Ayurveda Review on Bandha Vidhi and Clinical Significance of Pichu, Plota, Kavalika and Vikeshika

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Abstract

The Bandhan means bandaging and Acharya Sushruta has described various aspects of Bandhan. Ayurveda mentioned clinical significance of Bandhan, Sthana, Vidhiand Dravyafor Bandhan. The Bandhana gives Shodhan effect and keep wound clean and improves process of healing. Bandha(bandage) gives steadiness in bones &provides compactness to the joints. Bandhana should be done according to the Kala and condition of disease & Ritu. Bandhana Vidhi utilizes Vrana shodhana and Ropana drugs thus helps to cure cuts and wounds. Dressing material such as; Pichu, Plota and Kavalika, etc. offersearly healing and improves ability of body to regain physical ability. The Vrana Shodhana and Ropana properties help in the treatment of Vrana. Bandha Vidhissuch as Pichu, Plota, Kavalika and Vikeshikaare simple and safe techniques with minimal invasion that can be used effectively for the management of infected wound/ulcer. Present article explores Ayurveda review on Bandha Vidhi and clinical significance of Pichu, Plota, Kavalika and Vikeshika.

Keywords: Ayurveda, BandhaVidhi, Pichu, Plota, Kavalika

Introduction

Acharya Sushruta described Bandha (Bandage) as therapeutic measure for curing cuts, wounds and surgical conditions, etc. Bandha (Bandaging) can be done in different forms as depicted in Figure 1.

Ayurveda advocated uses of many compounds for Bandhana purpose; these materials called Bandhana Dravya.

The common examples of bandaging materials are; Kṣauma, Avika, Kauseya, Karpasa, Dukulaka, Patrorna, Cinapatta, Antarvallaka, Alabusakala, Tulaphala, Santanika and Rajju, etc.
DRAVYA | MATERIAL FOR BANDAGING
--- | ---
Kshaun | Flax
karpas | Cotton
Aaivak | Sheep wool
Dukul | fabric (cloth)
kaushaya | Silk
Chinpatta | Chinese silk (fabric)
Charmanta | Leather of animals like deer
Antvra-Ikla | Inner bark of trees like bhrujapatra, etc.
Alaabusaka | skin of bottle gourd
Lata | creepers
Vadla | Split bamboo
Rjau | Ropes
Tulfal | Cotton fiber of simbaal fruit
Santainaka | Pad of cotton fibers
Loha | Metals of like gold etc

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

Contra-Indications of Bandhana:
- Pitta-rakthadushti, vishnimitta, presence of edema, burning sensatoin, Pak, pain, etc.
- Wound occurs due to the alkali or burning associated with fire.
- Kushtha patients, diabetic patient, rat poisoning
- Toxic wound & Mansapaka, etc 6-8.

<table>
<thead>
<tr>
<th>Bandha (Bandages)</th>
<th>Sthanas (Sites)</th>
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</thead>
<tbody>
<tr>
<td>Sheath (Kosha)</td>
<td>Around thumb and fingers</td>
</tr>
<tr>
<td>Long roll (Dama)</td>
<td>Sling around straight parts of small</td>
</tr>
<tr>
<td>Cross – like (Svastika)</td>
<td>Spica around joints</td>
</tr>
<tr>
<td>Spiral (Anuvellita)</td>
<td>Around upper and lower limbs</td>
</tr>
<tr>
<td>Winding (Mutili)</td>
<td>Circular around neck penis</td>
</tr>
<tr>
<td>Ring (Mandala)</td>
<td>Circular around stumps</td>
</tr>
<tr>
<td>Betal box type (Shagika)</td>
<td>Amputation stumps tip of penis or fingers</td>
</tr>
<tr>
<td>Twotailed (Yamaka)</td>
<td>Around limbs to treat ulcers</td>
</tr>
<tr>
<td>Four-tailed (Khatva)</td>
<td>For jaw, cheeks, temples</td>
</tr>
<tr>
<td>Ribbon-like (China)</td>
<td>Outer angles of eyes; temples</td>
</tr>
<tr>
<td>Looseknotted (Vibhandha)</td>
<td>Over back abdomen &amp; chest</td>
</tr>
<tr>
<td>Canopy like (Vitana)</td>
<td>Protective cover over head wound</td>
</tr>
<tr>
<td>Cowhorn (Gophana)</td>
<td>Over chin, nose, lips, anorectal region</td>
</tr>
<tr>
<td>Fivetailed (Panchangi)</td>
<td>Head and neck above the level of clavicles</td>
</tr>
<tr>
<td>Triangular (Utsang)</td>
<td>Over Fracture</td>
</tr>
</tbody>
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Ayurveda further described Trividhabandha means three kinds of bandaging on the basis of strength of bandaging; these three types of bandaging are; Gadhha, Sthitha and Sama. Gadhha means tight bandaging, Sthitha means loose bandaging which allows movement of air and third one is Samabandha means moderate bandaging.

Gadhbandha done at the buttocks, abdomen, groins and thighregion. Samabandha should be done on the extremities, ears, face and chest. Sthithabandha can be done on the eyes and joints. The Bandha frequency also depends upon diseases condition, the diseases of Pitta origin the bandaging can be done twice in a day. The Kaphadisease requires bandaging once in three days and same for the diseases of Vata aggravation 6-8.

**Pichu**

Pichu therapy involves utilization of medicated cloth fold over the affected area. It is a palliative measure used for the disorders caused by Vata imbalances. It can used for neck, hip, spine, chest, shoulder and knee, etc. Folded wool or cotton cloth dipped in medicated oils and placed over the affected area. The soaking capacity of Pichu provides delayed and long lasting effects of medicines over the affected area. Shiro Pichu is used for applying medicated oil over head to promote mental and physical wellbeing. Shiro Pichu offers soothing and healing effect thus provides mental relief. In Ayurveda Picha mainly used for treating cuts, wounds and surgical dressing purpose.

**Plota**

Plota means medicated gauze used for infected and chronic wounds as well as for treating ulcers. The Plota mainly used as Ksharaaploata (medicated gauze) which prepared from Smuhishira, Apamargakshara and Haridra, etc. The single coating of these drugs mainly used in Plota to heal wounds and ulcers.

Plota helps in draining and healing of wound, removes unhealthy tissue, the caustic action promotes healing, controls infection and provides aseptic condition to restrict microbialaction. Plota helps to separate debris and clean wound, gives anti-inflammatory effect and relieves pain. Plota after surgical intervention with Vedanaahara and Rakagohana drugs helps to prevent microbial infections and improves healing of wound, ulcer and topical injury.

**Kavalika:**

Kavalikais medicated tow which is so soft stuffing or tow between the medicines and applied over the affected part, such type of bandaging linen is called Kavalika. The Kavalika should be placed thickly over the affected area that after physician pressed it with his hand and firmly tie up the bandage considering patient comfort.

**Vikeshika**

Vikeshika is contact layer dressings, prepared by impregnating medicated Taila over 10 cm × 10 cm sterile gauzes. These impregnated gauzes first sterilized and packed. Vikeshika applied as a dressing over wounds after cleaning the affected area. It helps in surgical healing with minimal chances of complications. The Patoladivikeshika offers great relief in condition like burn injury and deep wound surgery.8-10

**Mode of action of Bandhana (Bandaging):**
- The drugs used in bandaging offers Ksharan and Kshanana properties causes cauterization of affected tissue.
- Krimighana action prevents microbial infection and control further deterioration of affected tissue.
Ropana property of Bandhana drug provides Vrana Shodhana & Vrana Ropana effect.

Bandhana removes unhealthy tissue and helps in draining of pus and dead cells.

The alkaline nature of some drug used in Bandhana offers aseptic and antimicrobial actions thus prevent chance of secondary infection.

Drugs used in Bandhana provide moisturizing effect thus promote epidermal migration and enhances formation of connective tissue for early healing.

The binding property of Bandhana retains surgical benefits and imparts delayed effects of medicaments.

Bandhana causes debridement and scrapping of infected wound to promote natural healing process.

Hemostatic, aseptic and antiseptic action of medications used in Bandhana helps in complete healing of chronic wound.

Sustained release action of medication in Bandhana enhances drug availability for longer duration of time thus provides prolong therapeutic relief.

Conclusion

Bandha means bandaging which used for dressing purpose, post operative care and surgical management of injury. Ayurveda mentioned various modalities for Bandha(bandaging) purpose including Pichu, Kawalika, Plota and Vikeshika, etc. Bandhana used for fracture, dislocation, cuts, wounds, warts and ulcer, etc. This is dressing technique also applied as post operative care for improving healing and early recovery of patient. Bandho(bandaging)is simple and safe technique which offer advantage of minimal invasion and can be used for the effective management of surgical and para-surgical conditions.

References