



“Ayurvedic and Modern Review on Bandha Vidhi and Clinical Importance of Pichu, Plota, Kavalika and Vikeshika.”

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ABSTRACT - The ancient surgeon Sushruta described fourteen different forms of Bandha i.e. bandaging. He also said that bandaging a wound does Shodhana of the Vrana, or keeps the wound clean, and that it also gives Asthi and Sandhi stability when there is Bhagna (fracture) or Sandhi mokshana (dislocation). The management of trauma is one of the prevalent issues and challenges facing the modern society. The secret to treating a fracture or wound is to observe immobility. In terms of its healing and therapeutic efficacy, a bandage is more significant since it both keeps the joint stable and materially aids in the cleaning and healing of an ulcer. The Sushruta Samhita, which was composed around the year 1 BC, mentions the bandaging procedure known as bandha. This was described by Acharya Sushruta in Vrana alepana bandha vidhi of the Sushruta Samhita. Bandha Vidhis like Pichu, Plota, Kavalika, and Vikeshika are easy, safe, and minimally invasive methods that work well for treating infected wounds and ulcers. The Ayurvedic and modern overview of Bandha Vidhi and the clinical importance of Pichu, Plota, Kavalika, and Vikeshika are examined in this article.

KEY WORDS – Bandha, Bandaging, Shodhana, Pichu, Plota, Kavalika, Vikeshika.

INTRODUCTION –

The Bandha treatment is used to cover the incision and provide support for dislocated joints and shattered bones. According to Ayurveda, Bndha is a general phrase with several meanings. When a wound is wrapped, the Shodhan process is completed, meaning that the wound stays clean, soft, and uncontaminated and begins to heal correctly. This gives Asthi and Sandhi stability^[1]. Bandha Vidhi also refers to the bandaging process and the application of Bandha to Asthi Bhagna and Sandhi mokshana. Cast, slab, sling, immobilizer, and other items are now regarded as contemporary Bandha. Acharya Vagbhata coined the name "Veshtana" to refer to it as one of the Vatasya Upakramas^[2].

Table No. 1 MATERIALS USED FOR BANDAGING^[3]

DRAVYA	MATERIAL FOR BANDAGING
karpas	Cotton
Kshaum	Flax
Aaivak	Sheep wool
Dukul	fabric (cloth)
Kausheya	Silk
Chinpatta	Chinese silk
Charmanta	Leather of animals like deer
Antrva-lkla	Inner bark of trees like bhurjapatra, etc.
Alaabusakla	skin of bottle gourd

Lata	Creepers
Vadla	Split bamboo
Rjjau	Ropes
Tulfal	Cotton fiber of simbaal fruit
Santainaka	Pad of cotton fibers
Loha	Metals of like gold etc

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)

1. Sthana anusara (according to place): according to Sthana there are three types they are^[4]

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

Gadha Bandha is the tight one that doesn't hurt. Shithil Bandha is a bandage that allows air to flow freely. Sama Bandha is the one that is neither too tight nor too loose.

a. Gadha bandha^[5] should be tied around spik(buttock), Kukshi (abdomen), Kaksha (axilla), Vankshana (inguinal region), Uru (thigh region), Shira (head region)

b. Sama bandha^[6] 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^[7] should be applied for Akshi (eyes) and Sandhi (joint region).

2. Dosha anusara (According to Dosha)^[8]

This states that in areas with Pitta and Raktha vitiation, sama bandha should be applied where Gadha bandha is applied, shithila bandha should be applied where sama bandha is administered, and no bandha should be applied where shithila bandha is applied.

3. Akruthi anusra (According to shape)^[9]

Table No. 2

BANDHA	BANDAGES	STHANA
Kosha	Sheath	Around thumb and fingers
Dama	Long roll	Sling around straight parts of small
Svastika	Cross – like	Spica around joints
Anuvellita	Spiral	Around upper and lower limbs
Mutoli	Winding	Circular around neck penis
Mandala	Ring	Circular around stumps
Sthagika	Betal box type	Amputation stumps tip of penis or fingers
Yamaka	Two tailed	Around limbs to treat ulcers
Khatva	Four-tailed	For jaw, cheeks, temples
China	Ribbon-like	Outer angles of eyes; temples
Vibandha	Looselknotted	Over back abdomen & chest
Vitana	Canopy like	Protective cover over head wound
Gophana	Cowhorn	Over chin, nose, lips, anorectal region
Panchangi	Fivetailed	Head and neck above the level of clavicles
Utsangi	Triangular	Over Fracture

Utsangi bandha, which Acharya Vagbhatta added, is put to the dependent portion and can be used as a sling bandage.

Table No. 3 BANDAGING BASED ON SEASONS AND DOSHA^[10]

SEASON	DOSHA	RULES OF BANDAGING
Sharad, Greeshma (Hot seasons)	Pitta Raktha	Twice in a day
Hemantha Vasantha (cold seasons)	Kapha Vata	Once in 3 days

PROCEDURE OF APPLYING BANDAGE^[11]

The healthcare practitioner should grasp the bandage roll in their right hand, lay the kavlika (medication over the cloth) firmly over the vrana, and then gently roll a straight, soft fabric in a spiral pattern before tying it. The patient will be uncomfortable if the knot is tied over the vrana.

INDICATIONS OF BANDHA^[12] –

- Bandhana used for Churnita (fracture causing small pieces)
- Advocated for sasandhimoksha (dislocation) and Bhagna (Fracture)
- Indicated for cuts and wounds
- Used in warts, topical infections and dressing purpose
- Post operative care, etc.

CONTRA-INDICATIONS OF BANDHA^[13] –

- Pitta-raktadushti, vishnimitta, presence of oedema, burning sensatoin, Pak, pain, etc.
- Wound occurs due to the alkali or burning associated with fire.
- Kushtha patients, diabetic patient, rat poisoning
- Toxic wound & Mamsapaka, etc.

PICHU^[14] –

- पिचुः तूलं बीजहीनः कार्पासः इति पिचू ।सु.सू. १३/१९, डल्हण
- पिचूः स्थूलकर्पटिका ।च.चि. १९/४६, चक्रपाणि

A medicated cloth fold is applied to the afflicted region as part of Pichu treatment. It is a palliative treatment for conditions brought on by imbalances in Vata. It may be applied to the neck, hip, spine, chest, shoulder, knee, and other areas. Cover the afflicted region with folded wool or cotton cloth that has been soaked in medicinal oils. Pichu's ability to soak allows medications to have long-lasting, delayed effects on the afflicted region. Shiro Pichu uses medicinal oil applied to the head to support both physical and mental health. Shiro Pichu relieves mental tension by having a calming and restorative effect. Pichu is mostly used in Ayurveda to heal wounds, cuts, and surgical dressings.

PLOTA^[15] –

- प्रोतं वस्त्रं ।सु.सू. १३/१९, डल्हण

Plota refers to medicated gauze that is used to treat ulcers and infected, chronic wounds. The Plota is mostly used to make Ksharaplot, or medicinal gauze, which is made from materials including Snuhikshira, Apamargakshara, and Haridra. Plota mostly uses the single coating of these medications to treat ulcers and wounds.

Plota aids in wound drainage and healing, eliminates undesirable tissue, encourages healing, inhibits infection, and creates an aseptic environment to limit microbiological activity. Plota reduces pain, has an anti-inflammatory action, and aids in clearing debris from wounds. Following surgery, the use of Vedanahara and Raksoghana medications promotes wound, ulcer, and topical damage healing while preventing microbial infections.

KAVALIKA^[16] –

- औषधवस्त्रयोरन्तरे या दीयते औषधसंस्थापनार्थमौदुंबरादित्वक् पत्राणि वा, सा 'कवलिका' इत्युच्यते; अन्ये द्विगुणचतुर्गुणमृदुकर्पटविरचितांकवलिकामाहुः ।।सु.सू. १८/२०, उल्हण

Kavalika is a sort of bandaging linen known as "medicated tow," which is soft stuffing or tow between the medications and put over the afflicted area. The doctor should apply a thick layer of Kavalika to the injured region, press it with his hand, and securely knot the bandage while taking the patient's comfort into consideration.

VIKESHIKA^[17] –

- तिलकल्क मधुघृताक्तवस्त्रस्य सूत्रस्य वा वर्तिविकेशिका, सा च पूतिमांसोत्सङ्गतिपूयगर्भेषु व्रणेषु निक्षिप्यते ।सु.सू. १८/२०, उल्हण

Vikeshika, or contact layer dressings, are made by impregnating 10 cm x 10 cm sterile gauzes with medicated taila. Initially, these impregnated gauzes were packaged and sterilized. After washing the afflicted region, Vikeshika was placed as a bandage over wounds. It reduces the risk of problems and aids in surgical recuperation. For conditions like burn injuries and extensive wound surgery, the Patoladivikeshika provides excellent relief [8–10].

MECHANISM OF ACTION OF BANDHA/ BANDAGING –

1. The medications used in bandages include Ksharan and Kshanan properties, which cauterize tissue.
2. Krimighana's effect stops microbial infection and limits the tissue's further degradation.
3. The Bandhana drug's Ropana feature produces the Vrana Shodhana and Vrana Ropana effects.
4. Bandhana aids in the drainage of pus and dead cells and eliminates harmful tissue.
5. Because some of the drugs used in Bandhana are alkaline, they have aseptic and antibacterial properties that reduce the risk of subsequent infection.
6. Bandhana medications have a hydrating action, which encourages epidermal migration and improves connective tissue production for quick healing.
7. Bandhana's binding quality preserves surgical advantages and delays the effects of medications.
8. Bandhana results in the scraping and debridement of diseased wound to encourage the body's natural healing process.
9. Medication's hemostatic, aseptic, and antiseptic effects used in Bandhana aids in the full recovery of chronic injury.
10. Medication's sustained release effect in Bandhana increases medication availability for a longer period of time, hence extends the duration of therapeutic treatment.

CONCLUSION –

Bandha refers to bandaging, which is utilized for surgical treatment of injuries, post-operative care, and dressing purposes. Ayurveda included several Bandha (bandaging) techniques, such as Pichu, Kawalika, Plota, and Vikeshika, among others. Bandhana is used on cuts, wounds, warts, ulcers, fractures, and dislocations. This dressing method is also used in post-operative treatment to promote healing and hasten the patient's recuperation. Bandha, also known as bandaging, is a straight forward, safe method that has the benefit of minimum invasion and may be applied to the successful treatment of both surgical and para-surgical disorders.

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