**BALYA KARMA: AN AYURVEDIC LITERATURE REVIEW**

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**ABSTRACT:**

Understanding *Balya* *Karma* of *Ayurveda*, which refers to substances that are advantageous and tend to increase or enhance *Bala* of an individual, is necessary in the modern world due to outbreaks of novel bacterial and viral diseases and the weakening of the human race due to polluted environment. A person with adequate *Bala*/strength is less likely to be affected by diseases frequently. *Karmasamarthya* refers to a person's capability or ability to do tasks using their mind, body, and voice. It may be regarded as *Bala*, or power. *Ayurveda's* concept of *Bala* is crucial. It is the life force that unites all living things. There are numerous *Ayurvedic* elements that might raise *Bala*. This article's main goal is to present a thorough analysis of *Bala* in context to its different synonyms and references. *Balya* *Karma* is compiled from 25 Nighantu, 16 *Ayurvedic* compendia, and 20 *Rasashastra* related books. The obtained facts are shown in a methodical way. The results of the critical analysis of total36 classical writings and 25 Nighantu demonstrate that a total of 1588 *Balya* terms were discovered from *Ayurveda*, *Rasashastra*, and *Nighantu*. The outcome that was noticed might be useful for understanding *Balya* *Karma* as well as in organizing future research projects.

**Keywords**: *Balya* *Karma*, *Ayurveda*, Strength, *Bala*, Nighantu, Samhita, *Rasashastra*

**INTRODUCTION:**

*Rasapanchaka* carries out *Karma*, one of the *Sapta* *Padarthas* of the *Dravyaguna* branch of *Ayurveda*, which is the cause of *Dravya's* *Samyoga* (Association) and *Vibhaga* (Dissociation). *Sarvadhatuka* *Karma* is the category for *Balya* *Karma*. *Ayurveda*, sometimes known as the science of life, both preserves and heals a patient's health. People are currently afflicted with a variety of idiopathic and immunosuppressive disorders. *Bala* is among the most crucial aspects in the process of diagnosing diseases. *Bala* is a person's inner strength.[[1]](#endnote-1) Strength could be either physical or mental. *Bala* merely has knowledge of inference and has no *Rasa* (taste), *Varna* (colour), or *Virya* (active principle). [[2]](#endnote-2) Both disease diagnosis and medication administration are aided by it. [[3]](#endnote-3) It displays the life duration. *Sharirika* *Bala* (physical strength) and *Manasika* *Bala* (mental strength), two of the numerous types of *Bala* described in classical *Ayurvedic* writings, are the most significant. *Bala* is comparable to both the capacity for work and immunity. In the current study, an effort was made to assess a person's *Bala* (strong) from a clinical perspective. From the classical texts of *Ayurveda* and other relevant sources, all pertinent information about *Bala* has been analysed. According to the review, certain physical and mental functions related to *Bala* can be evaluated using contemporary inquiry techniques like haematological tests, biochemical tests, and radiological tests, certain instruments, and clinical examinations. The necessity to comprehend the *Balya* *Karma* of *Ayurveda*, defined as "*Balaya* *Hitam* *Balyam*,"[[4]](#endnote-4) is necessary in the current situation, where every younger generation is weaker than the one before it and diseases like ebola, dengue, chikungunya, etc. are occasionally presented by new bacteria, viruses, etc. According to Acharya Charaka, only *Bala* is capable of resisting *Dosha*, hence this phrase refers to substances that are advantageous and have the tendency to increase or enhance *Bala* in a person.[[5]](#endnote-5)

In order to identify words linked to *Balya* *Karma*, an effort has been made to evaluate a variety of available Nighantu (lexicon), Samhita (traditional *Ayurvedic* treatise), *Samgrahagrantha*, *Chikitsagrantha* (compendia of *Ayurveda*), and *Rasagrantha* (compendia related to *Rasashastra*) compendia.

**AIM:**

To review *Balya* *Karma* inNighantu (lexicon), Samhita (traditional *Ayurvedic* treatise), *Samgrahagrantha*, *Chikitsagrantha* (compendia of *Ayurveda*), and *Rasagrantha* (compendia related to *Rasashastra*)..

**MATERIALS AND METHODS:**

In this article, *Balya* *Karma* related word compiled from 25 Nighantu like; Saushrut Nighantu[[6]](#endnote-6), Amarkosh[[7]](#endnote-7), Astanga Nighantu[[8]](#endnote-8), Paryayaratnamala[[9]](#endnote-9), Madanadi Nighantu[[10]](#endnote-10), Dhanvantari Nighantu[[11]](#endnote-11), Shabdachandrika[[12]](#endnote-12), Shodhala Nighantu[[13]](#endnote-13), Nighantushesha[[14]](#endnote-14), Abhidhana Ratnamala[[15]](#endnote-15), Madhava,s Dravyaguna[[16]](#endnote-16), Hrdaydeepaka Nighantu[[17]](#endnote-17), Madanapala Nighantu[[18]](#endnote-18), Kaiyadeva Nighantu[[19]](#endnote-19), Saraswati Nighantu[[20]](#endnote-20), Bhavaprakasha Nighantu[[21]](#endnote-21), Raj Nighantu[[22]](#endnote-22), Shivakosha[[23]](#endnote-23), Rajvallabha Nighantu[[24]](#endnote-24), Laghu Nighantu[[25]](#endnote-25), Abhidhana Manjari[[26]](#endnote-26), Siddhamantra[[27]](#endnote-27), Chamatkara Nighantu[[28]](#endnote-28), Dravyaguna Sangraha[[29]](#endnote-29), Siddhasara Nighantu[[30]](#endnote-30), 16 different classical texts of Ayurveda like; Charaka Samhita[[31]](#endnote-31), Sushruta Samhita[[32]](#endnote-32), Ashtanga samgraha[[33]](#endnote-33), Ashtanga Hridaya[[34]](#endnote-34), Kashyapa Samhita[[35]](#endnote-35), Bhela Samhita[[36]](#endnote-36), Vrinda Madhava[[37]](#endnote-37), Chakradatta[[38]](#endnote-38), Harita Samhita[[39]](#endnote-39), Gada Nigraha[[40]](#endnote-40), Vangasena Samhita[[41]](#endnote-41), Sharangdhara Samhita[[42]](#endnote-42), Bhavaprakash Samhita[[43]](#endnote-43), Yoga Ratnakara[[44]](#endnote-44), Bhaishjya Ratnavali[[45]](#endnote-45), Sahasrayoga[[46]](#endnote-46) and 20 books related to classical texts of Rasashastra like; Rasendra mangala[[47]](#endnote-47), Rasaratna Samucchaya[[48]](#endnote-48), Rasapraksha Sudhakara[[49]](#endnote-49), Rasendrachintamani[[50]](#endnote-50), Rasatarangini[[51]](#endnote-51), Rasapaddhati[[52]](#endnote-52), Anandakanda[[53]](#endnote-53), Rasamanjiri[[54]](#endnote-54), Rasakamdhenu[[55]](#endnote-55), Rasaratnakara[[56]](#endnote-56), Rasendrasara Samgraha[[57]](#endnote-57), Rasarnavam Name Rastanka[[58]](#endnote-58), Rasamitra[[59]](#endnote-59), Rasendrachudamani[[60]](#endnote-60), Rasavaidhak[[61]](#endnote-61), Rasopanisat[[62]](#endnote-62), Rasachandanshu[[63]](#endnote-63), Siddhayoga Sangraha[[64]](#endnote-64), Rasaradyatantram[[65]](#endnote-65), Rasamrutama[[66]](#endnote-66). Search terms for the aforementioned texts included *Bala*, *Balam*, *Balya*, *Balyah*, *Balyam*, *Balyo*, *Balapradam*, *Balaprada*, *Balavardhanam*, *Mahabalam*, *Balakshayah*, *Balakshaya*, *Balahani*, *Krinabala*, *Balakshina*, *Balavam*, *Balavana* *Atibala* etc. The collected data are kept in a table format that has been specifically created.

**OBSERVATION:**

**Table 1: *Balya* *Karma* word reported in Different Nighantu**

|  |  |  |  |
| --- | --- | --- | --- |
| Sr. No. | Nighantu | Number of *Balya* *Karma* | Word in Nighantu |
| 1. | Saushrut Nighantu | 0 | - |
| 2. | Amarkosh Nighantu | 0 | - |
| 3. | Astanga Nighantu | 1 | *Balyam* |
| 4. | Paryayaratnamala Nighantu | 0 |  |
| 5. | Madanadi Nighantu | 1 | *Balyam* |
| 6. | Dhanvantari Nighantu | 40 | *Atibalyah*, *Balyam*, *Balyashcha*, *Balya*, *Balapradam*, *Subalyah*, *Balyah* |
| 7. | Shabdachandrika | 0 | - |
| 8. | Shodhala Nighantu | 29 | *Balya*, *Balyam*, *Balyashcha*, *Balya*, *Balyah* |
| 9. | Nighantushesha | 0 | - |
| 10. | Abhidhana Ratnamala | 0 | - |
| 11. | Madhava,s Dravyaguna | 40 | *Balyam*, *Balyah*, *Balyau*, *Balyatam* |
| 12. | Hrdaydeepaka Nighantu | 0 | - |
| 13. | Madanapala N | 57 | *Balyam*, *Balyau*, *Balyam*, *Balyah*, *Balya* |
| 14. | Kaiyadeva Nighantu | 58 | *Balyam*, *Balyah*, *Balyatama*, *Balya*, *Balyatamo*, *Balapradama* |
| 15. | Saraswati Nighantu | 0 | - |
| 16. | Bhavarakasha Nighantu | 63 | *Balyah*, *Balyam*, *Balyau*, *Balyah*, *Balyashcha*, *Balya*, *Baladam* |
| 17. | Raj Nighantu | 43 | *Balyam*, *Balya*, *Atibalyah*, *Balyah*, *Balyashcha*, *Subalyadapi*, *Balyapradah*, *Balyadah* |
| 18. | Shivakosha | 0 | - |
| 19. | Rajvallabha Nighantu | 24 | *Balyam*, *Balya*, *Balyah* |
| 20. | Laghu Nighantu | 0 | - |
| 21. | Abhidhana Manjari | 1 | *Balyaka* |
| 22. | Siddhamantra | 0 | - |
| 23. | Chamatkara Nighantu | 0 | - |
| 24. | Dravyaguna Sangraha | 26 | *Balyah*, *Balyam*, *Balya*, *Balyashch*, *Bala* |
| 25. | Siddhasara Nighantu | 0 | - |

The word *Balya* *Karma* did not found any times in Saushruta Nighantu, Amarkosha, Paryayaratnamala, Shabdachandrika, Nighantushesha, Abhidhana Ratnamala, Hrdaydeepaka Nighantu, Saraswati Nighantu, Shivakosha, Siddhamantra, Chamatkara Nighantu and Siddhasara Nighantu. The word *Balya* *Karma* found only 1 time in Astanga Nighantu, Madanadi Nighantu as “*Balyam*” and as “*Balyak*” in Abhidhana Manjari. *Balya* word highest found in Kaiyadeva Nighantu. Among all 25 Nighantu *Balyan* and *Balyah* words were found more frequently. This *Balya* word is used as a reference of *Dravya’s* *Balya* *Karma*.

**Table 2: *Balya* *Karma* word reported in different classical texts of *Ayurveda***

|  |  |  |  |
| --- | --- | --- | --- |
| Sr. No. | Samhita | Number of *Balya* *Karma* | Word in Samhita |
| 1. | Charaka Samhita | 57 | *Balya*, *Balam*, *Balyam*, *Bala*, *Balavardhanam*, *Bala* *Vardhayati*, *Bala* *Kshaya*, *Balyo*, *Balapradah*, *Balavardhani*, *Balakruta*, *Balapradama*, *Balahitam*, *Balavantah*, *Balaprada*, *Balakshayah*, *Balajinanah* |
| 2. | Sushruta Samhita | 58 | *Balyam*, *Balavardhanama*, *Balavardhana* |
| 3. | Ashtanga Samgraha | 37 | *Balapradama*, *Balanasha*, *Bala*, *Balya*, *Balaprada*, *Balyam*, *Balyo*, *Balanasha*, *Balakshaya*, *Balam*, *Balavardhanama* |
| 4. | Ashtanga Hridaya | 30 | *Balavahah*, *Balapradama*, *Balavana*, *Balyam*, *Bala*, *Balyah*, *Balapradah*, *Balya*, *Balaprada*, *Balyo*, *Balakshaya*, *Balabhransha*, *Balabhransho*, *Balakshayah*, *Balanasha*, *Balavardhanama* |
| 5. | Kashyapa Samhita | 32 | *Balavardhanam*, *Bala*, *Balam*, *Balavardhani*, *Balya*, *Balavardhana*, *Balavana*, *Balahina* |
| 6. | Bhela Samhita | 16 | *Bala*, *Balavnitah*, *Balavana*, *Balaksha*, *Balam*, *Balyah*, *Balahani*, *Balamhani*, *Balyam*, *Balakaro* |
| 7. | Vrinda Madhava | 32 | *Balavardhanam*, *Balahani*, *Bala*, *Balapradam*, *Balamasadam*, *Balyai*, *Balam*, *Balena*, *Balyam*, *Balavana* |
| 8. | Chakradatta | 23 | *Balyam*, *Balahani*, *Bala*, *Balapradam*, *Atyabalatam*, *Balakaram*, *Balya*, *Balam*, *Balavardhanam* |
| 9. | Harita Samhita | 67 | *Balam*, *Balavana*, *Bala*, *Balyam*, *Balya*, *Balakruta*, *Alpabalam*, *Balavardhanam*, *Balakaram*, *Balakara*, *Balavardhanakara*, *Balakarah*, *Balyo*, *Balyah*, *Balavardhanah*, *Balakshaya*, *Balapradam*, *Balauj*, *Balavardhana*, *Balakshayata*, *Balakaraka*, *Balavardhani*, *Balaprada* |
| 10. | Gada Nigraha | 70 | *Bala*, *Balyam*, *Balapradam*, *Balya*, *Balyah*, *Balavardhanam*, *Balam*, *Balyo*, *Mahabalam*, *Balakshayah*, *Balanasha*, *Krinabala*, *Balakshina*, *Balahani*, *Balavam*, *Atibala*, *Balakshaya*, *Balaprada*, *Balavana* |
| 11. | Vangasena Samhita | 56 | *Bala*, *Balapradam*, *Balya*, *Balam*, *Balyah*, *Balyam*, *Kshirabala*, *Balakshayam*, *Balapradah*, *Balavardhanam*, *Balyo*, *Balavana*, *Balavardhana*, *Balakruta* |
| 12. | Sharangdhara Samhita | 7 | *Balyah*, *Balapradama*, *Balam*, *Bala* |
| 13. | Bhavaprakash Samhita | 56 | *Bala*, *Balya*, *Balam*, *Balakruta*, *Balyam*, *Balakshayah*, *Balavana*, *Balapradah*, *Balakruta*, *Balavardhana*, *Balahani*, *Balapradam*, *Balakshina*, *Nibala*, *Balava*, *Mahabalah* |
| 14. | Yoga Ratnakara | 124 | *Balya*, *Balapradama*, *Bala*, *Balyam*, *Balakruta*, *Balakaram*, *Baladam*, *Balyo*, *Balavardhana*, *Balado*, *Balahani*, *Balam*, *Balyah*, *Alpabala*, *Baladah*, *Balam* *hanti*, *Balapradam*, *Madhyabala*, *Balakara*, *Balavardhanam*, *Balakshaya*, *Balapradah*, *Balavrudhdhikara*, *Balakshina*, *Balaprada* |
| 15. | Bhaishajya Ratnavali | 117 | *Balakshayakara*, *Balarupapradam*, *Balam* *hanti*, *Balakruta*, *Balakshaya*, *Balam*, *Kshinabala*, *Balena*, *Balyam*, *Balavardhanam*, *Balya*, *Balapradam*, *Balaprasadam*, *Balavruddhi*, *Balyo*, *Balavana*, *Baladam*, *Balayuktam*, *Balakshayam*, *Balakshayo* |
| 16. | Sahasrayoga | 40 | *Balya*, *Balam*, *Balapushtikaram*, *Balapradam*, *Balapushtaya*, *Balakara*, *Balapushti*, *Balyam*, *Mahabalam*, *Balodbhavah*, *Balaprada*, *Balasanvardhaka*, *Balavardhanah*, *Balyah*, *Balavivardhanam*, *Balavardhanam*, *Balavardhanau*, *Balyo* |

In Charak Samhita, Sushruta Samhita, Ashtanga Hridaya and Ashtanga Sangraha *Balya* word mainly found in Sutrasthana and it is used as reference to Dravya *Balya* different words used are *Bala*, *Balya*, *Balyah* etc. In Kashyapa Samhita *Balya* word is more used in Khilasthana. In Bhelasamhita Chikitsasthana *Balya* word is used for 6 times. In Vrindamadhava *Balya* word mostly used in reference to Shabdayoga Siddhi. In Chakradutta *Balya* word used mainly in reference to *Yoga* (Formulation). In Haritasamhita *Balya* word used as an *Dravya Karma* it is more frequently(42 times) described in first *Sthana*. In Gadanigraha *Balya* *Karma* given in reference to *Yoga*. In Vangasen Samhita *Balya* word is more frequently used in *Mamsa* *Varga*. In Sharangdhara Samhita *Balya* word is more frequently used in *Madhyamkhanda*. In *Bhavaprakash* *Uttarasthana* *Balya* word is used more frequently it is used as a reference of *Dravya Karma*. In Yoga Ratnakar *Balya* word is used 13 times in *Nitya* *Pravrutti*. *Balya* word is used highest in 74 chapters of Bhaishajya Ratnavali for 14 times. In Sahasrayoga *Uttarakhand* *Balya* word used more frequently in *Aushadha Varga*. In all Samhita’s *Balya* word used mainly as a reference to *Dravya Karma* and *Yoga*.

**Table 3: *Balya* *Karma* word reported in different classical texts of *Rasashastra***

|  |  |  |  |
| --- | --- | --- | --- |
| Sr. No. | BOOK | Number of *Balya* *Karma* | Word in Book |
| 1. | Rasendra mangala | 1 | *Balishtha* |
| 2. | Rasaratna Samucchaya | 0 | - |
| 3. | Rasapraksha Sudhakara | 3 | *Bala*, *Balakara*, *Balam* |
| 4. | Rasendrachintamani | 17 | *Bala*, *Balyo*, *Balya*, *Bala*, *Balam* |
| 5. | Rasatarangini | 24 | *Bala*, *Balyama*, *Balyam*, *Balyo*, *Balya* |
| 6. | Rasapaddhati | 1 | *Balakaram* |
| 7. | Anandakanda | 51 | *Bala*, *Balavardhanam*, *Balavana*, *Mahabala*, *Mahabalah*, *Balapushti*, *Balaparadana*, *Balya*, *Balam*, *Bale*, *Balakruti*, *Balavardhana*, *Balapradah*, *Baladayani*, *Balakshaya*, *Balyam*, *Balabhramshakaram*, *Balavardhani* |
| 8. | Rasamanjiri | 9 | *Bala*, *Balapradam*, *Bala* *Nirhanti*, *Balyam*, *Baladam* |
| 9. | Rasakamdhenu | 22 | *Bala*, *Balam*, *Balavana*, *Balavardhanam*, *Balapradam*, *Balyam*, *Balakruta*, *Balavruddhi*, *Balya*, *Pravruddhibala*, *Balasya*, *Balasam* |
| 10. | Rasaratnakara | 44 | *Bala*, *Balam*, *Balahanti*, *Balahanti*, *Aayubalam*, *Balyam*, *Balahina*, *Balya*, *Balavruddhi*, *Baladayakah*, *Balyo* |
| 11. | Rasendrasara Samgrha | 39 | *Balapradah*, *Bala*, *Balam* *Nihanti*, *Balarupapradam*,*Balam* *Hanti*, *Balyam*, *Balakruta*, *Baladam*, *Balapushti*, *Balavardhanam*, *Balyo*, *Balavruddhi*, *Balapradam*, *Balakaro*, *Na* *Balam*, *Balavana* |
| 12. | Rasarnavam Name Rastanka | 3 | *Mahabalam*, *Balya*, *Bala*, *Mahabalah* |
| 13. | Rasamitra | 8 | *Balyo*, *Baladam*, *Balyam*, *Balakaram*, *Bala*, *Balavardhnam* |
| 14. | Rasendrachudamani | 6 | *Balya*, *Bala*, *Balavardhnam*, *Balyam* |
| 15. | Rasavaidhak | 7 | *Balavardhaka*, *Bala*, *Balavana* |
| 16. | Rasopanisat | 2 | *Balavana*, *Balam* |
| 17. | Rasachandanshu | 28 | *Balapradah*, *Balahanti*, *Baladavini*, *Bala*, *Baladam*, *Balamhanti*, *Balam*, *Balakruta*, *Balavardhanam*, *Balyam*, *Bala* *Vruddhi*, *Balya* |
| 18. | Shidhdhayoga Sangraha | 5 | *Balakaraka*, *Balama* |
| 19. | Rasaradyatantram | 6 | *Balavana*, *Alpabala*, *Bala*, *Balani*,*Balam* |
| 20. | Rasamrutama | 7 | *Balyah*, *Balapradam*, *Balyam*, *Balya*, *Bala* |

*Balya* word did not found anywhere in Rasastana Samucchaya. In Rasendramangal it is used as a “*Balishtha*” while in Rasapaddhati it is used as an “*Balakaram*”. *Balya* word most frequently used in Aanandkand. In all *Rasashastra* books *Balya* word is used in reference to *Yoga* *Siddhi* mainly as a *Bala*, *Balam* and *Balya*.

**DISCUSSION:**

The World Health Organization (WHO) define health as "a condition of total physical, mental, and social well-being and not only the absence of disease or disability," which is consistent with all the aspects of *Bala* described above.[[67]](#endnote-67) This concept closely resembles with the more than 3000 old *Ayurvedic* scriptures.[[68]](#endnote-68)

The drug which provides strength to the body is known as “*Balya*”. E.g. *Kukkuta* *Mamsa* (chicken). It also connotes the action which increases the *Bala* of the *Dhatu*. *Deha* *Bala* depends on *Shleshma* which is otherwise known as “*Ojas*”. Thesefore the action of *Balya* drugs could be interpreted on five *Dhatu* which are related to *Kapha* i.e. *Rasa*, *Mamsa*, *Meda*, *Majja*, and *Shukra*.[[69]](#endnote-69)

According to data analysis, there were roughly 383 words related to *Bala* mentioned in Nighantu, 822 words related to *Bala* were found in classical literature*,*, and 283 words were found in various *Rasashastra* manuscripts. Tables 1, 2, and 3 consist the information regarding term “*Balya* *Karma”* found in many literature books, including *Bala*, *Balam*, *Balya*, *Balyah*, *Balyam*, *Balyo*, *Balapradam*, *Balaprada*, *Balavardhanam*, *Mahabalam*, *Balakshayah*, *Balakshaya*, *Balahani*, *Krinabala*, *Balakshina*, *Balavam*, and *Balavana,* *Atibala*.

**CONCLUSION:**

In 41 significant *Ayurvedic* compendia and 20 classical texts of *Rasashastra* the repeated *Balya* word used nearly about 1588 times. While many of the factors influencing *Bala* are outside the doctors' control, it is still feasible to influence the others. According to the demands of the situation, the idea of *Balya* *Karma* and the pharmacodynamical characteristics of *Balya* *Dravya* may be used to strengthen the *Bala* generally or of a specific system or organ, which may contribute to the development of a strong workforce and a strong country. To learn about studies related to *Balya* *Karma*, it may be helpful to read the current review. This can be applied to the management and prevention of several diseases.

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