

Therapeutic and Preventive Potential of Bala (*Sida cordifolia* Linn.) as a Rasayana in Adolescent Female Health: A Critical Review

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Abstract: *Adolescence is a crucial developmental phase in a female's life, marked by significant physiological and endocrinological changes, including the onset of menarche. Ayurveda emphasizes Rasayana therapy for promoting optimal growth, hormonal balance, and reproductive health during this transition. Bala (Sida cordifolia Linn.), renowned for its Rasayana, Balya, and Brimhana properties, plays a pivotal role in nourishing Sapta Dhatus, fortifying reproductive tissues, and enhancing Ojas. Its Madhura Rasa, Sheeta Virya, Snigdha and Picchila Guna facilitate endocrine regulation, ensuring menstrual homeostasis and psychosomatic stability. This critical review evaluates the therapeutic efficacy of Bala in adolescent girls, correlating Ayurvedic principles with contemporary scientific insights. The study highlights Bala's immunomodulatory, neuroendocrine-stabilizing, and uterine-tonic effects, underscoring its potential in addressing pubertal transitions and reproductive health disorders. Further clinical research is warranted to standardize Bala-based interventions for optimizing adolescent well-being.*

Keywords: Rasayana, Bala, *Sida cordifolia* Linn., Adolescent Health, Menarche, Female Reproduction