

AYURVEDA AND MODERN ADVANCEMENT IN *BANDHA VIDHI* AND CLINICAL SIGNIFICANCE OF *BANDHA DRAVYA*

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ABSTRACT

According to medical science immobilization is the principle in the treatment of fractures and other wounds; therefore, the bandage is the most important ingredient in the process of healing. A well-made bandage will not only help to purify and heal the ulcer but also hold the joint stable. Bandaging is referred as *Bandhana* in the Ayurveda literatures. *Sushruta* has described different types of bandaging techniques. *Bandhana* help to purify wound, stabilize *Asthi* and *Sandhi* in case of *Bhagna* or *Sandhimokshana*. It prevents contamination of the wound and preserves a healing status. Various materials are used for *Bandhana* purpose some of these included *Kshauma*, *Avika*, *Dukula*, *Kausheya*, *Patrona*, *Chinapatta*, *Antarvalkala*, *Charma*, *Shakala* and *Lata-Vidala*, etc. The other alternatives of bandaging materials include cord or string, cream of milk and *Tula-phala*, etc. This article intends to provide a thorough description of the different types of *Bandhana* along with *Bandhana Dravya* and their therapeutic indications.

KEYWORDS: *Ayurveda*, *Shalyatantra*, *Bandhana*, *Bandaging*, *Wound*.

INTRODUCTION

Ayurveda, the ancient science of life, provides a lot of insight into health, disease prevention and healing. Ayurveda suggested many approaches for managing surgical trauma or injury. Immobilization is one of that approach which helps in treating such types of conditions like fractures and wounds, importantly that practice comes from the act of bandaging. In Ayurveda this practice of bandaging is described as *Bandhana* or *Bandhana Vidhi* along with its therapeutic indications and materials used for specific purposes. Bandaging not only help to heal the wound and clean it, but also stabilize joints and bones. The factors which affects selection of *Bandhana Vidhi* includes anatomical location of injury, pressure required for *Bandhana Vidhi*, indications and material for preparation, etc. Among the various materials used for bandaging, practical items such as twine or cord, cream of milk, *Tula-phala* and even iron were sometimes employed, with the choice depending on the type of ulcer, the nature of the injury, and even the season of the year.^[1-4] Frequency of re-bandaging is also influenced by seasonal variations and *Dosha* predominance. During *Sarad* and *Griṣhma*, when

Pitta and *Rakta* are aggravated, bandaging should be repeated twice daily. In *Hemanta* and *Vasanta*, when *Kapha* and *Vata* dominate, re-bandaging is required only once every three days. The binding approach may vary depending upon the direction of fastening; these may be *Urdhwa* in upward fastening, *Adha* in downward fastening and *Tiryak* in transverse fastening.^[3-5]

Types of *Bandhas*

Sushruta described fourteen distinct varieties of *Bandhas*, each designed to suit specific anatomical locations and shapes, which included *Kosha*, *Dama*, *Svastika*, *Anuvellita*, *Pratoli*, *Mandala*, *Sthagika*, *Yamaka*, *Khatva*, *Cheena*, *Vibandha*, *Vitana*, *Gophana*, and *Panchangi*, etc.

Further also classified based on the nature of the wound (*Vrana*) properties as mentioned in **Figure 1**. *Gada Bandha* refers to a firmly applied bandage that provides strong support without causing pain, suitable for regions such as the buttocks, abdomen, axilla, inguinal area, thigh, and head. *Shithila Bandha* is a loose bandage that allows free circulation of air and is most appropriate for

delicate areas like the eyes and joints. *Sama Bandha* is a moderately tight bandage, falling between *Gada* and *Shithila*, and is used for extremities, face, ear, throat, penis, testicles, chest, and abdomen.^[4-6]

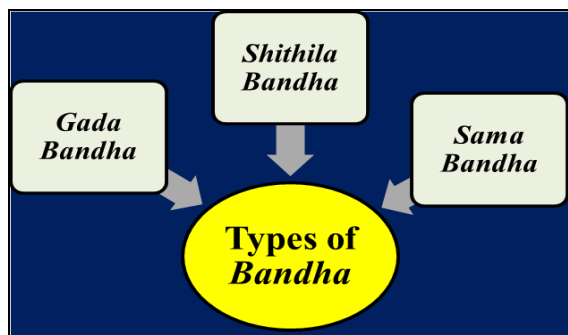


Figure 1: Types of Bandha based on Vrana properties.

Similarly the type of bandage also varies according to *Dosha* aggravation. In cases of *Pitta* aggravation and *Rakta Dushti*, *Gada Bandha* should be replaced with *Sama*, and *Sama* with *Shithila*. In cases of *Kapha* or *Vata* aggravation, *Shithila* should be replaced with *Sama*, *Sama* with *Gada*, and in severe conditions, a *Gadadhara Bandha* is recommended.^[5-7]

Specific Bandhana Vidhi (*Kavalika* and *Vikeshika*)

- ✓ ***Kavalika*:** Medicated padding created from soft plants, fibers, or even leaves that are available and possess therapeutic qualities. The padding is placed between the ulcer and the dressing to compress and promote healing. *Kavalika* needs to be placed carefully to not have either knots or many overlaps resting directly over the ulcer.
- ✓ ***Vikeshika*:** Lint soaked in honey, ghee, or medicinal paste and put into the ulcer. The *Vikeshika* should not be too dry or too sure (creating excessive slimy secretions).

Materials used for Bandaging

In ancient times a large variety of natural materials were used to prepare bandages, depending upon the type of wound and season. For example *Kshauma* made of the *Atasi* plant; *Karpasa* made of cotton threads. In terms of soft, durable materials *Avika*, *Dukula* and *Kausheya* were employed. Further, *Charma*, *Anthar Valkala*, *Alabu Shakala*, *Lata Vidala* and *Tula Phala* were also used, in addition to *Rajju* to tie them, *Santhanika* and *Loha* also utilizes for particular conditions.^[6-8]

Advancement in Specific Bandages for Wound Healing

In this regard, Ayurveda have described several other supportive applications, with specific modern considerations, that can be used for wound treatment. *Acharya Sushruta* describes *Kavalika* (pad of cotton) as a protective dressing; *Kavalika* consists of a soft cloth, folded in half, or quarters, which is tied over the wound to protect it from foreign invasive injuries. Now-a-days,

thick, dense cotton pads are utilized to perform a *Kavalika* dressing.

Medication absorbed pad or medicated gauze, applies therapeutic agents such as *Kalka*, *Ghrta* or *Madhu* to cloth or *Sutra* and applies it to or covers the injury. This type of bandaging technique is typically well utilized for infections that involve *Putimamsa*, *Nadivrana* or deep internal suppuration, in such cases saturated gauze can promote healing and purification. Modern approach uses medicines applied on gauze in sinus packing.

Pichu, is a thicker dressing material, and is commonly used in antiseptic procedures during surgery, in *Vrana Chikitsa* and also used for *Lepana* purpose over the areas such as *Yoni*, *Guda* and *Karna*, often with the medicated material or oils or *Ghrta*.^[7-9]

Benefits of Bandhana (Bandaging)

When *Bandhana* is done without error, while considering the factors of *Dosha*, *Kala* and *Sthana*, good effects will provide significant benefits to the ailment. When done appropriately, bandaging is successful in relieving pain, and removing obstacles of micro-channels. It improves normal healing of wound and facilitates restoration of normal physiology. It also prevents further infection or deterioration thus boosts healing process and helps to achieve early recovery.^[8-10]

Contra Indications

Bandaging is contraindicated in ulcers which display throbbing or burning pain, erythema, suppuration, or sloughing, as well as ulcers occurring as a result of burns or cauterization, etc.^[1, 9, 10]

CONCLUSION

The concept of *Bandhana* (bandaging) in Ayurveda has been described with a methodical and scientific approach to the treatment of wounds. The fourteen different *Bandhas* were specifically created for the variations in anatomy along with differences in wounds. The *Kavalika* and *Vikeshika* approaches, as well as many others natural materials are generally employed for *Bandhana* purpose. The parallels of modern dressings with medicated gauze and cotton pads show that some techniques are still helpful for modern medicine. *Bandhana* heals ulcers, also provides comfort to the patient who is resting, moving, lying down, or sitting. The procedure of *Yantrana* provides a correct application of pressure; *Gada*, *Sama* and *Shithila*, to help with the bandaging during this procedure. Bandaging can decrease pain, stimulate *Rakta Prasadana* and provide smoothness as well as physical comfort.

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