



# BANDHA VIDHI -THE CONCEPT OF BANDAGING IN AYURVEDA

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## ABSTRACT

Sushruta , the ancient surgeon has explained about 14 types of Bandha 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 Asthi and Sandhi whenever there is Bhagna (Fracture) or Sandhi mokshana (Dislocation).

One of the common problem and challenge to the modern world is trauma and its management. The observance of immobility is the key to treat fracture or a wound. A bandage plays a more important part as regards its healing and curative efficacy, in as much as it materially contributes to the purification and healing of an ulcer and also keeps the joint steady. Bandha is the technique of bandaging mentioned in Sushruta Samhita written around 1 st BC. Acharya Sushruta mentioned about this in Sushruta Samhita in Vrana alepana bandha vidhi. The chapter includes basic principle to be followed during a bandaging, location where it is applicable, Dos and don'ts When to change a bandage , pressure of bandages on various situations , materials for preparation of bandage etc.

**KEYWORDS:** Bandha, Bandaging , Vrana , Bandha Vidhi.

## INTRODUCTION

The Bandha is a procedure which is carried out to cover the wound as well as to give support to the fractured bone and dislocated joints. According to Ayurveda Bndha 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 soft , clean and without any contaminations and start 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 Bandha to Asthi Bhagna as well as Sandhi mokshana is also

called as Bandha Vidhi. In present day, Cast, Slab, Sling, Immobilizer etc. are also considered as modern forms of Bandha. It is also one of the Vatasya Upakrama mentioned by Acharya Vagbhatta, he used the term 'Veshtana'<sup>[2]</sup>

### ▪ TYPES

There are basically three types according to the:

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

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

- a) Gadha Bandha
- b) Sama Bandha
- c) Shithila Bandha

The one which is tight and not causing pain is Gadha Bandha. Bandage where free movements of air occurs is called Shithil Bandha. The one which is neither too tight nor too loose is called Sama Bandha<sup>[4]</sup>

- a. Gadha bandha<sup>[5]</sup> should be tied around spik(buttock), Kukshi (abdomen), Kaksha (axilla) , Vankshana (inguinal region) , Uru (thigh region), Shira (head region)
- b. Sama bandha<sup>[6]</sup> should be tied around Shakha (extrimities), Karna( ears), Kantha (throat region) , Medra( penile region), Mushka (scrotum region) , Prushta (back region), Parshwa (flank region) , Udhara( abdomen), Ura (chest region)
- c. Shithila 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 Gadha bandha applied there sama bandha should be applied and where sama bandha is applied there shithila bandha should be applied and where shithila bandha is applied there no bandha should be applied.

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

Sr No.	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, Shanka, 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 applied sling bandage.

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

Sr No.	DRAVYA	MATERIALS USED FOR BANDAGING
1.	KSHAUMA	It is made up of strings of Atasi plant
2.	KARPASA	Cotton thread
3.	AAVIKA	Sheep wool
4.	DUKULA	Fabric cloth
5.	KAUSHEYA	Silk cloth
6.	CHINA PATTI	Chinese cloths
7.	CHARMA	Animal skin
8.	ANTHAR VALKALA	Inner bark of tree
9.	ALABU SHALAKA	Skin of bottle gourd
10.	LATA VIDALA	Creepers
11.	PATRORNA	Kambala patta( fabrics)
12.	RAJJU	Twine Thread
13.	TULA PHALA	Fabric made of shalmali phala
14.	SANTHANIKA	Ksheera santhanika
15.	LOHA	Metal implant etc. Gold tooth etc.

### Repetition of Bandaging Based on Seasons and Dosha<sup>[11]</sup>

Sr No.	SEASON	DOSHA (aggravation)
1.	Sharad, Greeshma (Hot seasons)	Pitta Raktha
2.	Hemantha Vasantha (cold seasons)	Kapha Vata

## PROCEDURE OF APPLYING BANDAGE<sup>[12]</sup>

The kavlika (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.

### Complication arising due to incorrect bandage pressure<sup>[13]</sup>

- If Gadha bandha is performed in place of sama and shithila bandha the vikeshika oushadha will fail to act properly and can result in pain and swelling.
- If shithila bandha is done in gadha and sama bandha sthana there is a chance of falling down of oushadha ( medicine) and the movements of bandage cloth will disturb the margins of vrana.
- If sama bandha is done in place of gadha or shithila bandha then it will not be impairing any benefits

### Complications that occurs if bandha is not performed<sup>[14]</sup>

An ulcer, left without bandha i.e an adequate bandage , is easily attached by microbes and flies. The Vrana will get further injured by Truna, Kashtha, Upala etc., and is in danger in becoming disturbed by deposits of many foreign items such as bone fragments, dust, plants, etc. In addition, a prolonged exposure to heat or cold induced a number of pains, the ulcer grows into a Dushta Vrana, and the medicine applied will become dry, encrusted, and fall off easily.

#### ▪ Rule of changing bandage<sup>[15]</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 Bandha<sup>[16]</sup>

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

### Contraindications of Bandha<sup>[17]</sup>

- Bandha is contra indicated in Pitta Rakta vyadhi
- In wound due to Abhighata
- Wound due to poison
- In vrana which is having shopha, Daha, Paka, Raga, Toda.
- Conditions like Kshara dagdha , Agni dagdha
- Wound which is necrosed.

## CONCLUSION

- Bandha is a very important aspect in the chikitsa of Vrana and Bhagna. Also it is a life saving measure in case of external hemorrhage.
- Bandha has to be done based on the involved Dosha, Ritu, Sthana, and Akriti.
- Bandha should be done in proper method as mentioned in classics for maximum benefits.
- Bandha Dravya explaine in Ayurveda classics are in use even in the present days.

- In Sushruth Samhita while mentioning the benefits of Bandha he has mentioned Asrik prasada which can be understood as to applying elastic bandage in varicose veins.
- There is similarity in the procedure of Bandha explained by our acharyas and the modern principle in bandaging.

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