

**Botanic Name :** *Sida cordifolia* L.

**Common name :** Flannel weed, Indian Ephedra, Bala

**Family :** Malvaceae

**Habitat :** Terrestrial

**Distribution :** Native to India, considered an invasive weed in Africa, Australia, the Southern United States, Hawaiian islands, New Guinea, French Polynesia

**Description :** Perennial erect sub-shrub, covered with soft white felt like hair, stems and leaves are yellow-green, leaves oblong-ovate, flowers yellow, sometimes with a dark orange centre. The seeds are called as Bijabanda in Ayurveda, are grayish black in colour and smooth.

**Phytochemicals:** Ephedrine, Pseudoephedrine, Sterculic, malvalic and coronaric acid, Fatty acids, betaphenethylamine, hypaphorine, ecdysterone, Indole alkaloids, flavones, palmitic, stearic and  $\beta$  – sitosterol. Besides, the whole plant extract contains triterpenoids, alkaloids, flavonoids, saponins, tannins. Roots of *S. cordifolia* possess the high amount of polyphenols and antioxidants.

**Medicinal/Economic uses:** Used in neurological ointments (acts as a depressant and decreases CNS activity), especially in stroke rehabilitation, in folk medicine used for bronchitis, mucosa, nasal congestion, bronchial asthma, tuberculosis, flue, headaches, cough, chronic rheumatism, unwanted weight loss, heart disease, stroke, sinus, allergy. Some time used in before and after of cancer chemotherapy. When used excessively can cause ephedrine related side effects like insomnia, anxiety, nervousness, and increase in blood pressure, memory loss or even stroke