

Country Mallow or Bala

Latin Names: Sida cordifolia

English Name: Country Mallow

Sanskrit / Indian Name: Bala, Vatya



Cure for: Ayurveda practitioners consider bala as an antipyretic for infectious diseases, and also as an aphrodisiac. It has amoebicidal, aphrodisiac, astringent, cardi tonic, demulcent, diuretic, laxative, refrigerant, stomachic and tonic action and used in treatment of many diseases.

The ailments that can be cured with bala include bronchial asthma, cold & flu, headache, nasal congestion, aching joints, and cough, wheezing, dysentery, inflammation, piles, rheumatism, etc. It is also used by bodybuilders and athletes for superior performance and leaner bodies as it is helpful in fat loss.