Vishamajvara
40.	KantakariGhrita	Chi. 18/125	Hikka, Shvasa, Kasa
41.	KarkatshringiGhrita	Chi. 18/153	KshayajaKasa
42.	PadmakadiAvaleha	Chi. 18/174	Kasa
43.	Baladi Churna	Chi. 23/188	SarvadhatushayaVisha
44.	Amrita Ghrita	Chi. 23/243	Visha, Apasmara, Unmada
45.	Bala-Prishniparni Siddha Jala	Chi. 24/165	Madatyaya
46.	Mishraka Sneha	Chi. 26/46	VatajaMutrakrichchhra
47.	KarpasumuladiKwatha	Chi. 26/69	AsmariJanyaMutrakrichchhra
48.	TrayushanadyaGhrita	Chi. 26/87	Pandu, Halimaka, Hridaroga, etc.
49.	DrakshadiGhrita	Chi. 26/93	PittajaHridaroga
50.	Baladi Taila	Chi. 26/161	UrdhvajatruVikara
51.	MayuraGhrita	Chi. 26/163	UrdhvajatruVikara
52.	Baladi Taila	Chi. 26/283	VatajaSvarabheda
53.	Baladi Mamsarasa	Chi. 28/106	VatajaRoga
54.	BalaTaila	Chi. 28/148	Vatavyadhi, Apasmara, Dhatushaya
55.	AmritadyaTaila	Chi. 28/149	Vatavyadhi, Unmada
56.	BalaGhrita	Chi. 29/56	Vatarakta, Pandu, Visarpa, Kamala
57.	JivaniyaGhrita	Chi. 29/72	Pandu, Hikka, Svarabheda, etc.
58.	JivakadiMahasneha	Chi. 29/73	Vatarakta
59.	SthiradiGhrita	Chi. 29/76	Vatarakta
60.	Baladi Kshira	Chi. 29/81	Vatavikara
61.	AmritadyaTaila	Chi. 29/104	Vatavyadhi, Khanja, Pangu, Apasmara, Unmada
62.	Sahastrapaka / Shatapakabalataila	Chi.29/119	Shukradosha, Asrigadosha, Brimhana, Vatavyadhi
63.	BalaTaila	Chi. 30/49	VatapittajanyaYoniroga
64.	GuduchyadiTaila	Chi. 30/59	Vataja Yoni
65.	Yavagu	Si. 8/39	UpadravJanitAtisara
66.	Yavagu	Si. 8/40	SarvaAtisara
67.	GuduchyadiTaila	Si. 9/87	Anantavata
External Usage			
68.	AnuvasanaDravya	Su. 2/13	Anuvasana
69.	AsthapanaDravya	Su. 2/14	Asthapana
70.	Lepa	Su. 3/21	Vatarakta
71.	VedanashamakaLepa	Su. 3/22	Vatarakta
72.	Anutaila – Nasya	Su. 5/63	UrdhvajatruVikara
73.	Guduchyadi Yoga – Niruha Basti	Chi. 3/249	Jvara
74.	ChandanadiTaila – Abhyanga, Pradeha, Parisheka	Chi. 3/258	Jvara
75.	AgurvadiTaila – Abhyanga, Lepa, Parisheka, Snana,	Chi. 3/267	ShitaJvara

76.	BalaKwatha – ParishekaSveda	Chi. 8/72	Rajyakshama
77.	UpnahaSveda	Chi. 8/74	Rajyakshma
78.	Baladi Pradeha	Chi. 8/78	Rajyakshma, Shirahshula, Parshvashula, Anshashula
79.	Baladi Ghrita – Nasya	Chi. 8/90	Svarya
80.	PrapaundrikadiGhrita – Nasya	Chi. 8/91	Rajyakshama
81.	Jivantyadi Yoga – Utsadana Yoga	Chi. 8/176	Pushti-Varna-Balaprada
82.	Baladi Yoga – Alepa	Chi. 21/79	Visarpa
83.	Baladi Yoga – Lepa	Chi. 21/125	Granthi
84.	Parama Agada- Nasya, Lepa Anjana	Chi. 23/212	Kitavisha
85.	VranaPidana Yoga – Lepa	Chi. 25/62	Vranapidana
86.	Nyagrodhadi Yoga – Alepa, Sechana	Chi. 25/63	VranaNirvapana
87.	Sneha Sharkara – Lepa	Chi. 25/76	Vranashula
88.	VranaShodhanaKwath – Sechana	Chi. 25/90	VranaRopana
89.	Nadisveda/UpnahaSveda	Chi. 28/110	Vatavyadhi
90.	Baladi Ghrita – Nasya	Chi. 28/123	MurdhagataVatavikara
91.	Baladi Lepa – Lepa	Chi. 30/279	Stanyadosha
92.	Baladi Yoga – Niruha Basti	Si. 3/13	Not mentioned particularly
93.	Sthiradi Yoga – Niruha Basti	Si. 3/36	Mansabala
94.	Chandanadi Yoga – Niruha Basti	Si. 3/48	Vishamjvara, Gulma, Raktapitta
95.	Punarnavadi Yoga – Niruha Basti	Si. 3/65	SarvaSansargajaRoga
96.	DashamuladiTaila – Anuvasana Basti	Si. 4/4	SarvaVatavikara
97.	JivantyadiYamaka – Anuvasana Basti	Si. 4/9	Mutradosha, Shukradosha, Rajadosha
98.	PrishniParnyadi Yoga – Basti	Si. 7/13	AtiyogaVyapadaofNiruha
99.	Baladi Yoga – Basti	Si. 7/28	HikkaVyapadaofNiruha
100.	Baladi Taila – Uttara/Niruhabasti	Si. 9/8	Mutravikara, Mutrashayagata Shula
101.	Baladi Yoga - Basti	Si. 11/34	Sada-atura
102.	Mustadi Yoga – Yapana Basti	Si. 12/15 (1)	Kshatakshina, Vishamajvara, etc.
103.	Sahacharadi Yoga – Yapana Basti	Si. 12/15 (3)	Arsha, Kshatakshina
104.	Pratham Baladi Yapana Basti	Si. 12/15 (5)	Jvara, Gulma, Pliha, Arditaetc.
105.	Dvitiya Baladi Yapana Basti	Si. 12/15 (6)	Hridaroga, Sangyanasha, Bradhna, Katigraha, Prishthagraha, etc.
106.	Tritiya Baladi Yapana Basti	Si. 12/15 (9)	Kshina, Vriddha, Shukrakshina, Raktakshina
107.	Chaturh Sneha - Yapana Basti	Si. 12/15 (10)	Jvara
108.	Baladi Yamaka – Anuvasana Basti	Si. 12/18 (2)	Balya, Brimhaniya, Nashtashukra, Kshatakshina, Vishamajvara
109.	AparaYamaka - Anuvasana Basti	Si. 12/18 (3)	Sarvarogahara, Shukravardhana

Table No.2: Various observed references of Atibalain Charakasamhita:

No.	Name of Yoga	Context	Pg.	Indication
Internal usage				
1.	BrimhaniyaMahakashaya	Su. 4/9 (2)	72	Brimhana
2.	BalyaMahakashaya	Su. 4/9 (7)	77	Balya
3.	Madhura Skandha	Vi. 8/139	789	Asthapana
4.	GarbhasthapakaDravya	Sha. 8/20	927	Garbhasthapana
5.	Dharana Aushadha	Sha. 8/52	956	Aushadhi Dharana during GarbhaStanapana
6.	Amalaka Ghrita	Chi. 1/2/4	22	Rasayana
7.	Baladi RasayanaAvaleha	Chi. 1/2/12	26	Rasayana
8.	AgurvadiTaila	Chi. 3/267	160	ShitaJvara
9.	PunarnavadiArishta	Chi. 12/54	362	Hridaroga, Pandu, Kushtha, etc.
10.	KarkatshringiGhrita	Chi. 18/153	550	KshayajaKasa
11.	Baladi Churna	Chi. 23/188	658	SarvadhatugatVisha
12.	Amrita Ghrita	Chi. 23/243	666	Visha, Apasmara, Unmada,
13.	TrayushanadyaGhrita	Chi. 26/87	733	Pandu, Halimaka, Hridaroga, etc.
14.	AmitadyaTaila	Chi. 28/149	804	Vatavyadhi, Unmada
15.	BalaGhrita	Chi. 29/56	827	Vatarakta, Pandu, Visarpa, Kamala
16.	JivaniyaGhrita	Chi. 29/76	829	Vatavyadhi
17.	SthiradiGhrita	Chi. 29/76	829	Vatarakta
Externalusage				
18.	VedanashamakaLepa	Su. 3/22	63	Vatarakta
19.	Parama Agada- Nasya, Lepa, Anjana	Chi. 23/212	662	Kitavisha
20.	Pratham Baladi Yapana Basti	Si. 12/15 (5)	1098	Kasa, Jvara, Gulma, Pliha, Arditaetc.
21.	Dvitiya Baladi Yapana Basti	Si. 12/15 (6)	1098	Bradhna, Prishthagraha, Sangyanashaetc.

Table No. 3: Various observed references of Nagabalain Charakasamhita:

No.	Name of Yoga	Context	Pg.	Indication
Internal usage				
1.	Madhura Skandha	Vi. 8/139	789	Asthapana
2.	Dvitiya Brahma RasayanaAvaleha	Chi. 1/1/58	14	Rasayana
3.	Nagabala Kalka	Chi. 1/2/11	26	Rasayana
4.	VardhamanaNagabalaChurna	Chi. 11/91	351	Rasayana
Externalusage				
5.	Baladi Yoga – Lepa	Chi. 21/125	609	Granthi

Table No. 4: Various observed references of Mahabalain Charakasamhita:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	Madhura Skandha	Vi. 8/139	Asthapana

2) **Sushrutasamhita [9]:**

Acharya Sushruta revised the Sushrutasamhita in the second century A.D. References for BalaChatusthaya in different indications are described as follows:

Table No. 5: Various observed references of Balain Sushrutasamhita:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	Single Drug	Su. 15/40	Karshya
2.	VatasanshamanaGana	Su. 39/7	Vatashamana
3.	Madhura Varga	Su. 42/18	VatapittaShamaka
4.	PrishniparnyadiKwatha	Sha. 10/65	MasanumasikaParicharya
5.	ShatavaryadiTaila	Chi. 5/7	VatajaVatarakta
6.	BalaTaila	Chi. 16/29	Hikka, Shvasa, Kasa, Gulma, Vatavyadhi
7.	ShatapakBalaTaila	Chi. 16/40	BalavarnaAyuprapti
8.	AmritavalladiTaila	Chi. 19/47	Galaganda
9.	Bala Kalka	Chi. 27/10	Rasayana
10.	BalaTaila	Utt. 21/13	Karnaroga
11.	Baladi Kwatha	Utt. 39/171	VatajaJvara
12.	Baladi Kwatha	Utt. 39/194	PittakaphajaJvara
13.	KalashyadiGhrita	Utt. 39/224	JirnaJvara, Kshaya, Kasa, Shirahshula, etc.
14.	Baladi Yavagu	Utt. 40/59	Pitta-Atisara
15.	Baladi Ghrita	Utt. 40/77	Sashula Pitta-Atisara
16.	PrishniparnyadiPeya	Utt.40/91	Atisara
17.	AharaSanskaranDravya	Utt.40/114	Atisara
18.	BalaChurna	Utt. 44/29	Pandu
19.	AmritakadiKwatha	Utt. 48/30	AmajaTrishna
20.	PathadiGhrita	Utt. 52/31	Kasa, Shvasa, Agnisada, Svarabheda
21.	MadhurakadiAvaleha	Utt. 54/15	PaittikaSvarabheda
22.	Baladi Kalka	Utt. 58/44	Mutradosha
23.	BalaGhrita	Utt. 58/58	Mutradosha, Shukradosha
24.	Trivrit Sneha	Utt. 59/17	VatajaMutrakrichchhra
External Usage			
25.	BaladvayaTaila – Abhyanga	Su. 16/21	KarnapaliSuddhi
26.	Badaradi Yoga – Asthapan Basti	Sha. 10/5	VatanulomaninGarbhini
27.	BalaTaila - Abhyanga	Sha. 10/18	SutikaParicharya
28.	AsvakarnadiTaila - Parisheka	Chi. 2/65	VranaRopana
29.	BalaTaila - Parisheka	Chi. 2/81	ShulayuktaVrana
30.	UpanahaSveda	Chi. 5/7	VatajaVatarakta
31.	Saireyakadilepa - Pralepa	Chi. 5/12	Vatarakta
32.	BalaTaila – Basti, Abhyanga	Chi. 16/29	Prasuta, Hikka, Kasa, Shvasa, Gulma, Bhagna, Vatavyadhi
33.	HimsradiTaila – Parisheka	Chi. 17/19	NadivranaShodhana-Ropana
34.	Baladi Lepa – Lepa	Chi. 20/35	Nyachchha, Vyanga, Nilika
35.	BalaTaila - Parisheka	Chi. 22/8	MruditaRoga
36.	ManjishthadiTaila – Abhyanga	Chi. 25/17	UtpataKarnapaliRoga

37.	Ajakarnadi Yoga – Asthapana Basti	Chi. 34/17	Parisrava Basti Vyapada
38.	BhulikadiTaila – Anuvasana Basti	Chi. 37/19	Vatavikara
39.	Shampakadi Yoga – Asthapana Basti	Chi. 38/43	Prishthashula, Arsha, Ashmari,
40.	Guduchyadi Yoga – Asthapana Basti	Chi. 38/47	Vatavyadhi, Vayahsthapana
41.	Vrushadi Yoga – Asthapana Basti	Chi. 38/67	Gridhrasi, Tuni, GulmaSharkara, Asthila,
42.	ShatapakBalaTaila – Basti	Chi. 38/89	Vandyatva
43.	Mustadi Yoga – Asthapana Basti	Chi. 38/106	Visarpa, Jvara, Prameha, Arsha, Raktapitta, Gulmaetc.
44.	ManahshiladiVarti – Anjana	Utt. 17/18	Ratrandya
45.	DvibaladiTaila – Nasya	Utt. 24/32	Pratishyaya
46.	BalaTaila – Basti	Utt. 43/19	SleshmajaHridaroga

Table No. 6: Various observed references of Atibalain Sushrutasmhita:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	Single Drug	Su. 15/40	Karshya
2.	VatasanshamanaGana	Su. 39/7	Vatashamana
3.	Madhura Varga	Su. 42/18	Vatapitta-Shamaka
4.	ShatavaryadiTaila	Chi. 5/7	VatajaVatarakta
5.	AtibalaTaila	Chi. 16/44	Hikka, Shvasa, Gulma, Vatavyadhi, Sutikaroga, etc.
6.	AmritavalladiTaila	Chi. 19/47	Galaganda
7.	Atibala Kalka	Chi. 27/10	Rasayana
8.	JivantyadiTaila	Chi. 37/23	Gulma, Anaha, Urdhvajatru-gataRoga
9.	Baladi Yavagu	Utt. 40/59	Pitta-atisara
External Usage			
10.	BaladvayaTaila – Abhyanga	Su. 16/21	KarnapaliSuddhi
11.	Badaradi Yoga – Asthapana Basti	Sha. 10/5	VatanulomaninGarbhini
12.	UpanahaSveda	Chi. 5/7	VatajaVatarakta
13.	SaireyakadiLepa	Chi. 5/12	Vatarakta
14.	Baladi Lepa – Lepa	Chi. 20/35	Nyachchha, Nilika, Vyanga,
15.	Jivantyadi Yoga – Nasya, Anuvasanabasti	Chi. 37/23	Gulma, Anaha, Urdhvajatrugata-Roga
16.	MudgaparnyadiTaila – Nasya	Utt. 17/34	VatajaTimira
17.	DvibaladiTaila – Nasya	Utt. 24/32	Pratishyaya

Table No. 7: Various observed references of Nagabalain Sushrutasmhita:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	Single drug	Su. 15/40	Karshya
2.	Vidari GandhadiGana	Su. 38/45	Shosha, Gulma, KasaUrdhva - Shvasa,
3.	VatasanshamanaGana	Su. 39/7	Vatashamana
4.	Nagabala Kalka	Chi. 27/10	Rasayana

5.	Karpasadi Kalka	Utt. 47/34	Madatyaya
6.	ShatavariGhrita	Utt. 52/49	Kasa
External Usage			
7.	Sahadeviadya Yoga – Lepaand Abhyanga	Su. 16/43	AvamathakaKarnapaliroga
8.	Nasya	Sha. 2/34	Pumsavana Karma
9.	BhulikadiTaila – Anuvasana Basti	Chi. 37/19	Vatavikara

Table No. 8: Various observed references of Mahabalain Sushrutasamhita:

No.	Name of Yoga	Context	Indication
1.	VidarigandhadiGana	Su. 38/45	Shosha, Gulma, Kasa, Urdhvasvasa,
2.	VatasanshamanaGana	Su. 39/7	Vatashamana
3.	ErandadvadashakaKwatha	Utt. 42/113	Shula
Internal Usage			
4.	SahadevadiLepa	Su. 16/43	AvamantakaKarnapaliroga
5.	Nasya	Sha. 2/34	Punsavana-Karma
6.	MashaparnadiPralepa	Chi. 5/12	Vatarakta
7.	Dharana Aushadhi	Utt. 30/8	ShakuniGraha

3) Ashtangasangraha [10]:

The important text is written by VriddhaVagbhatain 6th century. In the text, BalaChatushtayais described as a single drug, its actions and uses, and contained as both formulations, as follows:

Table No. 9: Various observed references of Balain Ashtangasangraha:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	ShakaVarga	Su. 7/138	Vataghna, Atisara
2.	ApamargadiLeha	Su. 8/21	Savishanna&Savishdhuma
3.	MadyamaPanchmula	Su. 12/34	Kapha-vataghna
4.	Balatraya	Su. 12/43	Balya
5.	AgrayaAushadha	Su. 13/2	Sangrahaniya, Balya, Vatahara
6.	VatashamanaDravya	Su. 14/10	Vatashamana
7.	Pitta ShamanaDravya	Su. 14/11	Pitta Shamana
8.	BrimhaniyaMahakashaya	Su. 15/6	Brimhana
9.	BalyaMahakashaya	Su. 15/6	Balya
10.	Madhura Skandha	Su. 18/11	-
11.	Baladi Kshira	Sha. 4/4	Garbhadharana
12.	DuralabhadiKwatha	Sha. 4/8	Pushpa-Darshan Chikitsa
13.	PrishniparnyadiKwatha	Sha. 4/44	6 th and 7 th month MasanumasikaCharya
14.	PrishniparnyadiPeya	Chi. 1/20	JvareDipanaPachana
15.	ShaliparnyadiKwatha	Chi. 1/31	VatajaJvara
16.	AragvadhadiKwatha	Chi. 1/31	VatajaJvara
17.	GokantakadiKwatha	Chi. 1/35	VatapittajaJvara, Chhardi, Madatyaya
18.	DrakshadiKwatha	Chi. 1/35	VatapittajaJvara
19.	Baladi Ghrita	Chi. 2/7	Jirna-Jvara, Kasa, Kshaya, Hridshula, Shirahshula,
20.	DrakshadiKshira	Chi. 2/21	Jvara
21.	SunthyadiKshira	Chi. 2/21	Jvara
22.	BhunimbadiPeya	Chi. 3/12	Raktapitta
23.	ChandanadiKwatha	Chi. 3/20	Raktapitta
24.	BalaKwatha	Chi. 3/23	Raktapitta

25.	DuhsparsyadiAvaleha	Chi. 4/16	PittajaKasa
26.	MedadiSarp	Chi. 4/27	PittajaKasa
27.	KantakariGhrita	Chi. 4/42	Kasa, Shvasa, Hikka
28.	AmritprashaGhrita	Chi. 5/19	Kshatkshina, Kasa, Daurbalya, etc.
29.	SvadanstradiGhrita	Chi. 5/20	Shosha, Arsha, Mutrakrichchhra, etc.
30.	Baladi Sarpiguda	Chi. 5/26	Shosha, Kasa, Kshatkshina, etc.
31.	NagabalaGhrita	Chi. 5/31	Raktapitta, Balya, Kshatakshaya, etc.
32.	AgatsyaharitakiLeha	Chi. 5/35	Kasa, Shvasa, Hikka, Kshaya, etc.
33.	VashishthaHaritakiAvaleha	Chi. 5/36	Kasa, Shvasa, Hikka, Hridaroga, etc.
34.	PadmakadiChurna	Chi. 5/54	KshatajaKasa
35.	BalagarbhaDashamulaGhrita	Chi. 7/8	Rajyakshama
36.	JivantiyadiGhrita	Chi. 7/9	Rajyakshma
37.	DuralabhadiGhrita	Chi. 7/10	Rajyakshma
38.	RasnadiGhrita	Chi. 7/15	Shosha
39.	ParasharaGhrita	Chi. 7/18	Rajyakshma
40.	ShatavaryadiGhrita	Chi. 7/27	PittajaSvarabheda
41.	BalaTaila	Chi. 8/29	VatajaHridaroga
42.	TrishnadiGhrita	Chi. 8/30	Hridaroga, Pandu, Grahani, Kasa, etc.
43.	ShreyasadiGhrita	Chi. 8/33	PittajaHridaroga
44.	BalatibaladiGhrita	Chi. 10/29	Raktarsha
45.	Baladi Ghrita	Chi. 10/29	Raktarsha
46.	AnshumatyadiChurna	Chi. 11/6	Dipana, Pachana, Sangrahi
47.	HrasvapanchamuladiKwatha	Chi. 11/13	Pitta Atisara
48.	BruhatyadiKshira	Chi. 11/15	Shula
49.	DashamuladiYamaka	Chi. 13/2	VatajaMutrakrichchhra
50.	PashanbhedadiGhrita	Chi. 13/7	VatajaAshmari
51.	DadhikaGhrita	Chi. 16/7	Gulma, Mutraghata, Manasaroga, etc.
52.	NiliniGhrita	Chi. 16/20	Gulma, Pliha, Kushtha, Shvitra, Apsmara
53.	HaridradiGhrita	Chi. 18/21	Kamala
54.	YogarajaAvaleha	Chi. 21/14	Kushtha, Kasa, Shvasa, Kshaya, etc.
55.	KetakimuladiTaila	Chi. 21/39	Asthigatavata
56.	LashunadiTaila	Chi. 23/39	Vataroga, Gulma, Shula, Bhagna, etc.
57.	BalaTaila	Chi. 23/42	Pliha, Kasa, Shvasa, Jvara, Chhardi, Murchha, etc.
58.	AmritahvaTaila	Chi. 23/43	Unmada, Apsmara, Vatavyadhi
59.	JivaniyaGhrita	Chi. 24/6	Svarabheda, Hikka, Pliha, Parshvashula, Ashmari, etc.
60.	RasnadiKshira	Chi. 24/6	Vatarakte Pitta Upachara
61.	SamangadiGhrita	Utt. 1/31	DantodbhavajanyaRoga
62.	RasnadiGhrita	Utt. 4/5	Sarvagraha
63.	KshirivrukshadiGhrita	Utt. 6/2 (3)	Skandhagraha
64.	BhutaravaGhrita	Utt. 8/11	Grahaghna
65.	ShirishaTaila	Utt. 10/11	Apasmara, Ardita, Visarpa,



			Vatarakta, Pakshaghata
66.	BalaTaila	Utt. 25/29	Nasashosha
67.	MayuraGhrita	Utt. 28/29	UrdhvajatruVikara
68.	DevadarvyadiGhrita	Utt. 37/20	VatajaVyanga
69.	Baladi Ghrita	Utt. 37/21	PittajaVyanga
70.	Baladi Ghrita	Utt. 39/23	VatapittaVikara
71.	VishaghniYavagu	Utt. 40/43	Sarvavisha
72.	ShirishatvagadiGhrita	Utt. 40/75	Apasmara, Unmada, Kshaya, Pandu, etc.
73.	Vachadi Agada	Utt. 43/35	Kitavisha
74.	Tagaradi Agada	Utt. 44/39	Lootavisha
75.	VachadiGhrita	Utt. 47/18	SarvaVishaUpdrava
76.	AbhayamalakadiGhrita	Utt. 49/18	Rasayana
77.	ChyavanaprashaAvaleha	Utt. 49/25	Kasa, Shvasa, Jvara, Vataraktaetc.
78.	BalaChurna	Utt. 49/41	Vayahsthapana
79.	RasnadiKwatha	Utt. 49/161	Vataroga
80.	Shiva Gutika	Utt. 49/169	Vatavyadhi, Shukra-mutra-dosha, etc.
81.	BalaRasayana Kalka	Utt. 49/21	Rasayana
82.	ShatavariGhrita	Utt. 50/30	Vajikarana, Urahkshata
External Usage			
83.	Basti UpayogiDravya	Su. 14/5	-
84.	Anu Taila – Nasya	Su. 29/11	IndriyaPrasadakara
85.	BalaTaila – Abhyanga	Sha. 3/34	Sutika-upchara
86.	Guduchyadi Sneha – Abhyanga	Chi. 2/10	Jirnajvara
87.	Patoladi Yoga – Niruha Basti	Chi. 2/24	Jirnajvara
88.	Trayamanadi Yoga – Niruha Basti	Chi. 2/26	Jirnajvara
89.	Jivantyadi Sneha – Anuvasana Basti	Chi. 2/28	Jvara
90.	Dhuma Yoga – Dhumapana	Chi. 5/40	Kshatkshina
91.	Baladi Yoga – Nasya	Chi. 7/27	PittajaSvarbheda
92.	Baladi Yoga – Pradeha	Chi. 7/42	Rajyakshma
93.	JivantyadiChurna – Udvartana	Chi. 7/52	Rajyakshma
94.	Shatavaryadi Yoga – Uttara Basti	Chi. 13/16	Shukrashmari
95.	BalabilvaGhrita – Nasya	Chi. 23/37	Vatavyadhi
96.	ShatavaryadiTaila – Parisheka	Chi. 24/7	Vatavyadhi, Vatarakta
97.	UpnahaSveda	Chi. 24/8	Vatarakta
98.	RasnadiGhrita – Abhyanga	Chi. 24/9	Vatarakta
99.	PanchamulaBalaTaila – Basti	Chi. 24/22	Pittavruta-Vata
100.	YashtyadiTaila – Sechana	Chi. 24/22	Pittavruta-Vata
101.	Tinishadi Yoga – Asthapana Basti	Ka. 3/10	Parisrava-Vyapada
102.	Baladi Yoga – Basti	Ka. 4/2	-
103.	Dipaniya Yoga - Basti	Ka. 4/4	Mamsabalaprada
104.	Kaphavataghna Yoga –	Ka. 4/5	Kaphavataroga

	Basti		
105.	Gopanganadi Yoga – Basti	Ka. 4/7	Gulma, Atisara, Mutrakrichchhra, etc.
106.	Punarnavadi Yoga – Niruha Basti	Ka. 4/9	Sansargaja, Sannipataja-Roga
107.	MustadiYapana Basti	Ka. 5/9	Arsha, Gulma, Amavata, etc.
108.	Sahacharadi Yoga – Basti	Ka. 5/15	Shukra-artava-roga, Kshatakshina, etc.
109.	Dashamuladi Yoga – Sneha Basti	Ka. 5/17	SarvavataVikara
110.	Jivantyadi Yoga – Basti	Ka.5/18	Rajodosha, Shukradosha
111.	Bala-Brihatyadi Yoga – Anuvasana Basti	Ka. 6/18	Hidhma
112.	Baladi Yoga – Anuvasana Basti	Ka. 7/31	Sada-Atura
113.	SahadevadiTaila – Abhyanga	Utt. 1/49	BalaParicharya
114.	Dvibaladi Yoga – Pradeha	Utt. 1/35	Balashosha
115.	VrischikalyadiVarti – Anjana	Utt. 10/22	Apasmara, Unmada, Sarpadamshttra
116.	RasnadiDravya - NadiSveda	Utt. 19/8	Abhishyanda
117.	BalaTaila – Shirobasti	Utt. 25/29	Nasashosha
118.	PanchamuladiGhrita – Nasya, Karnapurana, Shirobasti	Utt. 28/2	VatajaShiroabhitapa
119.	JambvadiTaila – Nasya, Abhyanga	Utt. 28/16	Khalitya
120.	Baladi Taila – Nasya	Utt. 28/28	UrdhvajatraVikara
121.	Baladi Yoga – Svedana	Utt. 30/16	Vrane Shula &Daha
122.	BaladvayaKshira – Nasya, Gandusha	Utt. 32/30	Chaladanta
123.	GandhaTaila – Basti, Abhyanga, Nasya, etc.	Utt. 32/42	Bhagna
124.	BalaTaila – Parisechan	Utt. 33/24	ShataponakBhagandara
125.	Baladi Lepa – Lepa	Utt. 37/18	Lanchhana, Vyanga, Nilika
126.	Baladi Ghrita – Nasya, Abhyanga	Utt. 37/21	PittajaVyanga
127.	DevadarvyadiLepa – Lepa	Utt. 37/22	KaphajaVyanga
128.	BalaTaila – Parisechana	Utt. 39/16	MruditaRoga
129.	RasnadiTaila – Pichu	Utt. 39/23	VataVikara
130.	YavadiUtkarika – Svedana	Utt. 39/25	Aticharana
131.	Baladi Yoga – Anuvasana Basti	Utt. 40/93	VatashayagatVisha
132.	Tagaradi Agada- Lepa	Utt. 44/39	Lootavisha
133.	Kshiri-pravaladiTaila- Parisheka	Utt. 46/29	Vranaropana (Mushika-AlarkaVisha)

Table No. 10 Various observed references of Atibalain Ashtangasangraha:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	ApamargadiLeha	Su. 8/21	Savishanna
2.	Balatraya	Su. 12/43	Balya
3.	VatashamanaDravya	Su. 14/10	Vatashamana

4.	BrimhaniyaMahakashaya	Su. 15/6	Brimhana
5.	BalyaMahakashaya	Su. 15/6	Balya
6.	Madhura-Skandha	Su. 18/11	-
7.	Baladi Kshira	Sha. 4/4	Garbhadharana
8.	BhunimbadiPeya	Chi. 3/12	Raktapitta
9.	NagabalaGhrita	Chi. 5/31	Kshatkshaya, Balya, Valipalita
10.	TrishnadiGhrita	Chi. 8/30	Hridaroga, Pandu, Kasa, etc.
11.	BalatibaladiGhrita	Chi. 10/29	Raktarsha
12.	HrasvapanchamuladiKwatha	Chi. 11/13	Pitta Atisara
13.	DashamuladiYamaka	Chi. 13/2	VatajaMutrakrichchhra
14.	PashanbhedadiGhrita	Chi. 13/7	VatajaAshmari
15.	KetakimuladiTaila	Ch. 21/39	Asthigatavata
16.	BalaTaila	Chi. 23/42	Pliha, Kasa, Shvasa, Jvara, Chhardi, Murchha, etc.
17.	AmritahvaTaila	Chi. 23/43	Unmada, Apsmara, Vatavyadhi
18.	JivaniyaGhrita	Chi. 24/6	Pliha, Parshvashula, etc.
19.	SamangadiGhrita	Utt. 1/31	DantodbhavJanyaRoga
20.	KshirivrukshadiGhrita	Utt. 6/2 (3)	Skandhagraha
21.	Vachadi Agada	Utt. 43/35	Kitavisha
22.	AtibalaChurna	Utt. 49/41	Vayahsthapana
23.	SharekshvadiGhrita	Utt. 50/11	Vajikarana
External Usage			
24.	Anutaila – Nasya	Su. 29/11	Indriya-prasadkara
25.	Dhuma Yoga – Dhumapana	Chi. 5/40	Kshatkshina
26.	Baladi Yoga – Pradeha	Chi. 7/42	Rajyakshma
27.	Shatavaryadi Yoga – Uttara Basti	Chi. 13/16	Shukrashmari
28.	ShatavaryadiTaila – Parisheka	Chi. 24/7	Vatavyadhi, Vatarakta
29.	RasnadiGhrita– Abhyanga	Chi. 24/9	Vatarakta
30.	Dvibaladi Yoga – Pradeha	Utt. 1/35	Balashosha
31.	BaladvayaKshira – Nasya, Gandusha	Utt. 32/30	Chaladanta
32.	GandhaTaila – Basti, Abhyanga, etc.	Utt. 32/42	Bhagna
33.	Baladi Lepa–Lepa	Utt. 37/18	Lanchhana, Vyanga, Nilika
34.	Baladi Yoga – Anuvasana Basti	Utt. 40/93	VatashayagatVisha

Table No. 11 Various observed references of Nagabalain Astangasangraha:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	Nagabala	Su. 12/43	Balya, Kshatakshina
2.	Pitta-ShamanaDravya	Su. 14/11	Pitta Shamana
3.	Madhura Skandha	Su. 18/11	-
4.	YastyahvadiGhrita	Chi. 5/17	Kshata
5.	Nagabaladi Kalka	Chi. 5/30	Balya
6.	NagabalaGhrita	Chi. 5/31	Kshatkshaya, Valipalita, Balya
7.	Tagaradi Agada	Utt. 44/39	Lootavisha
8.	HaridraYugaladi Agada	Utt. 44/40	Lootavisha
9.	Amalaka RasayanaAvaleha	Utt. 49/19	Rasayana
10.	NagabalaRasayanaChurna	Utt. 49/40	Rasayana

11.	Baladi Rasayana	Utt. 49/41	Vayahsthapana
External Usage			
12.	Punsavana Vidhi – Nasya	Sha. 1/58	Garbhadharana
13.	Vijayadi Yoga – UpanahaSveda	Chi. 20/9	Granthi Visarpa
14.	Varunadi Yoga – Parisheka	Utt. 6/10	Andhaputana-graha

Table No. 12 Various observed references of Mahabalain Ashtangasangraha:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	Balatraya	Su. 12/43	Balya
2.	Madhura Skandha	Su. 18/11	-
3.	SarasvataGhrita	Utt. 1/52	-
4.	RasnadiGhrita	Utt. 4/5	Sarvagraha
5.	Haridra-Yugaladi Agada	Utt. 44/40	Lootavisha
External Usage			
6.	Punsavana Vidhi- Nasya	Sha. 1/58	Garbhadharana
7.	SahadevadiTaila – Abhyanga	Utt. 1/49	-
8.	Dharana Aushadhi	Utt. 4/7	Bala Raksha
9.	VayasthadiGhrita- Abhyanga	Utt. 6/5	Svagraha
10.	GandhaTaila - Basti, Abhyanga, Nasya	Utt. 32/42	Bhagna
11.	Baladi Yoga – Anuvasana Basti	Utt. 40/93	VatashayagatVisha

4) Ashtangahridaya [11]:

The Samhita has been written by Acharya Vagbhata in 7th century. A variety of preparations, as well as a single drug, are formulated from BalaChatusthaya. The references are as follows:

Table No.13: Various observed references of Balain Ashtangahridaya:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	Madhura-Skandha	Su. 10/23	-
2.	VataghnaGana	Su. 15/5	Vatashamana
3.	KakolyadiSadhitaShali	Sha. 2/5	Raktasrava in Garbhini
4.	MustadiKwatha	Sha. 2/8	RaktasravainGarbhini
5.	Garbharakshaka Yoga	Sha. 2/56	Garbha Raksha in 7 th Month
6.	PrishniparnyadiKwatha	Chi. 1/28	JvarayuktaAtisara
7.	Drakshadi Siddha Kshira	Chi. 1/110	Jvara
8.	Sunthyadi Siddha Kshira	Chi. 1/114	Jvara, Kasa, Shotha, Vibandha
9.	ChanadanadiKwatha	Chi. 2/31	Raktapitta
10.	MedadiGhrita	Chi. 2/38	Raktapitta
11.	AmritaprashaGhrita	Chi. 3/95	Kasa, Shvasa, Hikka, Nashta-shukra, etc.
12.	SvadanstradiGhrita	Chi. 3/102	Kasa, Shosha, Prameha, Arsha, Mutrakrichchhra, etc.
13.	NagabalaSarpī	Chi. 3/121	Kshatkshaya, Rasayana, Valipalita
14.	AgatsyaHaritakiAvaleha	Chi. 3/127	Kshatkshaya, Shvasa, Hikka, Vishamajvara, Valipalita
15.	VashishthaHaritakiAvaleha	Chi. 3/133	Rasayana
16.	PadmakadiLeha	Chi. 3/172	Kasa
17.	Baladi Yusha	Chi. 4/22	Shvasa
18.	BalaGhrita	Chi. 5/15	Rajyakshma
19.	JivantyadiGhrita	Chi. 5/16	Rajyakshma
20.	RasnadiGhrita	Chi. 5/24	Rajyakshma, Shosha

21.	Baladi Ghrita	Chi. 5/41	PittajaSvarbheda
22.	BalaTaila	Chi. 6/38	VatajaHridaroga
23.	Mahasneha	Chi. 6/39	VatajaHridaroga
24.	ShreyashadiGhrita	Chi. 6/46	PittajaHridaroga
25.	KutajadiAvaleha	Chi. 8/109	Arsha, Grahani, Kasa, Shvasa
26.	ShaliparnyadiPeya	Chi. 9/13	KaphapittaPradhanaAtisara
27.	Peya	Chi. 9/56	Pittatisaraa
28.	DashamuladiTaila/Ghrita	Chi. 11/2	Shula (Mutraghata)
29.	DadhikaGhrita	Chi. 14/13	Apsmara, Unmada, Mutraghata, Garavisha, Vatajaroga
30.	NiliniGhrita	Chi. 14/55	Plihavikara, Jvara, Unmada, Vyanga, Shotha
31.	BilvaksharaTaila	Chi. 15/46	Hridagraha, Vatadosha, UdararogawithParshvashula
32.	PippalyadiChurna	Chi. 16/56	Halimaka
33.	Baladi Kshira	Chi. 22/8	Vatarakta
34.	BalaTaila	Chi. 22/45	Vatarakta, Vatavikara, Shukradosha,
35.	BalaKshira	Chi. 26/55	Vatarakta
36.	ManjisthadiGhrita	Utt. 2/41	Dantotpati-JanyaVikara
37.	RasnadiGhrita	Utt. 3/51	Grahabadha
38.	BhutravaGhrita	Utt. 5/19	Grahavesha
39.	GuduchyadiTaila	Utt. 22/68	VatajaGalaganda
40.	MayuradiGhrita	Utt. 24/47	Urdhvajatru-roga
41.	GandhaTaila	Utt. 27/38	Bhagna
42.	BalaTaila	Utt. 34/24	VatajaYonivyapada
43.	ShatavariAvaleha	Utt. 34/37	Yonivyapad, Rajodosha, Shukradosha
44.	Baladi Yamaka	Utt. 34/42	Vataja and PittajaYoniroga
45.	KoshatakyadiYavagu	Utt. 35/22	Visha
46.	ChandrodayaChurna	Utt. 35/25	Visha
47.	ChyavanaprashaAvaleha	Utt. 39/33	Rasayana, Kasa, Vatarakta, etc.
48.	BalaChurna	Utt. 39/60	Rasayana
49.	SunthyadiRasayanaChurna	Utt. 39/104	Rasayana
50.	Bala Kalka	Utt. 39/155	Rasayana
51.	VajikaranaChurna	Utt. 40/13	Vajikarana
External Usage			
52.	Anutaila–Nasya	Su. 20/37	UrdhvajatruVikara
53.	BalaTaila– Abhyanga	Sha. 2/47	Prasuta, Balaroga, Asthikshata
54.	Patoladi Yoga - Niruha Basti	Chi. 1/119	Jvara
55.	Jivantyadi Yoga - Anuvasana Basti	Chi. 1/123	Jvara
56.	Dvimedadi Yoga – Dhumapana	Chi. 3/148	Kasa
57.	Karkatadi Yoga – Dhumapana	Chi. 3/154	KshatajaKasa
58.	PrapaundrikadiKshir–Nasya	Chi. 5/42	PittajaSvarabheda
59.	Baladi Lepa–Lepa	Chi. 5/68	Pinasa (Rajyakshma-Janita)
60.	Jivantyadi Yoga - Udvardhana	Chi. 5/79	Rajyakshma
61.	Bala-bilvaKshira – Nasya	Chi. 21/62	ShirogataVata
62.	Baladi Kalpa(1) – Basti	Ks. 4/1	Brimhana
63.	Baladi Kalpa(2)– Basti	Ks. 4/5	Brimhana

64.	EradamuladiKalpa – Basti	Ks. 4/7	Vibandha, Ashmari, Vardhma, Grahani, Arsha
65.	RasnadiKalpa– Basti	Ks. 4/12	Mutraghata, Hridaroga, Pandu, Vishamjvara. etc.
66.	Yapanraja Basti – Basti	Ks. 4/37	Vatarakta, Andavridhi, Prameha, Visarpa, Gulma, Mutraghata, etc.
67.	Dashmuladi Sneha – Anuvasana Basti	Ks. 4/54	Vatavyadhi
68.	Yamana Sneha –Basti	Ks. 4/59	Rajodosha, Shukradosha,
69.	BalaTaila – Parisechana	Utt. 1/1	NavajataShishu
70.	Bala Siddha Jala –Snana	Utt. 3/44	Grahavesha
71.	JivantiTaila – Nasya	Utt. 13/51	UrdhvajatruVikara
72.	Varti – Anjana	Utt. 16/23	Pittaja&RaktajaAdhimantha
73.	JambvadiTaila – Abhyanga	Utt. 18/43	UtpataKarnaroga
74.	Karnapali Vardhan Taila – Abhyanga	Utt. 18/56	KarnapaliVardhana
75.	Shatahvadi Yoga – Dhumapana	Utt. 20/7	Pratishyaya
76.	BalaTaila – Abhyanga, SnaihikaDhumapana	Utt. 20/19	Nasashosha
77.	MayuradiGhrita – Abhyanga, Basti, Nasya	Utt. 24/47	UrdhvajatruRoga
78.	Nyagrodhadi Yoga – VranaLepaandPrakshalana	Utt. 25/47	Vrana-Utsadana
79.	BalaTaila – Sechana	Utt. 26/6	Vrana
80.	BalaTaila – Abhyanga	Utt. 34/13	Mrudita

Table No. 14: Various observed references of Atibalain Ashtangahridaya:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	Madhura Skandha	Su. 10/23	-
2.	VatanashakaDravya	Su. 15/5	Vatashamana
3.	Kakolyadi-SadhitShali	Sha. 2/5	RaktasravainGarbhini
4.	NagabalaSarpai	Chi. 3/120	Kshatkshaya, Rasayana, Valipalita
5.	Peya	Chi. 9/56	Pittatisara
6.	PashanbhedadiGhrita	Chi. 11/18	VatajaAshmari
7.	BalaTaila	Chi. 21/76	Jvara, Gulma, Shosha, etc.
8.	ManjisthadiGhrita	Utt. 2/41	Dantotpati-JanyaVikara
9.	GuduchyadiTaila	Utt. 22/68	VatajaGalaganda
10.	GandhaTaila	Utt. 27/38	Bhagna
11.	ShatavariAvaleha	Utt. 34/37	Yoni-vyapad, Rajodosha, Shukradosha
12.	AtibalaChurna	Utt. 39/60	Rasayana
13.	SunthyadiRasayanaChurna	Utt. 39/104	Rasayana
14.	VajikaranaAvaleha	Utt. 40/14	Vajikarana
External Usage			
15.	Dvimedadi Yoga – Dhumpana	Chi. 3/148	Kasa
16.	Karkatadi Yoga – Dhumpana	Chi. 3/154	KshatajaKasa
17.	JivantiTaila – Nasya	Utt. 13/51	UrdhvajatruVikara

Table No. 15: Various observed references of Nagabalain Ashtangahridaya:

No.	Name of Yoga	Context	Indication
1.	Madhura Skandha	Su. 10/23	-
2.	YashtyadiGhrita	Chi. 3/93	Urahkshata
3.	VidaryadiGana	Su. 15/9	Gulma, Shosha, UrdhvaShvasa, etc.
4.	NagabalaChurna	Chi. 3/118	Rasayana
5.	NagabalaSarpi	Chi. 3/120	Kshatkshaya, Rasayana, Valipalita
6.	GandhaTaila	Utt. 27/38	Bhagna
External Usage			
7.	Nagabala Kalka	Utt. 39/54	Rasayana
8.	JivantiTaila – Nasya	Utt. 13/51	UrdhvajatruVikara

Table No. 16: Various observed references of Mahabalain Ashtangahridaya:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	VidaryadiGana	Su. 15/9	Gulma, Shosha, UrdhvaShvasa, etc.

5) Kashyapsamhita [12]:

The Samhita has been written by VriddhaJivakain 6th century. The references to BalaChatusthaya as a single drug as well as in various preparations are as follows:

Table No. 17: Various observed references of Balain Kashyapasamhita:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	SamangadiChurna	Su. 18/31	Medhavardhaka
2.	KhadiradiGhrita	Su. 18/35	Pangu, Mukata, Balya
3.	Dvipanchamuladi Yoga	Chi. 3/14	PrasutaUpadrava
4.	BalaTaila	Chi. 5/8	VatajaHalimak
5.	AragvadhadiKwatha	Chi. 18/15	Jvara, AdhmanaShotha, Uroghata
6.	Baladi Peya	Khi. 5/80	Pitta & KaphaAtisara
7.	VatyalakaPeya	Khi. 10/150	Virechana
8.	AragvadhadiKwatha	Khi. 19/58	Sannipataja-shotha, Jvara, Adhmana
External Usage			
9.	BalaTaila - Abhyanga	Su. 18/15	Hanustambha, Ardita, Bradhna, Pakshavadha, etc.
10.	Shishu Sneha – Basti	Si. 8/7	BalaRoga
11.	TriphaladiGhrita – Niruha Basti	Si. 8/18	PittajaRoga
12.	JivakadiGhrita – Nasya	Ka. 4/33	AkshiRoga
13.	Erandamuladi Yoga – Basti	Khi. 8/17	Grahani, Arsha, Parshvashula, etc.
14.	KushthadiTaila – Abhyanga	Khi. 10/38	VatajaJvara
15.	BalaTaila – Abhyanga	Khi. 11/20	PrasutaParicharya
16.	DashamuladiTaila – Abhyanga, Nasya, Basti	Khi. 11/95	VataJvara
17.	Baladi Yoga – Lepa	Khi. 13/77	Kantha Roga
18.	BalaTaila – Abhyanga	Khi. 14/23	VatajaVisarpa
19.	Baladi Taila – Abhyanga	Khi. 14/25	VatajaVisarpa

20.	Shatahvadi Yoga – Lepa	Khi. 15/15	VatikCharmadala
21.	DvipanchamuladiTaila Abhyanga	– Khi. 19/14	VatajaJvara

Table No. 18: Various observed references of Atibalain Kashyapas.amhita:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	SamangadiChurna	Su. 18/31	Medha-varadhaka
2.	KhadiradiGhrita	Su. 18/35	Pangu, Mukata, Balya
3.	DvipanchamuladiTaila	Chi. 19/14	VatajJvara
External Usage			
4.	KushthadiTaila Abhyanga	– Khi. 10/38	VatajaJvara
5.	DashamuladiTaila Abhyanga, Nasya, Basti	– Khi. 11/95	VatajaJvara
6.	Baladi Yoga – Lepa	Khi. 13/77	Kantharoga

Table No. 19: Various observed references of Nagabalain Kashyapasamhita:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	BrahmyadiAvaleha	Su. 18/29	Medha-varadhaka
2.	DvipanchamuladiTaila	Khi. 19/14	VatajaJvara
External Usage			
3.	DashamuladiTaila – Abhyanga, Nasya, Basti	Khi. 11/95	VataJvara

Table No. 20 Various observed references of Mahabalain Kashyapasamhita:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	DvipanchamuladiTaila	Khi. 19/14	VatajaJvara
External Usage			
2.	DashamuladiTaila – Abhyanga, Nasya, Basti	Khi. 11/95	VataJvara

6) Bhelasamhita [13]:

The Samhita has been written by Acharya Bhelain 7th century. Various preparations of BalaChatusthaya are mentioned for use in different indications internally and externally as per below:

Table No. 21 Various observed references of Balain Bhelasamhita:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	DadhikaGhrita	Chi. 5/20	Raktajagulma, Gridhrasi, Apasmara, etc.
2.	Baladi Ghrita	Chi. 16/31	Raktarsha, Pittarsha
3.	AyorajiyamaChurna	Chi. 17/36	Kamala, Pandu, Apasmara, etc.
4.	JivakadiGhrita	Chi. 19/16	VataPittajaHridaroga
5.	Mahasneha	Chi. 19/19	Hridaroga
6.	TrayushanadiChurna	Chi. 20/29	Panchakasa
7.	AgatsyaRasayanaAvaleha	Chi. 20/41	Kasa
8.	BalaTaila	Chi. 21/31	Shirahkampa
9.	Baladi Taila	Chi. 24/4	Vatanashaka
10.	RasnaTaila	Chi. 24/19	Vatavyadhi, Kshatakshina, etc.
11.	BalaTaila	Chi. 24/44	Gridhrasi

12.	KakadanyadiGhrita	Chi. 26/20	Hikka, Shvasa, Pandu, Shotha
13.	GuduchyadiPanaka	Chi. 28/39	Panatyaya-JanyaTrishna, Daha
14.	Baladi Kshirapaka	Si. 4/65	Hanustambha, Murchha, Arsha
External Usage			
15.	MahapadmakaTaila – Abhyanga	Chi. 2/27	Vataja&PittajaJvara
16.	Shiva Varti – GudaVarti	Chi. 10/70	Visuchika
17.	BalaTaila– Abhyanga	Chi. 12/5	Shukrashmari
18.	BalaTaila– Abhyanga	Chi. 15/39	Vatarakta
19.	Bilvadi Yoga – Parisechana	Chi. 21/11	Suryavarta
20.	JambvadiTaila – Kavala	Chi. 21/44	Arochaka
21.	Baladi Taila – Basti, Nasya	Chi. 24/4	Vatanashaka
22.	BalaTaila– Abhyanga	Chi. 24/14	Kshaya, Vataroga, Yoniroga, etc.
23.	BalaTaila– Abhyanga, Basti, Nasya	Chi. 21/44	Gridhrasi
24.	Pidaniya Yoga – Lepa	Chi. 27/3	Vranashotha
25.	VranaropanaTaila – Parisheka	Chi. 27/7	VranaropanaTaila
26.	VranaNibarhanaTaila – Parisheka	Chi. 27/9	Vrana
27.	Jivakadi Yoga – Nasya	Si. 2/18	Valipalita
28.	Patoladi Yoga – Niruha Basti	Si. 7/10	Pittanashaka
29.	Ashvagandhadi Yoga – Niruha Basti	Si. 7/16	KaphajaVikara
30.	Bilvadi Yoga – Niruha Basti	Si. 8/17	Basti Upadrava
31.	Shatavaryadi– Niruha Basti	Si. 8/25	Rasayana, Balya
32.	Rasayanaik Yoga – Niruha Basti	Si. 8/42	Yoni-vyapada, Raktagulma, Nashtartava, Vishamajvara

Table No. 22 Various observed references of Atibalain Bhelasamhita:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	Baladi Kshirapaka	Si. 4/65	Hanustambha, Murchha, Arsha

7) Haritasamhita[14]:

The Samhita has been written by Acharya Haritain 10th-12th century. The herbBalaChatushtayais used in various preparations internally and externally in different indications are given as below:

Table No. 34 Various observed references of Balain Haritasamhita:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	VatavardhakaShakaDravya	1-16/14	Agnimandya
2.	MustadiKwatha	3-2/120	Jvara
3.	BrihadRasnadiKwatha	3-2/126	Jvara, Shvasa, Kasa, Udararoga,
4.	UtpalashatakaKwatha	3-3/11	Jvaratisara
5.	PanchamuliKwatha	3-3/18	Atisara, Vamana, Shvasa, Jvara, etc.
6.	UshiradiKwatha	3-3/21	Raktatisara, Jvaratisara, Pittatisara, etc.
7.	Shaliparnyadi Kanji	3-3/44	Pittatisara
8.	Baladi Churna	3-9/39	Kshaya, Madhumeha, Garbhavati- Stri
9.	ChyavanprasaAvaleha	3-9/49	Rasayana, Pandu, Shvasa, Kasa, etc.
10.	AgatsyaHaritakiAvaleha	3-9/63	Pandu, Kasa, Hikka, Shvasa, Shotha, etc.
11.	BalaKwatha	3-9/67	Kamala, Kshaya, Prameha, Trishna

12.	ParasharaGhrita	3-9/88	Rajyakshma, Pandu, Halimaka, etc.
13.	Baladi Ghrita	3-9/93	Kshayaroga, Shirahshula, Shotha, etc.
14.	Talakabhata	3-9/124	Rajyakshma, Grahani
15.	GuduchyadiChurna	3-9/130	Rajyakshma
16.	Baladi Kshira	3-10/30	Raktapitta
17.	ShatavariGhrita	3-10/51	Raktapitta, Kasa, etc.
18.	ShatavaryadiKwatha	3-20/73	Vatanahsaka
19.	BaladikAushadha	3-20/77	Vatavyadhi, Vandyatva, Bhagna
20.	Baladi Taila	3-20/94	Vatavyadhi, Vatanashak
21.	Narayana Taila	3-20/108	Vatavyadhi, Grahadosha, Shiroroga
22.	ShatavaryadiChurna	3-22/7	Gridhrasi
23.	GuduchyadiChurna	3-47/14	Viryavardhaka
24.	VidaryadiAushadha	3-47/16	BalaandViryavardhaka
25.	ShringaveradiChurna	3-51/8	GarbhopadravaJanyaAtisara
External Usage			
26.	SahachrabalaLepa - Lepa	3-3/72	Gudabhransha
27.	Baladi Yoga - Lepa	3-52/18	Kashtaprasava

Table No. 35 Various observed references of Nagabalain Haritasamhita:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	GuduchyadiChurna	3-9/130	Rajyakshma
2.	ShatavaryadiChurna	3-22/7	Gridhrasi

Table No. 36 Various observed references of Nagabalain Haritasamhita:

No.	Name of Yoga	Context	Indication
Internal Usage			
1.	Talakabhata	3-9/124	Rajyakshma, Grahani

III. DISCUSSION:

Sufficient documentation regarding BalaBheda were found in above Samhita reveals its importance in various diseased conditions and in various dosage forms.

Table No. 38 Total number of internal and external dosage forms of BalaChatushytaya in different Samhitas:

Sr. No.	Name of Samhita	Bala		Atibala		Nagabala		Mahabala	
		Int.	Ext.	Int.	Ext.	Int.	Ext.	Int.	Ext.
1.	Charakasamhita	67	42	17	04	04	01	01	0
2.	Sushrutasamhita	24	22	09	08	06	03	03	04
3.	Ashtangasangraha	82	51	23	11	11	03	05	06
4.	Ashtangahridaya	51	29	14	05	07	02	01	00
5.	Kashyapasamhita	08	13	03	04	02	02	01	02
6.	Bhelasamhita	14	20	01	00	00	00	00	00
7.	Haritasamhita	25	03	02	00	01	00	00	00

There are 139 Bala formulations in Ashtangasangraha followed by 109 in Charakasamhita, and 34, 14 and 11 formulations of Atibala, Nagabala and Mahabala found in Astangasangraha, respectively. The review suggest

that Bala is used in many diseases like Vatavyadhi, Vatarakta, Jwara, Kshaya, Atisara, etc. in Samhitas in different dosage forms like Peya, Lepa, Kwatha, Yavagu, Ghrita, Taila, etc. due to its Balya, Sangrahi, Brimhana, Vatahara,

RasayanaandVrishya Karma in the body as per Madhura Rasa&Vipaka, SheetaVirya, Guru-Snigdha Guna, Vatapittahara properties. Out of 634 formulations of BalaChatushtaya, there are 17, 03 and 07 references found where Bala, AtibalaandNagabala were used as single drug respectively.

However, Bala and its types are mainly used in the form of SnehaKalpana because SnehaKalpana is better way to extract maximum amount of water and lipid soluble contents as well as increase bioavailability of drug up-to Dhatu-Marmasthisandhi. In Charakasamhita and Astangasangraha, Bala is also described as Sangrahika, Balya and Vatahara under the AgrayaDravya. [15,16]InSushrutasamhitaBala, Atibala, Nagabala and Mahabala were also described under the VatashanshamanaGana. [17]

IV. CONCLUSION:

Balachatushtaya is well-known and widely explored medicinal plant. Vedas, Samhitas and Nighantus are the basic literature for the proper thoughtful and documentation of various medicinal plants. On review of Bala and its types in different Vedas and Samhitas, it can be concluded that it was mentioned in different dosage forms with various indications proved its medicinal value in fever, diarrhoea, tuberculosis, heart disease, osteoarthritis, etc.

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