

## **Vrana Bandhana - Bandaging of Wounds in Ayurveda**

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### **ABSTRACT-**

*Aacharya Sushruta*, Father of Surgery has explained many master techniques of surgical practice in *Sushruta samhita*. *Bandha vidhi* is the technique of bandaging mentioned in *Sushruta Samhita*. *Acharya Sushruta* mentioned about this in *Sushruta Samhita* in *Vrana alepana bandha vidhi*. In this *adhyaya*, types of bandaging, proper method of *bandha*, application criteria of bandaging and contraindication of bandaging are advocated.

**KEY WORDS-** *Ayurveda*, *Vrana Bandhana*, *Bandha Vidhi*, *Bandaging Technique*



### **INTRODUCTION-**

Since time immemorial, man had to contend with wounds. The incidence of traumatic wounds is very large globally. Surgery is never without wounds and trauma. *Vrana* (wound & ulcers) is a very common problem encountered by medical practitioners in today's era. Even though healing of *Vrana* is a natural process of the body, the *Vrana* should be protected from *Dosha*, *Dushti* and from various micro organisms, which may affect the *Vrana* and delay the normal healing process.

## BANDHANA DRAVYA-Bandaging Materials

*Aacharya Sushruta* has described 15 types of materials used for wound dressing as follows,

1. *Kshouma*- made from jute
2. *Karpasa*- cotton
3. *Avika*- wool
4. *Dukula*- soft cloth
5. *Kousheya*- silk
6. *Patrorna*- tussar
7. *Cheena patta*
8. *Charma*- leather
9. *Antarvalkala*- inner bark of tree
10. *Alabu shakala*- piece of long gourd
11. *Lata vidala*- piece of creeping plant
12. *Rajju*- rope
13. *Tula phala*- made from cotton
14. *Santanika*- gauge
15. *Loha*- metal

These *vrnabandhas* are advised to use according to the stage of wound & season.<sup>1</sup>

### Types of Bandhana<sup>2</sup>

*Aacharya Sushruta* has narrated 14 types of wound bandaging as follows:

1. *Kosha bandha* – The dressing used for thumb & interphalangeal joints is called kosha bandha.
2. *Dama bandha* – It is used to bandage narrow parts of the body.

3. *Swastika bandha* – It looks like swastika & hence the name given. It is useful to apply on joints, kurcha, palms & soles in between eyebrows & breasts & ears.
4. *Anuvellita* – It looks like a creeping plant applied over limbs i.e. spiral bandage. E.g. over extremities
5. *Mutoli* – Broad & loose bandaging over neck & penis.
6. *Mandalam* – Bandage applied in a circular manner is called Mandalam.
7. *Sthagika* – Sthagika means a box used to keep betel leaves. This type of bandha is applied over the tip of thumb, finger & penis. It is similar to stump bandage.
8. *Yamaka bandha* – When a single bandage is applied to cover two different wounds, it is called yamaka bandha.
9. *Khatwa bandha* – It is four tailed bandage & applied over chin, temporal region & cheeks.
10. *Cheena bandha* – It is an eye bandage.
11. *Vibandha* – It is applied over back region & abdomen & considered as a many tailed bandage.
12. *Vitana* – This type of bandha is applied over head region. It is similar to cephaline bandage.

13. *Gophana* – It is similar to sling bandage & applied over chin, nose, lips, shoulder & suprapubic region.

14. *Panchangi* – It is a five tailed bandage & applied on the region above the manubrium sterni.

*Aacharya* Vagbhata has added one more type as, *Utsangi bandha* which is similar to arm sling bandage & used to support mobile parts.

### Method of Bandha application

After cleaning & application of medicine, thick *kavalika* is kept over the wound & proper bandaging is done, applied by the right hand, without any folds & tied gently.

Bandage should be well spread & knot should be tied securing the wound.

### Sthananusara Bandha<sup>3</sup>-

1) *Gadha bandha*:

The bandha which remains painless even after application of pressure is called gadha. It is used for buttocks, flanks, head etc.

2) *Shithila bandha*:

The bandha which is loose & allows the free movement of air is called shithila bandha. It is used for eyes & joints.

3) *Sama bandha*:

*Bandha* which is in between *gadha* & *shithila* in accordance with tightness is

called *sama bandha*. It is used for upper & lower limbs, face, ears, neck, scrotum & penis, abdomen, thorax etc.

### Frequency of changing bandage<sup>4</sup>-

The *paittika vrana* should be dressed 2 times a day in *sharad* & *grishma* similar should be the practice in wounds vitiated by *shonita*.

*Shlishmika vrana* should be dressed every 3rd day in *grishma* & *vasanta* similar should be practiced in wound vitiated by *vata*. However the clinician after due consideration may do the bandaging & dressing in any other appropriate way.

### CONCLUSION

- *Bandha* means bandaging which used in wound.
- *Vrana Bandhana* is a very important treatment of wounds and ulcers.
- Ayurveda mentioned various modalities for *Bandha*(bandaging) purpose
- *Bandhana* has to be done based on the involved dosha, Ritu, Sthana and Akriti.
- *Bandhana* used for fracture, dislocation, cuts, wounds, warts and ulcer, etc.

- Bandhana should be done in proper method as described in classics for more benefits.
- Bandhana dravya (bandaging materials) explained in Ayurveda texts are in used even in the present era.

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