



## TECHNIQUE OF BANDAGING METHODS IN AYURVEDIC CLASSICS

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### ABSTRACT

Sushruta, the ancient surgeon has explained about 14 types of Bandhana i.e. Bandaging. He has also mentioned that whenever bandaging is done to wound it does Shodhana of the Vrana i.e. Keeps the wound clean. And also provide stability to Asti and Sandhi whenever there is Bhagna (Fracture) or Sandhi mokshana (dislocation). Even modern science defines bandage is a process of covering the wound or the affected part. Even Acharya Vagbhata has mentioned Bandhana as one of the upakrama for Vata dosha, he has added one more extra type of bandhana i.e. Utsangi bandha which in contemporary science mentions as Sling bandage. In this article, we have tried to describe different types of Bandhan, their Sthanas (locations), their Vidhi (procedure), Bandhan Dravya and their management according to Susruta Samhita and Acharya Vagbhata in Ayurveda and how it's applicable in Modern Era.

**KEYWORDS:** Bandhana vidhi, Bandaging.

### INTRODUCTION

The Bandhana is a procedure which is carried out to cover the wound as well as to give support to the fractured bones and dislocated joints. According to Ayurveda bandhana is a broad term which is having different functions. When wound is bandaged, the process of Shodhan of wound is carried out i.e., wound remains clean, soft & without any contaminations and starts to heal properly, it provides stability to Asthi and Sandhi.<sup>[1]</sup> The procedure in which the wound is bandaged, as well as the process of applying Bandhan to Asti Bhagna as well as Sandhi mokshana is also called as Bandhana vidhi. In present day, Cast, Slab, Sling, Immobilizer etc are also considered as modern forms of Bandhana. It is also one of the Vatasya Upakrama mentioned by Acharya Vagbhata, he used the term 'Veshtana'<sup>[2]</sup>

### TYPES

There are basically three types according to the :-

1. Sthana anusara (According to place)
2. Dosha anusara (According to Dosha)
3. Akruthi anusara (According to shape)

**Sthana anusara** (according to place):- According to the Sthana there are three type they are<sup>[3]</sup>

- a. Ghada bandha
- b. Sama bandha
- c. Shitila bandha

The one which is tight and not causing pain is Ghada bandha. Bandage where free movement of air occurs is called Shitila. The one which is neither too tight nor too loose is called Sama bandha<sup>[4]</sup>

- a. *Gada bandha*<sup>[5]</sup> should be tied around spik (buttocks), kukshi (abdomen), kaksha (axilla), vankshana (inguinal region), uru (thigh region), shira (head region)
- b. *Sama bandha*<sup>[6]</sup> should be tied around Shakha (extremities), Karna (ears), Kanta (throat region), Medra (penile region), Mushka (scrotum region), Prushta (back region), Parshwa (flank region), Udhara (abdomen), Ura (chest region)
- c. *Shitila bandha*<sup>[7]</sup> should be applied for Akshi (eyes), and sandhi (joint region)

**Dosha anusara**<sup>[8]</sup>

According to this where the Pitta and Raktha vitiation is there, the place where Gada bandha is applied there sama

bandha should be applied and where sama bandha is applied there shitala bandha should be applied and where shitala bandha is applied there no bandha should be applied.

Where as in case of Vata and Kapha vitiation is there, the places where no bandha is applied, there shitala bandha should be applied. Where shitala bandha to be applied there sama bandha should be applied, where sama bandha to be applied there ghada bandha should be applied.

#### Sthana anusara<sup>[9]</sup>

Types of Bandhana	Sites
1. Kosha	Angushta, Anguli pradesha
2. Dhama	Applied to painful parts
3. Swasthika	Joint areas, Bru, Sthana anthara, Pani tala and Pada tala
4. Anuvellitha	Shaka (extremities)
5. Muttoli / Pratholi	Neck and Penile region
6. Mandala	Circular areas of body (back etc.)
7. Sthagika	Angushta agra, Anguli agra, Medra agra
8. Yamaka	Twin bandage
9. Khatva	Hanu, Shanku, Ganda
10. China	Applied over eyes
11. Vibbandha	Prushta, Udara, Ura
12. Vithana	Head bandage (capelin bandage)
13. Gophana	Chin, Nose, Osta, Basti, Gudabramsha
14. Panchangi	Jathru urdva

Acharya Vagbhatta has added Utsangi bandha which is applied to dependent part in modern terms it can be compared sling bandage

#### MATERIALS USED FOR BANDAGING<sup>[10]</sup>

DRAVYA	MATERIALS USED FOR BANDAGING
KSHAUMA	It is made up of strings of Atasi plant
KARPASA	Cotton thread
AAVIKA	Sheep wool
DUKULA	Fabric cloth
KAUSHEYA	Silk cloth
CHINA PATTA	Chinese cloth
CHARMA	Animal skin
ANTHAR VALKALA	Inner bark of tree
ALABU SHAKALA	Skin of bottle gourd
LATA VIDALA	Creepers
PATRORNA	Kambala patta (fabrics)
RAJJU	Twine Thread
TULA PHALA	Fabric made of shalmalli phala
SANTHANIKA	Ksheera santhnika
LOHA	Metal implants ex. Gold tooth etc.

#### PROCEDURE OF APPLYING BANDHANA<sup>[11]</sup>

The kavalika (medicament over the cloth) should be placed firm on the vrana, the physician should hold bandage roll in right hand and place a cloth which is soft, straight, without any obstacle and it should be softly rolled around in spiral manner and should be tied. The knot should not be tied over the vrana, as it causes discomfort to the patient.

#### RULES OF CHANGING BANDAGE<sup>[12]</sup>

In Pitta Raktha vyadhi as well as Sharad and Ghreeshma ritu it should be changed twice a day.

In Kapha, Vata vyadhi as well as Hemantha and Shishira ritu the bandage should be changed once in three days

#### BENEFITS OF BANDHANA<sup>[13]</sup>

- It gives relief from pain
- It does purification of rakta
- Softens the wound
- Wound heals quickly

#### CONTRAINDICATIONS OF BANDHANA<sup>[14]</sup>

- Bandha is contra indicated in Pitta Rakta vyadhi
- In wounds due to Abhigatha
- Wounds due to poison

- In vrana which is having Sopha, Daha, Paka, Raga, Toda, Vedanaabhi buta
- Conditions like Kshara dagdha, Agni dagdha,
- Wound which is necrosed.

### CONCLUSION

- Bandhana is a very important aspect in the chikitsa of Vrana and Bhagna. Also it is a life saving measure in case of external haemorrhage.
- Bandhana has to be done based on the involved Dosh, Ritu, Sthana and Akriti.
- Bandhana should be done in proper method as mentioned in classics for maximum benefits.
- Bandhana dravya (bandaging materials) explained in Ayurveda classics are in use even in the present day.
- In Sushruta Samhita while mentioning the benefits of Bandhana he has mentioned Asrik prasada which can be understood as to applying elastic bandage in varicose veins
- There is similarity in the procedure of Bandhana explained by our acharyas and the modern principles of bandaging.

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