

Open Access Full Text Article



Review Article

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

Dr. Shailesh N Chovatia<sup>1\*</sup>, Dr. Neha Thumar<sup>2</sup>

1. Professor, HOD, Department of Rachana sharir, Shree O H Nazar Ayurved College, Surat, India

2. Assistant Professor, Department of Shalya tantra, shri O. H. Nazar Ayurved College, Surat, India

### Article Info:



#### Article History:

Received 08 August 2022

Reviewed 07 Sep 2022

Accepted 13 Oct 2022

Published 20 Oct 2022

#### Cite this article as:

Chovatia SN, Thumar N, Ayurveda Review on *Bandha Vidhi* and Clinical Significance of *Pichu*, *Plota*, *Kavalika* and *Vikeshika*, Journal of Drug Delivery and Therapeutics. 2022; 12(5-S):236-238

DOI: <http://dx.doi.org/10.22270/jddt.v12i5-s.5660>

#### \*Address for Correspondence:

Dr. Shailesh Chivatia, Professor & Head of Department, Department of Rachana sharir shri O. H. Nazar Ayurved College, Surat.

### Abstract

The *Bandhan* means bandaging and Acharya Sushruta has described various aspects of *Bandhan*. Ayurveda mentioned clinical significance of *Bandhan*, *Sthana*, *Vidhi* and *Dravya* for *Bandhan*. The *Bandhana* gives *Shodhan* effect and keeps 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 *Vranashodhana* and *Vranaropana* drugs thus helps to cure cuts and wounds. Dressing material such as; *Pichu*, *Plota* and *Kavalika*, etc. offer early healing and improves ability of body to regain physical ability. The *Vrana Shodhana* and *Ropana* properties help in the treatment of *Vrana*. *Bandha Vidhi* such as *Pichu*, *Plota*, *Kavalika* and *Vikeshika* are 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, *Bandha Vidhi*, *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; *Ksama*, *Avika*, *Kauseya*, *Karpasa*, *Dukulaka*, *Patrona*, *Cinapatta*, *Antarvalkala*, *Alabusakala*, *Tulaphala*, *Santanika* and *Raju*, etc

1

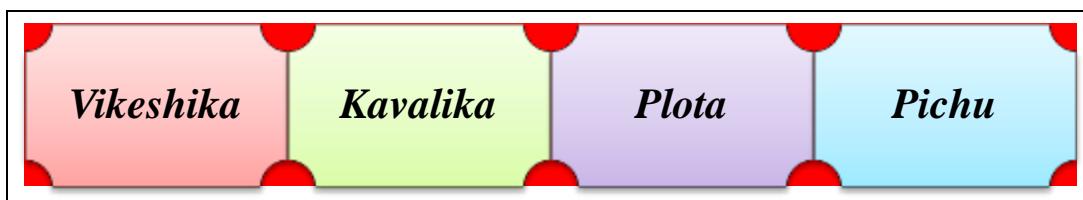


Figure 1: Various approaches of bandaging in Ayurveda

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
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

### Therapeutic Application of Bandhana:

- 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 Bandhana:

- 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 <sup>4-6</sup>.

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

Ayurveda further described *Trividhabandha* means three kinds of bandaging on the basis of strength of bandaging, these three types of bandaging are; *Gadha*, *Sithila* and *Sama*. *Gadham* means tight bandaging, *Sithila* means loose bandaging which allows movement of air and third one is *Samabandha* means moderate bandaging.

*Gadhabandha* done at the buttocks, abdomen, groins and thighregion. *Samabandha* should be done on the extremities, ears, face and chest. *Sithilabandha* 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 *Kapha* disease requires bandaging once in three days and same for the diseases of *Vata* aggravation <sup>6-8</sup>.

### 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 be 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 *Pichu* 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 *Ksharaplotra* (medicated gauze) which prepared from *Snuhikshira*, *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 microbial action. *Plota* helps to separate debris and clean wound, gives anti-inflammatory effect and relieves pain. *Plota* after surgical intervention with *Vedanahara* and *Raksoghana* drugs helps to prevent microbial infections and improves healing of wound, ulcer and topical injury.

### Kavalika:

*Kavalikais* medicated tow which is 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 x 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 <sup>8-10</sup>.

### Mode of action of Bandhana (Bandaging):

- ✓ The drugs used in bandaging offers *Ksharan* and *Kshanjan* properties causes cauterization of 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 prolonged therapeutic relief.

## Conclusion

*Bandha* means bandaging which is 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. *Bandha*(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

1. Kawiraj Ambikadutta Shastri, 2006, Susrutasamhita, Sutrasthana, [18/3], Chaukhamba Sanskrit Sansthan, Varanasi.
2. Kawiraj Ambikadutta Shastri, 2006, Susrutasamhita, Sutrasthana, [18/16] Chaukhamba Sanskrit Sansthan, Varanasi.
3. Kawiraj Ambikadutta Shastri, 2006, Susrutasamhita, Sutrasthana, [18/17] Chaukhamba Sanskrit Sansthan, Varanasi.
4. Vd.P. G. Aathvale, 1998, Dushtarth Ashtang Sangrah, Prathamkhand, Sutrathasn,[38/37-39] Dushtarthmlaprapkashan, Nagpur.
5. Kawiraj Ambikadutta Shastri, 2006, Susrutasamhita, Sutrasthana, [18/18], Chaukhamba Sanskrit Sansthan, Varanasi.
6. Acharya Priyavat Sharma, 2009, Dalhanachrya, Susrutasamhita, Sutrathasn, [18/19-20], Chaukhambaorientalia, Varanasi.
7. Kawiraj Ambikadutta Shastri, 2006, Susrutasamhita, Sutrasthana, [18/19,20] Chaukhamba Sanskrit Sansthan, Varanasi.
8. Aacharya Priyavat Sharma, 2016, vd. Vijay Shankar Kale, Charak Samhita Chikitsasthanam [25/96], Chaukhamba Sanskrit Sansthan, Delhi.
9. Susrutasamhita sutrasthan, vranalepanabandhana Vidhiadhyay eighteenth chapter.
10. Shalya Vigyan, Edition 2018, Dr. Aashish Parikh, Textbook of surgery, chapter [12], ChaukhambaSurbhartiprakashan, Varanasi.