

Bandh Vidhi in Ayurveda - A Classic Review

Dr.Gupteshwar Sonawne

Assistant Professor, HOD, Dept of Shalyatantra KVTR Ayurved Mahavidyalaya Boradi, Dist. Dhule

Abstract - The Bandaging which is referred as Bandhan in Ayurveda. Acharya Sushruta and Vagbhata described at different places in different context of Sushrut Samhita and Ashtang Hridayam and Sangrah. The Bandhan is important topic in academic point of view, patient care for easier effective management of wounds. In this review 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.

Index Terms - Bandh, Bandhanvidhi, shushrutsmhita, Bandaging.

INTRODUCTION

Which is carried out to cover a wound is called as *Bandhana*. when wound is bandaged, the process of *Shodhan* of wound is carried out i.e., wound remains clean, soft & without any complications, starts to heal properly. The procedure in which the wound is applied with *alepa* (paste of medicinal plants) or else in fractures without applying *alepa* bandaging the wound (affected part) is called as **BANDHA VIDHI** (Bandaging).

Due to application of *Bandha* – (Bandage) *Shodhan* & *ropan* of wound i.e steadiness in bones & compactness of joints is maintained. [1]

BANDHANA DRAVYAS – (MATERIAL FOR BANDAGING)

Use of these below materials for bandaging should be done according the *Kala* (time), condition of stage of the disease & *ritu* (season). [3]

Now a days for the process of bandaging; Linen, Flannel, Muslin or Cotton is used. [4]

DRAVYA	MATERIAL FOR BANDAGING
Kshaum	flax
karpas	Cotton
Aaivak	Sheep wool
Dukul	fabric (cloth)
kausheya	silk
Chinpatta	Chinese silk (fabric)
Charmanta	Leather of animals like deer, etc
Anrva-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 friut
Santainaka	Pad of cotton fibers
Loha	Metals of like gold etc.

TYPES & SITES OF BANDAGES

(*Aakaramusar Bandha prakar*) (According to *Ayurved* & Modern basis) –

Acharya sushruta has described 14 types of *Bandh* and *vagbhata* described 1 extra *bandha* i.e *Utsangibandha* hence, there are total 15 types of *Bandha* in *Ayurveda*. [5]

<i>Bandha</i> (Bandages)	<i>Sthanas</i> (Sites)
Sheath (<i>Kosha</i>)	Around thumb and fingers
Long roll (<i>Dama</i>)	Sling around straight parts of small
Cross – like (<i>Svastika</i>)	Spica around joints
Spiral (<i>Anuvellita</i>)	Around upper and lower limbs
Winding (<i>Mutoli</i>)	Circular around neck penis
Ring (<i>Mandala</i>)	Circular around stumps
Betal box type (<i>Sthagika</i>)	Amputation stumps tip of penis or fingers
Twotailed (<i>Yamaka</i>)	Around limbs to treat ulcers
Four-tailed (<i>Khatva</i>)	For jaw, cheeks, temples
Ribbon-like (<i>China</i>)	Outer angles of eyes; temples
Loosely knotted (<i>Vibandha</i>)	Over back abdomen & chest
Canopy like (<i>Vitana</i>)	Protective cover over head wound
Cowhorn (<i>Gophana</i>)	Over chin, nose, lips, ano-rectal region
Fivetailed (<i>Panchangi</i>)	Head and neck above the level of clavicles
Triangular (<i>Utsangi</i>)	Over Fractures

Sthanaanusar Bandh Prakar –

(On the basis of the site of wound the bandaging method is of three types)^[7,12]

Sr. No	Bandh (Bandages)	Sthan (Sites)
1.	Gaadh(Tight bandage)	Buttocks,abdomen,axillary region, inguinal region, thighs & head.
2.	Sama bandh (in between loose & tight bandage)	Extremities,mouth,ears,throat,penis,scrotum, back,flanks,abdomen and chest.
3.	Shithila bandh (loose bandage)	Eyes & Joints.

BANDHAN VIDHI (PROCEDURE OF BANDAGING with modern corelation)

- [1] Kosha bandha (sheath of sleeve bandage, Finger Bandage) – It is clear from the word “kosha” that the shape of the Bandage is in such way that the distal part of fingers or any peripheral part can be kept in it. It is prepared from leather & it is same as that of the cover of the sword. It is kept or worn on fingers & then tied with thread.Now a days this type of Bandh is known as finger bandage in modern, which is used/applied over palm fractures injuries. [5,17]
- [2] Dama bandh (four tailed bandage, Sling Bandage) - Use of this type of bandage is done in such parts of body where bandaging is unable to be done. In middle of this bandage there is a wide cloth & to the four corners of this cloth long bandage are present. The wide cloth is on the wounded part & the four long bandages are whirled across the body part & then tied to the bandage present in front or tied to the opposite long bandages. Now this bandha is known as Tailed Bandage . [5]
- [3] Swastika bandh (cross or figure of eight bandage, Spica bandage) from the name of the bandage is clear that the shape of it is like the Swastika i.e symbol of Hindu religion or the English numerical (8).Now this bandh is known as figure of 8 bandage. Bandage is turned round the limb spirally upward & downward in the manner of figure of 8 continues above & below in a circular turn. This bandage is used for joints. [5,17]
- [4] Anuvellita bandh (spiral bandage)-This bandage is done like a creeper which grows around the all

four sides of the branches. This type of bandage is tied around the peripheral body parts according to their diameter & then it is tied around in a such a manner that the new whirl cover half of portion of previous whirl of bandage. It is described that initiation of this type of bandaging should be done from the part having lesser width then gradually reaching upto the part having more width & then tied properly. In modern this type of bandh is known as spiral bandage which is mostly used in limb. [4,5]

- [5] Mutoli bandh (Winding bandage) – It is a loosely woven bandage (like net) & tied loosely accordingly. During using this bandage the netted part is kept on the affected part & the two long bandage attached to it are tied with each other. In this way the part gets support & the bandage is not pressurized. With this bandage, patient can easily urinate or defecate.
- [6] Mandal bandh (Circular bandage, Abdominal binders) –The shape of this bandage is circular. This bandage is tied on buttocks, abdominal region, back region & axillary region. During tying the bandage, it is whirled in circular manner only. Acc. To modern this type of bandha mostly used in head. Its know as circular bandage. [4,5]
- [7] Sthagika bandha(Stump bandage) - The shape of this bandage is like Sthagikakar i.e. half portion is having more width or broad surface & other portion is having narrower surface (lesser width). It is used on the terminal parts of fingers , toes & penis. It is also an alternative of kosha bandh i.e Finger bandage.
- [8] Yamaka bandha (bandage for two wounds) - i.e. Twin bandage-When two wound are situated at a small distance from each other then one wound is bandaged & without tying the knot other wound is also bandaged. Then, when the second wound is bandaged properly knot is tied. In this way, by one bandage only two wounds are bandaged which are situated near , this method is yamaka bandhan.
- [9] Khatva bandha (four tailed bandaged)- It’s “Chtushpad ”,as it has a wide cloth in middle with four long strips of bandage one present in each corner. It is same like dama bandha but used in smaller regions (parts of body).
- [10] China bandh (many tailed bandage for eye)-This bandage is made from the soft cloth imported

from china. The shape of this bandage is same like that of Vitana bandh as this use only on eyes. Hence a round piece or a piece of cloth having the width as much as it can covers eyes is taken & long bandages are attached to it, this bandages are tied behind the head. Acc. to modern this is eye bandage & its applied afer eye surgery like cataract etc. [5,17]

[11] Gophana bandha (T bandage)-The specific difference is that the middle piece of the cloth is having certain depth so that body part can be kept in it. Use of this bandage in chin, nose, lips, shoulder & pubic region bandaging. It is also used for bandaging of scrotum region. According to the site, the center part or piece of clot is taken smaller or bigger in size. Now this bandh is known as 'T' bandage. It is mainly consist of 1 horizontal limb & 2 vertical limbs & applied over perianal & perineal region same as shushruta.

[12] Vitana bandha (cephalic bandage, Head Bandage)-This bandha is tied on head & the cloth to be used should be having the width that can cover the head from all sides. Due to covering the head from all sides it is called vitana Bandh as it looks like cape. When the cloth is having four sides then the two ends should be tied on forehead & other two ends should be tied behind the head. When there is triangular bandage, the broad part is kept on the forehead & the two opposite ends are taken. Behind the head passing through temporal region the third end is placed below the knot then the third point is taken over the knot & tied with safety pin. Now this bandh is known as Head bandage procedure is same as sushruta. It is used in after suture wound of the scalp, after neurological operations.

[13] Vibandha bandha (many tailed bandage)-In this type, the center piece of cloth is four sided & at two end of this there in presence of 6 to 8 long strips of bandages. From these 5 strips are present upper, lower & horizontal direction & then the two strips present on other two corners are tied behind the neck.

[14] Panchangi bandha (Bandage with five extremities) - In this the long bandage strips present on all four sides with one extra bandage strip present on one corner. Hence due to presence of five strip bandages it is called as Panchangi bandh. [2,5]

[15] Utsanga bandha (sling bandage) Due to the fracture, the bandage which gives support to the slinging body part is called as Utsangi bandh. Now a days this type of bandh use for triangular bandage. Two ends of this of triangular bandage are tied together & placed behind the neck. Then hand is placed in the broad piece of cloth & the third end is whirl around elbow joint & brought in front from behind the hand & then it is tied with safety pin to the main strip of bandage.[2,4]

USE OF BANDAGING MATERIAL ACCORDING TO CONDITION

KKALANUSAAR- [15]

Paittika wound, in sharad & grishma rutu bandaging should be done twice a day.

In rakta dushita wound, also bandaging should be done same as that in paittika wound i.e. twice a day.

In shleshmika wound, in the hemant as well as vasant rutu bandage should be changed after 3 days.

In this way, a physician should think about the bandaging method.

EQUIPMENT'S USEFUL FOR BANDAGING OF WOUND- [11,13]

1]kavalika (Cotton-pad) –

To protect the wound from external injuries, a soft cloth tied by keeping two or four layers on the wound it is called as kavalika. Acharya Sushruta explained usage of thick, dense cotton pad on a wound. Now-a-days instead of kavalika, cotton is used.

2]Vikeshika – (medicine impregnated pad).

Medicated gauze piece. Cloth or piece of sutra, etc on which kalka, ghruta, madhu, etc. Medicines are applied & kept on wound is called as vikeshika. By keeping vikeshika on the wound, the wound having putimansa, nadvrana & pus formation internally, heals quickly & makes the wound clean. Now-a-days also medicine is applied on gauze & packing is done in sinus cavity.

3]Pichu (Cotton Swab)-

It is quite similar to but it is mode of thick material. This is used in Surgical procedures for antiseptic cleaning and in Vrachikitsa it's used for the lepana on yoni, guda, karna, etc. By applying medicated taila or ghruta on it.

4] Ploot (Swab or Gauze pack)-

A piece of cloth which is used with water or kashaya to clean the wound is called as ploot. It's also used in preoperative procedure for skin painting.

INDICATION

Churnita (fracture causing small pieces.)
Manthit (Dislocate)
Bhagna (Fracture of bone)
Vishlishtah (joints are affected)
Atipatiam (Hanging or suspended from its site.)
Asthichhinna
Snaayuchhinna
Sirachhinna
Due to bandaging the patient gets sound sleep, walks, comfortably lies down, sits & rapid healing of wound.
[14]

CONTRA-INDICATIONS

Pittaraktadushti
Abhigatvishnimitta – With presence of- Shoaf (oedema)
Dah(burning sensatoin),Pak, laailamaa, taod, vednaa(pain), etc. When the wound occurs due to alkali or burning due to the fire, causes wasting of muscle tissues hence bandage should not be applied. In kushtha patients - Persons burned with fire, Person having Diabetes & in rat poisoning cases,Bandage should not be applied on wound & also in karnika, toxic wound & mamsapaka & gudapaka. [14]

CONCLUSION

This review study, we can be concluded that Acharyas description about Bandha (Bandaging of wound)In detail. This description clearly suggests that they have understood this clearly and therefore were able to treat this condition properly .It is easy to Learn and apply the principle of Bandhana In the management of wounds. And the Acharyas description about bandhan is fallow in today's practice also. The above article similarities and differences between Traditional Indian method and Modern method of bandaging and we can say that surgeon in traditional Indian medicine was well evolved and widely employed with desired results. The concepts, theories, and techniques practiced several thousand years ago hold true even in today's practice.

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