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Review Article

"A Critical Review of *Krishnatreya's* Classical Formulation, Bala *Taila*, and its Therapeutic Relevance as Mentioned in *Vata Vyadhi Chikitsa* of *Charaka Samhita*"

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ABSTRACT:

Ayurveda considers *Vata Dosha* as the principal regulator of movement and several important physiological functions in the body. Among the three *Doshas, Vata* holds a central position in the initiation and regulation of various bodily activities. Due to its predominant *Ruksha, Laghu*, *Sheeta, Khara, Sukshma* and *Chala* properties, aggravated *Vata* is traditionally managed through therapies possessing *Snigdha*, Guru and *Vata-shamaka* qualities. *Taila* is regarded as an important *Sneha Dravya* in *Vata* management because of its predominantly *Snigdha* and *Vata-pacifying* properties.

Bala *Taila*, a Bala-based medicated oil formulation, represents the classical *Ayurvedic* approach of managing *Vata* disorders through *Snehana* and the therapeutic properties of *Bala*. *Bala* (Sida cordifolia) is described in *Dravyaguna* with important *Balya, Brimhana* and *Vata-Shamaka* actions. Classical references in *Charaka Chikitsa Sthana* by *Krishnatreya* provide the basis for understanding the therapeutic application of Bala and Bala-based formulations.

Bala *Taila* is traditionally relevant in disorders involving *Vata* and is described in relation to conditions such as *Shwasa, Kasa, Hikka, Chardi, Gulma, Pliha-vriddhi, Shosha* and *Apasmara* etc.

Keywords: *Bala Taila, Charaka Samhita Chikitsa Sthana, Vata Vyadhi, Krishnatreya Bhashita.*

INTRODUCTION:

Ayurveda is a holistic system of medicine in which the equilibrium of *Tridosha- Vata*, Pitta and *Kapha* is considered fundamental to health, while their vitiation contributes to the manifestation of disease. Among the three *Doshas, Vata* occupies a unique and predominant position because it is responsible for various forms of movement and functions throughout the body. Classical *Ayurvedic* texts describe *Vata* as the principle governing activities such as movement, respiration, circulation, sensory and motor functions, and the physiological activities of different tissues and organs. Therefore, disturbance of *Vata* may influence multiple systems simultaneously and may participate in the pathogenesis of a wide range of disorders. This central role of *Vata* makes appropriate *Vata-Shamana* and *Vata-Anulomana* therapies an important component of *Ayurvedic* therapeutics.

The classical principle of treatment is based on the concept of *Samanya-Vishesha Siddhanta*, according to which substances and therapies possessing qualities opposite to those of the aggravated *Dosha* are employed to restore equilibrium. *Vata* is predominantly characterized by qualities such as R*uksha, Laghu, Sheeta, Khara, Sukshma* and *Chala.*[1] Consequently, substances possessing *Snigdha*, *Guru, Ushna* and stabilizing properties are commonly considered appropriate for its management [2]. Among the various therapeutic measures described in *Ayurveda, Snehana* occupies a significant position in *Vata* disorders. *Taila* is particularly important because its unctuous nature and therapeutic attributes make it suitable for counteracting several qualities of aggravated *Vata*. The classical statement *"Taila* is best for *Vata"* [3] reflects this fundamental therapeutic relationship between *Sneha* and *Vata*.

Bala, botanically identified as Sida cordifolia Linn., is an important *Ayurvedic* medicinal plant traditionally recognized for its *Balya, Brimhana* and *Vata-shamaka* properties [4]. The term Bala itself signifies strength, and the drug is traditionally associated with nourishment, strengthening and maintenance of physiological functions.

The importance of Bala Taila becomes particularly relevant when its indications described in Charaka Chikitsa Sthana, as discussed by *Krishnatreya,* are critically examined. [5] The formulation is associated with a diverse range of clinical conditions, including *Shwasa, Kasa, Hikka, Chardi, Gulma, Pliha-Vriddhi, Shosha* and *Apasmara.* [6] Although these disorders differ considerably in their clinical presentation and pathogenesis, their association with *Vata* demonstrates the broad therapeutic perspective

of classical *Ayurveda*. *Vata* may act independently or in association with Pitta and *Kapha*, producing different manifestations according to the affected Srotas, *Dushya, Sthana* and *Avastha*. Thus, the therapeutic application of Bala *Taila* should not be interpreted merely as a treatment for a single disease, but rather as an example of *Dosha-based* and condition-specific *Ayurvedic* therapeutics.

AIM AND OBJECTIVES

1. *Bala Taila* mentioned in *Charaka Samhita Chikitsa Sthana Vata Vyadhi Chikitsa* is taken for the study.
2. To understand the *Ayurvedic* pharmacological properties of the ingredients of Bala *Taila*.
3. To know the chemical composition and pharmacological activity of ingredients of *Bala Taila*.

MATERIAL AND METHODS

Literature review- review of literature regarding Bala Taila is taken from Charaka Samhita Chikitsa Sthana Vata Vyadhi Chikitsa and Dravyaguna Vigyan books.

OBSERVATION AND RESULT

Drug review- Bala *Taila* comprises of many ingredients namely *Bala*, *Guduchi, Rasna, Dadhimastu, Ikshu Swarasa, Tila Taila, Shukta, Goat's Milk, Shati, Sarala, Devadaru, Ela, Manjistha, Agaru, Chandana, Padmaka, Ativisha, Musta, Mudgaparni, Renuka, Yashtimadhu, Tulsi, Vyaghranakhi, Jivaka, Rishabhaka, Palasha, Kasturi, Nalika, Javitri, Saprakka, Kesar, Shaileya, Jatiphal, Katphal, Sugandhawala, Twak, Kunduru, Karpura, Turushka, Shrinivasa, Lavanga, Nakha, Kushtha, Jatamansi, Priyangu, Sthauneyaka, Tagara, Sugandha Trina, Vacha, Madanaphala,* and *Nagakesara. [7]*

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Table- 1 Latin Name and Ingredients of *Bala Taila* [8]

S.no.	DRUG	LATIN NAME	FAMILY
1.	*Bala*	*Sida cardifolia*	*Malvaceae*
2.	*Guduchi*	*Tinospora cordifolia*	*Menispermaceae*
3.	*Rasna*	*Pluchea lanceolata*	*Asteraceae*
4.	*Dadhimastu*	-	-
5.	*Ikshu Swarasa*	*Saccharrum officinarum Linn*	*Poaceae*
6.	*Tila Taila*	*Sesamum indicum Linn*	*Pedaliaceae*
7.	*Shukta*	-	-
8.	*Goat Milk*	-	-
9.	*Shati*	*Hedychium spicatum*	*Zingiberaceae*
10.	*Sarala*	*Pinus roxburghii*	*Pinaceae*
11.	*Devadaru*	*Cedrus deodara*	*Pinaceae*
12.	*Ela*	*Amomum subulatum*	*zingiberaceae*
13.	*Manjistha*	*Rubia cordifolia*	*Rubiaceae*
14.	*Agaru*	*Aquilaria agallocha*	*Thymelaeaceae*
15.	*Chandana*	*Santalum album*	*Santalaceae*
16.	*Padmaka*	*Prunus cerasoides D. Don*	*Rosaceae*
17.	*Ativisha*	*Aconitum heterophyllum*	*Ranunculaceae*
18.	*Musta*	*Cyperus rotundus*	*Cyperaceae*
19.	*Mudgaparni*	*Vigna trilobata*	*Fabaceae*
20.	*Renuka*	*Vitex agnus-castus*	*Verbenaceae*
21.	*Yashtimadhu*	*Glycyrrhiza glabra*	*Fabaceae*
22.	*Tulsi*	*Ocimum sanctum*	*Lamiaceae*
23.	*Vyaghranakhi*	*Capparis zeylanica*	*Capparidaceae*
24.	*Jivaka*	*Malaxis acuminata*	*Orchidaceae*
25.	*Rishabhaka*	*Malaxis muscifera*	*Orchidaceae*
26.	*Palasha*	*Butea monosperma*	*Fabaceae*
27.	*Kasturi*	*Abelmoschus moschatus*	*Malvaceae*
28.	*Nalika*	*Onosma echioides L.*	*Phyllanthaceae*
29.	*Javitri*	*Myristica fragrans*	*Myristicaceae*
30.	*Saprakka*	*Anisomeles malabarica*	*Lamiaceae*
31.	*Kesar*	*Crocus sativus*	*Iridaceae*
32.	*Shaileya*	*Parmelia perlata*	*Parmeliaceae*
33.	*Jaiphal*	*Myristica fragrans*	*Myristicaceae*
34.	*Katuphal*	*Myrica esculenta*	*Myricaceae*
35.	*Sugandh bala*	*Pavonia odorata*	*Malvaceae*
36.	*Twak*	*Cinnamomum verum*	*Lauraceae*
37.	*Kunduru*	*Coccinia grandis*	*Cucurbitaceae*
38.	*Karpura*	*Cinnamomum camphora*	*Lauraceae*
39.	*Turushka*	*Boswellia serrata*	Burseraceae
40.	*Shrinivasa*	*Pinus roxburghii Sarg*	*Pinaceae*
41.	*Lavanga*	*Syzygium aromaticum*	*Myrtaceae*
42.	*Nakha*	*Helix aspersa*	*Helicidae*
43.	*Kushtha*	*Saussurea lappa*	*Asteraceae*
44.	*Jatamansi*	*Nardostachys jatamansi DC*	*Caprifoliaceae*
45.	*Priyangu*	*Callicarpa macrophylla Vahl*	*Verbenaceae*
46.	*Sthauneyaka*	*Taxus baccata Linn.*	*Taxaceae*
47.	*Tagara*	*Valeriana wallichii DC.*	*Caprifoliaceae*

Table 2 Ayurvedic and modern pharmacological properties of ingredients of *Bala Taila.* [9]

S. no.	Drug	*Rasa*	*Guna*	*Veerya*	*Vipaka*	*Doshakarma*	*Chemical composition with pharmacological activity*
1.	*Bala*	*Madhura*	*Laghu Snigdha Picchil*	*Sheeta*	*Madhura*	*Vatapittahara*	Phytosterol, ecdysterone Immunostimulant
2.	*Guduchi*	*Madhura*	*Snigdha, Guru, Mridu, Pichhil.*	*Sheeta*	*Madhura*	*Vatapittahara*	Carbohydrate Sugar (Lactose) Energy Protein Calcium
3.	*Rasna*	*Madhura, Kashaya*	*Ruksha, Sheeta*	*Sheeta*	*Madhura*	*Kaphapitta Shamaka,Vata Vardhak*	choline, pluchine, taraxasterol, and various sterols and flavonoids
4.	*Dadhimastu*	*Amla*	*Laghu Ruksha*	*Ushna*	*Amla*	*Vata Shamaka*	Lactic acid Laxative & Diuretic Property
5.	*Ikshu Swarasa*	*Madhura*	*Guru Snigdha Sara*	*Sheeta*	*Madhura*	*Vata-Pitta Shamaka Kapha Vardhaka*	Carbohydrates(Sucrose) Aconitic acid Diuretic Action
6.	*Tila Taila*	*Madhura Tikta Kashaya*	*Guru Sukshma Tikshna*	*Ushna*	*Madhura*	*Vata-Hara Kapha-Hara Pitta-Vardhaka*	Sesamin, Sesamolin, and Sesamol Anti-Inflammatory & Analgesic
7.	*Shukta*	*Amla*	*Laghu Ruksha Tikshna*	*Ushna*	*Madhura*	*Vata-Hara Kapha-Hara Pitta-Vardhaka*	-
8.	*Goat Milk*	*Madhura Kashaya*	*Laghu Ruksha Shlakshna*	*Sheeta*	*Katu*	*Tridoshic*	Tryptophan and Cysteine Hypoallergenic & Low Allergenicity
9.	*Shati*	*Katu Tikta Kashaya*	*Laghu Teekshna*	*Ushna*	*Katu*	*Kapha-Vata Shamaka*	hedychenone and 7-hydroxyhedychenone Anti-asthmatic & Bronchodilator

10.	*Sarala*	*Katu Tikta Kashaya*	*Laghu, Teekshna Snigdha*	*Ushna*	*Katu*	*Kapha-Vata Shamaka*	oleoresin Phenolics & Flavonoids Antiseptic & Antimicrobial
11.	*Devadaru*	*Tikta, Katu Kashaya*	*Laghu Snigdha*	*Ushna*	*Katu*	*Kapha-Vata Shamaka*	alpha-himachalene,beta - himachalene,
12.	*Ela*	*Katu Madhura*	*Laghu Ruksha*	*Sheeta*	*Madhura*	*Tridoshahara*	terpinyl acetate Gastroprotective & Carminative
13.	*Manjistha*	*Tikta Kashaya Madhura*	*Guru Rooksha*	*Ushna*	*Katu*	*Kapha-Pitta Shamaka*	Anthraquinones & Glycosides
14.	*Agaru*	*Katu Tikta*	*Laghu , Tikshna Ruksha*	*Ushna*	*Katu*	*Kapha and Vata Doshas*	Sesquiterpenoids Neuroprotective & Sedative
15.	*Chandana*	*Tikta Madhura*	*Laghu Ruksha*	*Sheeta*	*Katu*	*Kapha-Pitta Shamaka*	santenol, teresantalol Antimicrobial & Antibacterial
16.	*Padmaka*	*Kashaya Tikta*	*Laghu Snigdha*	*Sheeta*	*Katu*	*Kapha-Pitta Hara*	Flavonoids Antioxidant & Cytoprotective
17.	*Ativisha*	*Tikta Katu*	*Laghu Ruksha*	*Ushna*	*Katu*	*Kapha-Pittahara*	diterpene alkaloids Hypotensive
18.	*Musta*	*Tikta Katu Kashaya*	*Laghu Ruksha*	Sheeta	*Katu*	*Kapha-Pittahara*	Sesquiterpenes & Ketones Antiobesity & Hypolipidemic
19.	*Mudgaparni*	*Madha Tikta*	*Laghu Ruksha*	*Sheeta*	*Madhura*	*Tridosha Shamaka*	Vitexin, IsovitexinAntimicr obial & Wound heal
20.	*Renuka*	*Katu Tikta*	*Laghu Tikshna*	*Anush na*	*Katu*	*Kapha and Vata*	Casticin, vitexin Dopaminergic Activity
21.	*Yashtimadhu*	*Madhura*	*Guru Snigdha*	*Sheeta*	*Madhura*	*Medhya*	Glycyrrhizin Hepatoprotective
22.	*Tulsi*	*Katu Tikta*	*Laghu, Rooksha Teekshna*	Ushna	*Katu*	*Vata-Kapha Hara Pitta Vardhini*	Phenylpropanoid Respiratory Clearance
23.	*Vyaghranakhi*	*Katu Tikta*	*Laghu Ruksha*	*Ushna*	*Katu*	*Kapha-Vata Hara*	Glucocapparin Antimicrobial & Antifungal
24.	*Jivaka*	*Madhura*	*Guru Snigdha Pichhila*	*Shita*	*Madhura*	*Vatapitta Shamaka*	Cetyl alcohol Aphrodisiac & Spermatogenic
25.	*Rishabhaka*	*Madhura*	*Guru Snigdha*	*Shita*	*Madhura*	*Vata-Pitta Shamaka*	Piperitone, *eugenol,* and*1,8-cineole Immunomodulatory / Adaptogenic*

26.	*Palasha*	*Katu Tikta, Kashaya*	*Laghu*	*Ushna*	*Katu*	*Kapha-vata shamak*	isobutrin, coreopsin, Anthelmintic
27.	*Kasturi*	*Tikta Katu*	*Laghu Ruksha Teekshna*	*Ushna*	*Katu*	*Kapha-Vata Shamaka.*	methylcyclopentade canone Cardiotonic & Circulatory Stimulant
28.	*Nalika*	*Tikta*	*Laghu, Ruksha Sara*	*Ushna*	*Katu*	*Kapha-Vata Shamaka*	Apigenin, Kaempferol Trichogenous
29.	*Javitri*	*Tikta Katu*	*Laghu Teekshna*	*Ushna*	*Katu*	*Kapha-Vata Hara*	Myristicin, Elemicin Antimicrobial & Antiseptic
30.	*Saprakka*	*Tikta Kashaya*	*Laghu Ruksha*	*Ushna*	*Katu*	*kapha-Pitta Hara*	*Tephrosin, Rotenone Detoxification*
31.	*Kesar*	*Katu & Tikta*	*Snigdha & Laghu*	*Ushna*	*Katu*	*Tridoshahara*	Stomachic Digestive Tonic
32.	*Shaileya*	*Tikta Kashaya*	*Laghu Snigdha*	*Sheeta*	*Katu*	*Kapha-Pitta Shamaka*	Lichenin, Isolichenin Antimicrobial & Antifungal
33.	*Jaiphal*	*Katu Tikta*	*Laghu Teekshna*	*Ushna*	*Katu*	*Kapha-Vata Shamaka*	Phenylpropene NervineTonic, Sedative& Nootropic
34.	*Katuphal*	*Katu, Tikta Kashaya*	*Laghu Teekshna*	*Ushna*	*Katu*	*Kapha-Vata Shamaka*	Myricetin, Myricitrin, Anti-Allergic and Anti-Asthmatic
35.	*Sugandhawala*	*Katu Tikta Kashaya*	*Laghu Snigdha*	*Ushna*	*Katu*	*Tridoshahara*	valtrate, isovaltrateSedative & Anxiolytic
36.	*Twak*	*Katu Tikta, Madhura*	*Laghu, Rooksha Teekshna*	*Ushna*	*Katu*	*Kapha-Vata Hara*	Cinnamaldehyde & Trans-cinnamaldehydeAnt idiabetic / Hypoglycemic
37.	*Kunduru*	*Madhura Tikta Kashaya*	*Laghu Ruksha*	*Sheeta*	*Katu*	*Kapha-Pitta Shamana*	beta-Boswellic acid Acetyl-beta-boswellicacid Immunomodulatory
38.	*Karpura*	*Tikta Katu Madhura*	*laghu Ruksha Tikshna*	*Sheeta*	*Katu*	*Tridoshara*	Monoterpene Ketone Respiratory Decongestant
39.	*Turushka*	*Katu Tikta Madhura*	*Snigdha Laghu*	*Ushna*	*Katu*	*Kapha-Vata Hara*	Cinnamic acid Benzoicacid Reproductive Tonic
40.	*Shrinivasa*	*Katu Tikta*	*Laghu Ruksha Teekshna*	*Ushna*	*Katu*	*Kapha-Vata Shamaka*	eugenol and piperine

41.	*Lavanga*	*Tikta Katu*	*Laghu Snigdha Teekshna*	*Sheeta*	*Katu*	*Kapha-Pitta Shamaka*	Sesquiterpene Antispasmodic, Mucolytic
42.	*Nakha*	*Katu*	*Laghu Ruksha*	*Ushna*	*Katu*	*Kapha- Vata vriddhikar*	Keratin Magnesium, Phosphate Wound Healing & Tissue
43.	*Kushtha*	*Tikta Katu Madhura*	*Laghu Ruksha Teekshna*	*Ushna*	*Katu*	*Kapha-Vatahara*	taraxasterol, beta - sitosterol Bronchodilatory & Expectorant
44.	*Jatamansi*	*Tikta , Kashaya Madhura*	*Laghu Snigdha*	*Sheeta*	*Katu*	Tridosha Shamak	Jatamansone Neuroprotective & Nootropic
45.	*Priyangu*	*Tikta Kashaya Madhura*	*Laghu Ruksha*	*Sheeta*	*Katu*	*Pitta-Vata Shamaka*	*Calliterpenone Anti-inflammatory & Anti-arthritic*
46.	*Sthauneyaka*	*Katu Tikta Madhura*	*Snigdha Guru*	Sheeta	*Madhura*	*Tridoshahara*	Betuloside, phenylpropanoids Antispasmodic & Central Nervous System
47.	*Tagara*	*Tikta Katu Kashaya*	*Laghu Snigdha*	*Ushna*	*Katu*	*Kapha-Vata Shamaka*	Isovaltrate, Didrovaltrate Hypotensive
48.	*Sugandha Trina*	*Tikta Katu*	*Laghu Ruksha Tikshna*	*Ushna*	*Katu*	*Kapha-Vata Shamak*	*Luteolin kaempferol, chlorogenic acid Antipyretic & Diaphoretic*
49.	*Vacha*	*Katu Tikta*	*Laghu Teekshna*	*Ushna*	*Katu*	*Kapha-Vata Shamaka*	Acorone, acorenone, Anticonvulsant & Sedative
50.	*Madanaphala*	*Tikta Katu Madhura Kashaya*	*Laghu Ruksha*	*Ushna*	*Katu*	*Kapha-Vata Shamaka*	Oleanolic acid Randialic acid Antioxidant & Gastroprotective
51.	*Nagakesara*	*Kashaya, Tikta*	*Laghu, Ruksha, Teekshna*	*Ushna*	*Katu*	*Kapha-Pitta Shamaka*	Mesuaferrone Phytosterols Hemostatic

METHOD OF PREPARATION [10]

The decoction is made by boiling the coarse powder of Bala 100 *Pala, Guduchi 25 Pala* and *Rasna 12.5 Pala* with 100 *Adhka* amount of water until it decreases to one Tenth and then filter it. Now, to the prepared decoction, add one *Adhaka* each of *Dadhimastu, Ikshu Swarasa, Shukta,* and *Tila Taila*, along with half an *Adhaka* of goat's milk, and place the mixture over the fire. Thereafter, add one *Pala* each of the *Kalkadravyas,* beginning with *Kachura* and ending with *Nagakesara*, and process the formulation accordingly.

When there is no more moisture present and a froth form on top of the oil, the heating is halted. The oil is exposed to fire and the crackling sound is monitored to verify that there is no moisture present. It is cooled, filtered, and kept in a securely sealed container.

DISCUSSION

Bala Taila, as described in *Charaka Chikitsa Sthana* and supported by the principles of *Dravyaguna Shastra,* is a classical medicated oil predominantly indicated for the management of *Vata Dosha* and *Vata-dominant* disorders. The formulation contains Bala (Sida cordifolia) along with other herbal ingredients and *Sneha Dravya,* which collectively contribute to its therapeutic efficacy. The pharmacological attributes of the constituent drugs demonstrate predominance of *Vatahara*, Balya, Brimhana, *Snigdha*, *Guru*, *Mridu* and, where applicable, *Ushna* properties.

The therapeutic action of *Bala Taila* can be understood through the *Samanya-Vishesha Siddhanta,* wherein the *Snigdha,* Guru and *Mridu* qualities of the formulation counteract the *Ruksha, Laghu* and *Khara* qualities of aggravated *Vata*. The unctuous nature of *Taila* provides *Snehana,* while the nourishing properties of Bala and other ingredients support *Brimhana* and *Balya* actions. Thus, the formulation may help restore strength and functional integrity in tissues affected by *Vata* aggravation and *Dhatu Kshaya*.

Bala (Sida cordifolia) is the principal ingredient and is traditionally recognized for its *Balya*, *Brimhana* and *Vatahara* properties. Its inclusion provides the formulation with strengthening and nourishing characteristics, making *Bala Taila* particularly relevant in conditions associated with weakness, emaciation, neuromuscular dysfunction and *Vata* aggravation.

The classical indications of *Bala Taila* include disorders such as *Chardi, Gulma, Pliha Vriddhi, Shosha* and *Apasmara,* along with conditions associated with *Vata* aggravation. These indications demonstrate the broader therapeutic application attributed to the formulation. The presence of *Vatahara* and *Brimhana* components provides a possible

Ayurvedic rationale for its use in disorders involving depletion, weakness and functional disturbance.

CONCLUSION

Bala Taila is a classical *Ayurvedic* medicated oil with a predominantly *Vatahara, Balya* and *Brimhana* therapeutic profile. Bala (Sida cordifolia) forms the principal component of the formulation and contributes significantly to its strengthening, nourishing and Vata-pacifying properties.

The predominance of *Snigdha*, Guru and *Mridu* qualities help counteract the *Ruksha, Laghu* and Khara attributes of aggravated *Vata*, while the Sneha component facilitates *Snehana* and supports the nourishing action of the formulation. The collective action of its ingredients provides a rational *Ayurvedic* basis for its application in *Vata-dominant* conditions and disorders associated with weakness and tissue depletion.

Thus, *Bala Taila* may be considered an important classical formulation with Vata-*Shamana, Balya, Brimhana* and *Snehana actions*. Its classical indications, including *Chardi, Gulma, Pliha Vriddhi,* Shosha and *Apasmara*, reflect the diverse therapeutic utility attributed to the formulation in classical *Ayurvedic* literature. Further pharmacological and clinical studies may help establish the correlation between its classical properties and contemporary therapeutic applications.

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