



## CONCEPTIONAL STUDY ON VRANALEPANA BANDHA VIDHI ACCORDING TO ACHARYA SUSHRUTHA

### Review article

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### ABSTRACT

Ayurveda described term *Vrana* (Wound) for wound which is the most common condition that affecting humankind continuously. *Vrana* which can occur both internally and externally it is difficult to treat hence, *Acharya sushruta* has contributed a special chapter for bandaging of *vrana* that is *Vranalepanabandhavidhi* 18 th chapter in *sutrasthan*. Ayurveda emphasized on both internal and external remedies to normalize the wound. *Lepas* have first importance to cure *sthanika vikaras* and to prevent further spreading of diseases. *Bandhana*(bandage) is the technique of bandaging mentioned in *Susrutha Samhita* written around 1st BC. the *bandhana* ,means bandaging *Sushruta* has described various aspects of *bandhana* and mentioned clinical significance of *Bandhana, Sthana, Vidhi and Dravya for bandhana*(bandage) .the *bandhana* gives *shodhana* effect and keep wound clean and improve process of healing and gives steadiness in bones provide compactness and *vrana shodhan* and *ropana* property heals the wound .for bandaging *kavalika* ( Cotton-pad), *Vikeshika* (medicine impregnated pad), *Pichu* (Cotton Swab), *Plot* (Swab or Gauze pack) are used.

**Key words:** *Alepa*(poultices), *Bandhana*(bandage), *Vrana*(wound), *Ropana*(healing)

**INTRODUCTION:** Ayurveda is science of life it provides many theories about prevention and treatment of diseases. wounds are called *vrana* in ayurveda and are the oldest concept used by humans. The healing process of *Vrana* is a natural process, it starts immediate after injury. *Sushruta* described *Vrana* at different places in *Sushrut Samhita*. In modern days because of stressful and overcrowding scenario of life style witnessed many incidences of physical trauma and injury leading to the skeletal system disturbances in terms of fractures, dislocations, wound bleeding etc. wound and its healing are of prime importance in surgical practice. Hence *Acharya sushruta* explained regarding *shastiupakramas*<sup>2</sup> for management of *vrana* in that he included *Alepa* & *bandha* also. *Acharya* explained

that *Alepa* helps in the relieving pain ,burning sensation and bandages helps in healing of wound and explained 14 types of *bandha* in *vrana lepana bandhavidhi Adhyaya*<sup>1</sup>

### AIM AND OBJECTIVES

- To review on *Vrana lepana bandhavidhi adhyaya*
- To know the importance of *bandha* (bandages) in *Vrana*(wound)

### Importance and types of *Alepa*

*Alepa*:<sup>3</sup>

Here the application of paste of drugs on the *vrana* *acharya* considered It as an important treatment. And it is *pradhana upakrama* in all the *shophas*

**Types of *Alepa* :**<sup>4</sup>

- *Pralepa*: It is *sheeta*(cold), *tanu*(thin), *vishoshi*(dry), *avishoshi*(not dry)

- *Pradeha*: it is *ushna* (warm), *sheeta* (cold), *bahalo* (thick), *avishoshi* (not dry)

- *Alepa*: in between the two

### **Alepa importance**

It mitigates the *dosha*, and relieves burning sensation, itching and pain, it is *tvakprasadakara* (soothing skin), *mamsaraktaprasadhana* (soothing skin, muscle, blood) it reduces *daha* (burning), *kandu* (itching), *toda* (pain),

### **Lepakalpana in present era:**

Lepa's form is not easy in this day and age. The most common problems in Ayurvedic poultices are stains after use, odor, sensitivity, oiliness, fluidity, insufficient frequency, etc. For this reason, it is necessary to examine and research lepa Kalpana. New prescriptions, such as lotions or creams, are designed to be simple and will not have all the problems associated with old lepa prescriptions. In this new Ayurvedic medicine, herbs are the main ingredients and some cream/ointment base and some other additives are added to these herbs.

Modern methods include <sup>5</sup>

1. Ointment: There are two methods for imparting the ingredients into the ointment base i.e. trituration & fusion. In the milling process, finely divided insoluble substances are evenly distributed in a small matrix and then diluted. In the melting process, the ingredients are melted together in decreasing order of their melting points and mixed to achieve uniformity. A study was conducted to convert Tiladi Lepa in to ointment form. This ointment is prepared

by mixing the fine powder of each ingredient with honey and white petroleum jelly as base ingredients. This type of ointment helps prolong life.

2. Cream: Creams are viscous semisolid ointment like preparations. They may be oil-in-water type (aqueous creams) or water-in-oil type (oily creams). Creams can be easily removed from skin and clothing because they contain water soluble bases and hence are more convenient to use

### **Importance of bandha and its types**

#### **Bandages**

It is important treatment which will do cleaning the wounds, healing, and establish stability of bones and joints. After *alepa*, *bandha* is done for healing of wounds

#### **Bandha Dravya (Bandaging Material)**

Materials used for *Bandha* are *Ksouma* (flax), *Karpasa* (cotton), *dukula* (fabric cloth), *kauseya* (silk), *patroma* (garments of woven silk), *cinapatra* (silk cloth), *carma*, (hide)

*Antaravalkala* (inner layer of barks), *alabusakala* (piece of *alabu* ground), *Vidala* (split bamboo), *rajju* (rope), *tulaphala santanika* (pad made from wool of silk cotton fruit), and, *loha* (metals)

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

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

**Table no 1: Types of bandages (*Bandha vishesha*)<sup>6</sup>**

SL.NO	Name of <i>bandha</i>	Place of bandaging
1	<i>Kosha</i>	( <i>Angusta anguli parveshu</i> ) for the joints of thumb and finger
2	<i>Dama</i>	( <i>Sambadanga</i> ) the part of the which has pain

3	<i>svastika</i>	( <i>Sandhi kurchaka bru stanantartala karna</i> ) for the joints <i>kurchaka</i> over the metatarsals, between brows ,between the breast,palms,soles and ears
4	<i>Anuvellita</i>	( <i>Shakashu</i> ) for the extremities
5	<i>Mutoli</i>	( <i>Griva,medra</i> ) for the neck and penis
6	<i>Mandala</i>	( <i>Vrutange</i> ) for the body parts which are circle
7	<i>Sthagika</i>	( <i>Angustaanguli agreshu</i> ) for the tips of thumbs, fingers, & penis
8	<i>Yamaka</i>	( <i>Yamalavrana</i> ) for two wounds
9	<i>Khatva</i>	( <i>Hanu, shanka ,ganda</i> ) for the lower jaw, templates and cheeks
10	<i>China</i>	( <i>Apanga</i> ) for the outer canthus of eye
11	<i>Vibhanda</i>	( <i>Prushta ,udara ,urasu</i> ) for the back ,abdomen,& chest
12	<i>Vitana</i>	( <i>Murdani</i> ) for the head
13	<i>Gophana</i>	( <i>Chibuka ,nasa ,oshta ,bastishu</i> ) for chin,nose,lips,shoulder and urinary bladder
14	<i>Panchangi</i>	( <i>Jatrana urdva</i> ) for the parts above shoulder

#### **Knot of the bandage ( Yantrana)**

- *Urdva* (upper)
- *Adhah* (lower)
- *Tiryak* (side)

#### **Types of bandages (Bandha)**

- *Ghada banda* (tight bandage)
- *Sama bandha* (not too loose not too tight)
- *Shithila banda* (Loose bandage)

#### **Places of bandha (Sthanas)**

*Gadha bandha* – *Nitamba*(buttocks), *kukshi*(pit of abdomen), *kaksha*(axilla), *vankshana sandhi*(groin), *uru*(thigh) , *shira*(head)

*Sama bandha* – *hasta*(hands), *pada*(legs), *mukha*(face), *karna*(ear), *kanta*(throat), *medra*(penis), *vrushana*(scrotum), *prushta*(back) , *parshva*(flank) , *udara*(abdomen) ,*chati*(chest)

*Shitila bandha* – *netra*(eyes) and *sandhisthana*(joints)

#### **Doshanusara bandha**

*Pittaja vrana & rakta dusta vrana* –  
In place of *gadha banda*(tight bandage) – *sama bandha*

In place of *sama bandha* (normal bandage) -*shitila nadha*

In place of *shithila bandha* (loose bandage) – no *bandha*

*Kapahaja vrana & vata dusta vrana* –

In place of *shithila* – *sama bandha*

In place of *sama* – *gadha bandha*

In place of *gadha*- *gadatar*

#### **Importance of doshanusara bandha**

- If we do tight bandage in place of loose bandage it leads to inflammation of the wound, and reduce blood circulation.
- If loose bandage is done in place of tight it leads to non-healing of wound ,and infected by microorganisms.

#### **Contraindication of bandages (Bandha nishidda)**

*Pittaraktadushti* ,*Abhighatvishnimitta* –  
With presence of- *Shopa* (oedema) *Dah*(burning sensatoin),*Pak*, *laailamaa* , *vedana*(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*.

### Importance of bandages (*Bandha phala*)

Healing of wounds and stability of bones and joints

### Bandages according to modern science:<sup>8</sup>

Indication

- To reduce the swelling like in lymphoedema
- To support splints
- To stop bleeding /oozing
- To keep dressing in position

Types of bandages

1. Roller bandages: it is continuous roll of material which is rolled over the part to cover area

- It is used in limbs
- It is available in different width -1-inch, 2-inch, 4-inch, 6 inch
- It is used in different ways: Circular turns, spiral turns, reverse spiral turn, figure eight turn, recurrent turn, Spica bandage

2. T bandages: it is used in perineum and groin

3. Tailed bandages: it may four tailed bandages or many tailed bandages

4. Tubular bandages: these are unrolled over the limb to give pressure effect

5. Triangular bandages: these are used for supporting the elbow or forearm.

6. Cravat bandages: it is a folded type of triangular bandage which is used as sling around the neck, when elbow requires to be rested

Principles of bandaging

- Bandage is wrapped from distal to proximal.
- limbs must be positioned correctly before bandaging
- Bandages is unrolled outwards
- Firm, adequate pressure should be used during bandages
- It should not cause venous or arterial compression

### DISCUSSION

Here the *Alepa*(poultice) which was explained is helpful to reduce the

symptoms like inflammation and *daha* (burning) *kandu* (itching) and increases the blood circulation and it also reduces the *doshas* according to modern Transdermal drug delivery has an advantage over other types of medication delivery such as oral, intravenous, intramuscular etc, Because it provides a controlled release of the medication into the patient, it enables a steady blood level profile resulting in reduced systemic side effects, after *Alepa*, *acharya* was explained about the *bandha* , that is 14 types , and different materials was used for this procedure , depends on *dosha* ,*stana* different bandages were explained these helps in healing of wound and makes the fracture site immobile and helps in healing, so *Alepa* and *banda* both are helps in the wound healing which were explained by Acharya sushruta in the 18th chapter of *sushrutasamhita vranlepanabandhavidhi Adyaya*

### CONCLUSION

Topical application is providing the therapeutic benefits by reaching local tissues and with minimal side effects<sup>7</sup>. And bandaging after *lepa* which eliminates the infection of wound and both helps in healing of the wound and also reduces the *doshas*, and helps in *sandhi bandana* by this we can say that *vranalepana* and *bandana* is an important concept hence Various advancements have been done in *lepa* and *banda* all these advanced forms are suitable in present scenario.

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