

## LITERARY REVIEW OF VRANABANDHANA ACCORDING TO ACHARYA SUSRUTA

<sup>1</sup>\*Dr. Tarun Meena and <sup>2</sup>Dr. Rajesh Gupta<sup>1</sup>M.S. Scholar of Shalya Tantra Department, Dr. S.R. Rajasthan Ayurved University, Jodhpur, Rajasthan.<sup>2</sup>Head of The Department of Shalya Tantra, Dr. S.R. Rajasthan Ayurved University, Jodhpur, Rajasthan.**\*Corresponding Author: Dr. Tarun Meena**

M.S. Scholar of Shalya Tantra Department, Dr. S.R. Rajasthan Ayurved University, Jodhpur, Rajasthan.

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**ABSTRACT**

Tieing knot is of three kinds viz above, at the sides and below the wound. Thick wick of drugs should be kept on the wound and a soft pad kept on it. The paste of drugs inside the wick should not be very unctuous or dry, very unctuous paste gives rise to exudation and very dry paste causes abrasion of the wound, that with suitable unctuousness helps healing. If the wick is not placed properly it causes friction of the edges, makes for more flow, so the physician should apply the wick of paste in the proper manner, knowing the nature of the wounds. In wound produced by pitta or rakta the wick should be applied once only and in wounds of kapha and vata origin, it may be applied many times. All kinds of bandaging ending with the tight kind should be applied appropriately. This is the procedure even for joining of damaged lips. Bandaging should be done with good knowledge, in such a way that the wound will not cause any trouble to the person for getting up, lying down, sleeping, walking, riding etc.

**KEYWORDS:** Vranabandhana, Yantrana.**Definition of wound**

Ancient aacharya defined wound as-

Vrana gata vichoorney

Vranayetey itee vrana.

I.e Breakdown of the Continuity of skin is called vrana

Other definition is-

Vrinoti yasmat roodhe api vrana vastu na nashytee

I.e. presence of resultant scar (vrana vastu) does not disappear even after healing.

**Bandhana Dravya -Bandaging materials**

There are many bandaging materials described by susruta. These are to be used as found appropriate to the disease, time (season) etc.

Bandaging materials are cloth made from ksauma (flax), avika (sheep's wool), kauseya (silk), karpasa (cotton), dukulaka (in near bark of trees), patorna (wool of leaves), cinapatta (silk cloth), carma (hide), antarvalkala (inner layer of barks), alabusakala (pieces of alabu gourd), tulaphala santanika, rajju (rope) and metals (sheets of silver, copper, iron) etc.

**Abandhya - Contraindications for bandaging**

Bandaging should not be done on wounds caused by vitiated pitta and rakta, trauma and visha (poison), when follow with oedema, burning sensation, pus formation, red colouration, pain and such troubles, wounds caused by alkali and fire, when the muscles of the wound is decomposed and falls off.

Wounds of leprosy, burns by fire, diabetic eruptions, rat bite poison, those caused by poison, suppuration of muscles and severe ulceration of rectum, should not be bandaged. The physician should decide by his own wisdom, whether to apply bandage or not, the specialist should decide bandaging after considering the nature of habitat, doshas and season.

**Bandha abhava**

In absence of bandaging, the wound will be troubled especially by bite of flies, assault of grass, stone pebbles, sand, cold, wind, sunlight etc. Many kinds of pain and discomfort develop, the wound becomes contaminated and poultices etc. Quickly get dried.

**Bandha yantrana – Tightening the bandage**

Yantrana (putting knots) may be done at three directions above, below and sides of the wound.

**Bandhana Vidhi (procedure of tying bandage)**

A thick kavalika (wick or role of pest of drugs) should be kept on the wound, then bandage should be tied moving it in the direction of the left hand, straight without folding, without any twists and inserting a soft pad, the knot should not be tied on the wound as that gives rise to pain.

Vikesika ausadha should be neither very unctous nor very dry, or uneven (irregular) because too much of unctousness produces exudation, too much of dryness

produces tearing and keeping it irregularly causes friction at the edges of wound.

### Bandhana types - patterns of bandaging

Patterns of bandaging are fourteen-

1. Kosa (sac, envelop) - it kind of bandaging should be used for the thumb, finger and joints of the fingers.
2. Dama (wound round like a belt)- it kind for the painful part.
3. Swastika (like plus mark) -it kind for the joints, kurchaka (area over metatarsals), between the brows, between the breasts, palms, soles and ears.
4. Anuvellita (twisted) - it kind for extremities
5. Mutoli (pratoli) (broad, winding)- it kind for the neck and penis.
6. Mandala (round, circular)- It kind for parts which are round.
7. Sthagika (stump like) - it kind for the tips of the thumbs fingers and penis.
8. Yamaka (twin, double)- it kind for two wounds side by side.
9. Khatva (swing) – it kind for the lower jaw, temples and cheeks.
10. China (T shaped)- it kind for the outer canthus of eyes.
11. Vibandha (binding from both sides) – it kind for the back, abdomen and chest.
12. Vitana (canopy like) -it kind for the head (scalp).
13. Gophana (like horns of the cow) -it kind for the chin, nose, lips, shoulders and urinary bladder
14. Panchangi (with five tails). It kind for organs above the shoulders.

### Trividha bandha- (Three kinds)

Depending on the location of the wound, bandaging is of three kinds-

1. Gadha (tight)- tight one is that which though firm does not cause pain.
2. Sithila (loose)- lose one is that which exhales (allows movement of air from inside)
3. Sama (even/moderate) - even one is that which is neither tight not loose

### Sites of gadha bandha

Tight bandaging should be done on the buttocks, pit of the abdomen, axillae, groins, thighs and head

### Sites of Sama bandha

Moderate one should be done on the extremities, face, ears, throat, penis, scrotum, back, flanks, abdomen and chest.

### Sites of sithila bandha

Loose bandage should be on the eyes and joints of the bones.

### According to doshas

In wounds of pitta origin, if situated on places indicated for tight bandaging, then moderate kind of bandaging should be done, if situated on places of moderate

bandaging then loose bandaging should be done, if situated on places of loose bandaging then no bandaging should be done. This procedure is same in diseases caused by vitiation of blood. For disease of kapha origin, situated on places meant for loose bandaging, then moderate bandaging should be done, if present on places of moderate bandaging then tight bandaging should be done and if situated on places meant for tight bandaging then it should be tighter. This procedure is same for the disease caused by aggravation of vata.

### Bandhana guna

Crushed and lacerated wounds, fractures, dislocation of joints, bone hanging, cutting of bones, tendons, veins etc.heal quickly by bandaging, the wounded person will be able to sit walk and stand easily, finds comfort in lying and sitting and the wound heals quickly.

### Frequency of bandaging

In diseases of pitta origin, and during autumn and summer, bandaging should be done twice in a day, this is same for disease produced by vitiated blood. In diseases of kapha and in winter and spring, bandaging should be done once in three days, this is same for diseases produced by aggravation of vata if tight bandaging is done on places indicated for moderate and loose bandaging, then the drug inside the wick of pest becomes a waste, there will be swelling and pain. If the bandage is applied loose on places indicated for tight and moderate bandaging then the medicine inside the wick will fall off, and there will be damage to the edges of the wound due to friction. If moderate kind of bandaging is done on the places indicated for tight and loose bandaging there will be no effect of bandaging.

### REFERENCES

Susruta samhita sutra sthan, vranalepana bandhana Vidhi adhyay eighteenth chapter.