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BALYAKAR DRUGS OF HARITKYADIVARGA OF BHAVPARKASH NIGHANTU :A REVIEW

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ARTICLE INFO	ABSTRACT
<p>Article History: Received 13th January, 2024 Received in revised form 27th January, 2024 Accepted 17th February, 2025 Published online 28th February, 2025</p>	<p>In Ayurveda is a holistic system of medicine that originated in India over 3000 years ago .The action Balyais defined as “BalyaHitamBalyam” refers to substance that are beneficial and tend to increase bala of an individual.Thus to understand the action Balya it is necessary to know the concept of Balya in Ayurveda. Acharya Bhavprakashhas classified the Varginto 97 drugs of HaritkyadiVarg. Haritkyadi-Vargcontains 97 drugs. out of 97 drugs, 41 drugs are Balya. 41 important drugs are enumerated under this Haritkyadivarg. I.e. Vibhitaki, amla, Gajpipili, Ajvayan, Ajmoda, Ajvayan, (jangli), Ajvayan (Jangli), Parsik-Yavani ,Methika, Van-Methi, Chandrika, Hingu, Kulinjan, Chopchini, VayVidang, Tumburu, Vanshlochan, Yastimadhu, Kutki, Inderyav, Nakuli, Machika, Jyotishmati, Katukparni, karkatsringi, Kusumbh, Lakh, Daruhaldi, Bakuchi, Chakvar, Atis, Lodhra, Pthani, Lodhra, Lahsun, Pyaaz, B-hilava, Postdana, Vidnamak, SorvchalNamak. Drugs which increase vitality or strength of body known as “Balya”. Haritkyadivarg is the term for a group of drugs which are used for similar purpose. The Balya action is critically analysed and discussed in this review.</p>
<p>Key words:</p> <p>Balya, Strength, Haritkyadi Varga</p>	
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INTRODUCTION

The *Ayurvedic classical* texts have described the pharmacological classification of drugs, broadly and scientifically. According to *Acharya Charak* benefits of *Sneha Gandush Dharan*, the *Sneha Gandush Dharan* strength of Jaw and voice increase and flesh increase in the body¹. People who's head is always moist with oil never suffer from headache, hair does not fall, there is great increase in the strength of the head and skull². By applying oil daily, The touch of the skin of a person becomes soft the skin of all the limbs becomes full, the main becomes strong, handsome and has a pleasing figure³. Bathing is the best way to strengthen the body⁴. Applying scented mask and wearing garland is longativity of life, Increased libido and overall strength⁵.wearing footwear gives to strength to foot and allows to do your work efficiently, and provides comforts to foot⁶. Caring umbrella to prevent from any external disease increased in strength⁷. *Acharya Charak* is also mention in *Charak Samhitain* regimen (*Hemant Ritu*) of winter season for the strength of the stomach fire in the cold season. There is most coolens in the winter season, therefore, The touch of called air stops the internal file. In the body of strong (healthy) men is able to digest⁸.

There are three types of *Bala* according to *Acharya Charak*⁹:-

1. *Sahaj Bala*(Innat).
2. *KalajaBala*(Chronic).
3. *YuktikritBala*(Convenient).

1. *Sahaj bala*-Is that this is naturally produced by the body and mind.
2. *Kalajbala*- Kalaj Bala is that which is produced by the division of seasons and by childhood, youth and old age.
3. *Yuktikrit Bala* is that which is produced by the consumption of nutrition's food and by activities like exercise.

According to *Aacharya Sushrut Vayapada, Visransa, and Kshaya* are said to be the three effects of *Bala* (Oj).

1. *Vayapada Bala*- Heaviness, numbness in the limbs, depression, piercing of the complexion.wind swelling are the symptoms of strength and distress.
2. *Visransa of Bala*- Heaviness in the limbs, numbers and dullness, differences in body colour, drowsiness and wind oedema are the symptoms fainting.
3. *Balksaya* - Loss of flesh, delusion, speechlessness and ignorance. The aforementioned symptoms and death in the loss of strength¹⁰.

Balya (Tonic) - The substance which increase the strength of the body are called “Balya” that is considered to be the function of *Ojas*. The absence of the, the body becomes in capable

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of performing its task. It has been divided into two categories¹¹.

1. Gernal strength - they increase the strength of all the organs of the body in gernal via turtle, asparagus etc. there are metal enhancers so they came more strength to the body due to making more energy.
2. Specific strength - some substance strengthen specific organs e.g.

Amashya–TiktaRasa,
shushumna - Kupilu,
Haridya - Arjun,

Nadisansthan - Tagar.

DISCUSSION

In *Ayurveda*, *Balya* Refers To The Concept of Strength or Vitality, Physical And Mental. *Haritakyadi Varga* (which is a group of herbs with *Haritaki* as the central herbs) is considered important promoting *Balya*, as it is associated with rejuvenating and strengthening the body and mind. A balanced diet rich in nutrients, including protein, healthy fats, vitamins and minerals and maintaining strength. Food that are easy to digest and nourishing are preferred to support *Balya*. In *Ayurveda*, specific herbs are used to restore or enhance strength. In *Ayurve-*

Table of Balyakardrugs of HaritkyadiVargaccording to Acharya Bhavparkash

Sr.No.	Name of Drug	Latin Name	Family	Action	Reffrence
1	Vibhitaki	<i>Terminalia Belirica</i>	Combretaceae	Balya	B.P. 1/36
	Amla	<i>Emblca officinalis</i>	Euphorbiaceae	Balya	B.P. 1/38
	Gajpippali	<i>Scindapsusofficinalis</i>	Araceae	Balya	B.P. 1/68-69
	Ajwayan	<i>Carum capsicum</i>	Umbelliferae	Balya	B.P. 1/75-76
	Ajmoda	<i>Apium graveolens</i>	Umbelliferae	Balya	B.P. 1/79
	Ajwayan (Jangali) ¹	<i>Seseli indicum</i>	Umbelliferae	Balya	B.P. 1/76
	Ajwayan (Jangali) ²	<i>Thymus serpyllum</i>	Labiitae	Balya	B.P. 1/76
	Parsikyavani	<i>Hyoscyamus niger</i>	Solanaceae	Balya	B.P. 1/80
	Methii	<i>Trigonalia foenumgraecum</i>	Papilionaceae	Balya	B.P. 1/94
	Van methii	<i>Trigonaliafoenumgraecum</i>	Leguminosae	Balya	B.P. 1/94
	Chandrikaa	<i>Lipidiumativam</i>	Cruciferae	Balya	B.P. 1/96-97
	Hingu	<i>Ferulafoetida</i>	Umbelliferae	Balya	B.P. 1/101
	Kullinjan	<i>Alpinia galanga</i>	Zingiberaceae	Balya	B.P. 1/102
	Chopchinni	<i>Smilax china</i>	Liliaceae	Balya	B.P. 1/107
	Vay-vidang	<i>Embeliaribes</i>	Myrsinaceae	Balya	B.P. 1/112
	Tumbru	<i>Zanthoxylum alatum</i>	Rutaceae	Balya	B.P. 1/115
	Vans lochana	<i>Bambusaarundinacea</i>	Gramineae	Balya	B.P. 1/117
	Yashtimadhu	<i>Glycyrrhiza glabra</i>	Leguminosae	Balya	B.P. 1/145-46
	Kutaki	<i>Gentiana kurroo</i>	Gentianaceae	Balya	B.P. 1/152
	Khurasanikutaki	<i>Helleborus niger</i>	Ranunculaceae	Balya	B.P. 1/152
	Inderyava	<i>Holarrhenaantudyenteria</i>	Apocynaceae	Balya	B.P. 1/159
	Nakuli	<i>Rauwolfia serpentina</i>	Apocynaceae	Balya	B.P. 1/165
	Machika	<i>Tamarix articulata</i>	Trmaricaceae	Balya	B.P. 1/166-67
	Jyotishmati	<i>Celastruspaniculatus</i>	Celastraceae	Balya	B.P. 1/171
	Kattuparni	<i>Argemone Mexicana</i>	Papaveraceae	Balya	B.P. 1/176-80
	Karkatshringi	<i>Pistacia integerima</i>	Anacardiaceae	Balya	B.P. 1/182
	Kusumbh	<i>Carthamus tinctorius</i>	Compositae	Balya	B.P. 1/182
	Lakh	<i>Lacciferlacca</i>	Lacciferidae	Balya	B.P. 1/185
	Daruhaldi	<i>Berberis species</i>	Berberidaceae	Balya	B.P. 1/201
	Bakuchi	<i>Psoralea corylifolia</i>	Leguminosae	Balya	B.P. 1/208
	Chakvad	<i>Cassia tora</i>	Leguminosae	Balya	B.P. 1/212
	Atish	<i>Aconitum heterophyllum</i>	Ranunculaceae	Balya	B.P. 1/213
	Lodhra	<i>Symplocosracemusa</i>	Symplocaceae	Balya	B.P. 1/214
	Pathanilodhra	<i>Symplocoscrataegoides</i>	Symplocaceae	Balya	B.P. 1/214
	Lahsun	<i>Allium sativum</i>	Liliaceae	Balya	B.P. 1/222

	<i>Pakputiyalahsun</i>	<i>Allium asscalonicum</i>	<i>Liliaceae</i>	<i>Balya</i>	<i>B.P. 1/222</i>
	<i>Pyaz</i>	<i>Allium cepa</i>	<i>Liliaceae</i>	<i>Balya</i>	<i>B.P. 1/227</i>
	<i>Bhilawa</i>	<i>Semecarpus.Anacardium</i>	<i>Anacardiaceae</i>	<i>Balya</i>	<i>B.P. 1/232</i>
	<i>Post dana</i>	<i>Papaver somniferum</i>	<i>Papaveraceae</i>	<i>Balya</i>	<i>B.P. 1/236</i>
	<i>Vida namak</i>	<i>Ammonium chloride</i>	-	<i>Balya</i>	<i>B.P. 1/246</i>
	<i>Sovarchalnamak</i>	<i>Sodium chloride</i>	--	<i>Balya</i>	<i>B.P. 1/249</i>

da, Balya is closely tied to disease prevention and the aging process. When a person has strong Balya, they are more resilient to illness and physical debility. Regular yoga and breathing exercise(*Pranayama*) strengthen the body, reduce stress, and promote mental clarity. *Panchkarma* like *Tail Abhyang*, *Tail Gandhush Dharan*, *Shiro Abhyanga* etc are detoxification process, can remove accumulated toxins from the body and restore balance to the *Doshas*. *Ayurvedic* classical texts such as the *Charak Samhita* and *Shushrut Samhita* mention *Balya* as a key aspect of maintaining health and longevity.

CONCLUSION

Balya is a cornerstone of *Ayurvedic* philosophy, emphasizing the importance of strength and vitality in achieving optimal health. By incorporating *Balya* enhancing practices into daily life such as a balanced diet, regular exercise, stress management, and the use of rejuvenating herbs—one can build resilience, prevent diseases, and lead a harmonious and healthy life.

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