Atibala bheda	
Hindi Name	Kanghi, Ban-kanghi
English Name	Hairy Indian Mallow
Scientific Name & Family	*Abutilon hirtum* (Lam.) Sweet; Family – Malvaceae
Part Used	Root, Leaves, Seeds
Main Synonyms	Vanabala, Kanghi
External Morphology	A perennial or annual erect herb or undershrub about 1–2 m tall; stem covered with soft hairs; leaves simple, cordate, serrated, hairy on both surfaces; flowers yellow to orange, solitary in leaf axils; fruits schizocarpic, disc-like with several hairy carpels containing small seeds
Rasapanchaka & Dosha-Karma	Guna: Guru, Snigdha Rasa: Madhura Vipāka: Madhura Vīrya: Śīta Doṣa-karma: Vāta-Pitta śāmaka
Active Phytoconstituents	Alkaloids, flavonoids, mucilage, sterols, phenolic compounds
Pharmacological Actions	Balya, vṛṣya, śothahara, vranaropaka, pittahara
Important Formulations	Used as ingredient in Bala-Atibala preparations, various strengthening formulations and local wound-healing preparations
Dose	Root powder: 3–6 g
To be Noted	It is considered a substitute or variety of Atibala and possesses demulcent and strengthening properties due to its mucilage content.

References:

1. Dravyaguna Vigyan, P.V. Sharma Part. II
2. A textbook of Dravyaguna Vigyan, Prakash L. Hegde Vol. II

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