

**AYURVEDIC SUPPOSITORIES (VARTI KALPANA) – A REVIEW**

Madhulika Priya Sharma Govinda Ganti Basavaraj

Dept. of Rasashastra &amp; Bhaishajya Kalpana, SDM College of Ayurveda, Hassan, India

**ABSTRACT**

*Varti kalpana* are very popular in *Ayurveda*. Pharmaceutically it is a variant of *Vati* in shape which can be prepared on almost similar lines mentioned in *Vati* preparation. In *Ayurvedic samhitas*, the references of number of *Varti* are mentioned under treatment of various diseases like *Yoni varti* under *Yoni vyapat roga*, *Dhumra varti* under *Mukha roga*, *Netra varti* in *Netra roga*, *Vrana varti* in *Vranopakrama* and *Guda varti/ Phala varti* in *Mala vikara*. These exclusive descriptions of *Varti* in the literatures also convey their unique method of preparation, specific size, feature and use. An attempt to review the various *Vartis* mentioned in *Ayurveda* is made in this article.

**Keywords:** *Ayurveda*, *Varti*, Suppository

**INTRODUCTION**

*Varti kalpana* is derivative of *Vati kalpana*. The method of *Varti* preparation is same as that of *Vati*. But, *Varti* differs in its shape, use and indication. These are solid and wick shaped (elongated with tapering ends) medicated preparations, shaped for ready introduction into one of the orifices of the body other than the oral cavity<sup>1</sup>. Based on their site of application and action they are of different types, like *Yoni varti*, *Guda varti*, *Netra varti*, *Dhumra varti* and *Vrana varti*<sup>2</sup>. These are mainly meant for external use and designed to soften at body temperature. These can be co-related to suppositories, defined as the medicated solid dosage form generally intended for use in the rectum, vagina and to a lesser extent, the urethra.<sup>3</sup>

**General method of preparation<sup>4</sup>**

The preparation of *Varti* is same as that of *Vati*. Usually two methods are employed;

- **Paka Method:** Jaggery/sugar along with water boiled together over mild fire until paka of 2 to 3 thread consistency. Later the fine powder of medicinal drugs is

added little by little and stirred well to a homogenous mixture and desired sized *Varti* are prepared.

- **Bhavana Method:** Fine powder of the medicinal drugs are mixed together and triturated along with the liquid mentioned in the preparation. Later desired sized *Varti* are prepared.

**Different Varti in Ayurveda**

In this work an attempt was made to gather the information of *Varti* in *Ayurveda*. The study was limited to *Charaka samhita*, *Sushruta samhita* and *Ashtanga Hridaya* as they are considered to be the most ancient authentic books of *Ayurveda*.

**Yoni Varti**

These *Varti* are meant for insertion into vagina (*Yoni*), for the purpose of removal of accumulated *dosha* at local site, for reducing intravaginal discharge, foul smell and pain. e.g. *Varaha pitta varti*<sup>5</sup> and *Arkadi varti*<sup>6</sup> in *Kaphaja yoni vyapada*.

### Guda Varti

These are meant for insertion into anus (*Guda*). It helps in *Apana vayu anulomana*, thereby easy expulsion of *mala*. They are *Shula hara* and *Udavarta hara*. e.g. *Pinyakadi varti*<sup>7</sup> and *Nikumbhadi varti*<sup>8</sup> in *Udavarta*.

### Vrana Varti

These are meant for insertion into wounds (*Vrana*) for the purpose of their cleaning, drainage and cauterization (*Shodhana*, *Ropana*, *Shravaharana*, *Vedanaharana* and *Dahakarma*). e.g. *Aragvadhadi varti*<sup>9</sup> in fistula (*Bhagandara*), *Nadivrana nashaka varti*<sup>10</sup> in pilonidal sinus (*Nadivrana*).

### Dhumra Varti

These are meant for *Dhumpana*, indicated for upper respiratory disorders (*Gala roga*, *Mukha roga*) etc. e.g. *Haridradi varti*<sup>11</sup> in hiccup (*Hikka*) and asthma (*Swasa*), *Shatahvadi varti*<sup>12</sup> in rhinitis (*Peenasa*).

### Netra Varti

These are meant for application on eyes as *Anjana* after rubbing with rose water or plain water. They help to treat ENT disorders, also cures infections (*Graha dosha*) e.g. *Kayasthadi varti*<sup>13</sup> in epilepsy (*Apasmar*) *Pathyadi varti*<sup>14</sup> and *Vimala varti*<sup>15</sup> in eye diseases.

Table 1: Showing the specific sizes of Varti told in Ayurvedic samhitas

Type of Varti	Example	Size
Yoni varti	Pippalyadi varti <sup>16</sup>	Pradeshini angulivat
Yoni varti	Varti for Karnini roga <sup>17</sup>	Tarjini pramana
Guda varti	Shyamaphaladi varti <sup>18</sup>	Angushtha pramana
Guda varti	Pippalyadi varti <sup>19</sup>	Puspanetravat
Vrana varti	Shodhana varti <sup>20</sup>	Sukshma to sthula as per size and depth of vrana
Dhumra varti	Venvadi varti <sup>21</sup>	Yavakara
Netra varti (Lekhana karma)	Saindhavadi varti <sup>22</sup>	Harenuka pramana
Netra varti (Prasadana karma)	Sukhavati netra varti <sup>23</sup>	One and half of Harenuka pramana

Table 2: Showing the different methods of preparation of varti with example

Method of Preparation	Example
Bhavana method	Arkadi varti
Paka method	Pippalyadi guda varti
With the help of jaggery (guda)	Shyamaphaldi varti
With the help of silk cloth (kshauma vastra)	Shatahvadi varti
With the help of bamboo twig (sharika)	Dhuma varti
Thread /Sutra method	Nadivrana nashaka varti

Table 3: Showing the different liquid used for trituration (bhavana dravya) for Varti

Varti	Bhavana Dravya
Kamsyadi varti <sup>24</sup>	Goat' milk (Aja ksheera)
Shwetapradara nashaka varti <sup>25</sup>	Honey (Madhu)
Avalgujadi varti <sup>26</sup>	Cow's bile (Go pitta)
Sumana koradi varti <sup>27</sup>	Rain water (Divya jala)
Arkadi varti	Latex of Arka plant (Arka ksheera)
Naktamaladi varti <sup>28</sup>	Goat's urine (Aja mutra)

## OBSERVATION

When the data collected from *Samhitas* was analysed, it was seen that there are many Vartis mentioned in *Ayurveda*. These are named as per their site of application (e.g. *Shyamadi guda varti*) / indication (e.g. *Drishtiprada varti*) / main ingredient (e.g. *Avalgujadi*

*varti*)/*bhavana dravya* used (e.g. *Arkadi varti*). They are used extensively in various diseases.

## DISCUSSION

*Charaka samhita* contributes mainly different *Yoni varti* in gynaecological diseases (*Yoni vyapada*), *Dhumra varti* in different diseases like

fever (*Jwara*), cough (*Kasa*), *Netra varti* under eye diseases (*Netra vikara*). *Guda varti* is for bloated abdomen (*Anaha*), gastrointestinal diseases (*Udar roga*) and belching (*Udavarta*) etc.

*Sushruta samhita* add another unique form of *Varti* as *Vrana varti*, to be used for different wounds (*Vrana*), fistula in ano (*Bhagandara*) etc.

*Ashtanga Hridaya* mainly advocates *Dhumra varti*, and *Netra varti* apart from *Vrana varti*. Besides their different number of *Varti*, the method of preparation also has been dealt wherever required which differ as per the purpose and site of application. E.g. *Sutra forms of varti* in *Bhagandara*, *vrana*. *Avalgujadi varti* for *lepa* (external application) in *Shwitra* etc.

Apart from the usual *Yavakara* form, some specific sizes of the *Varti* also have been mentioned in the Ayurvedic texts. e.g. *Pradeshini anguli pramana* (size of index finger) for *Pippalyadi yoni varti*.

## CONCLUSION

Thus, it can be concluded that *Ayurveda* has wide information of *Varti* regarding its type, use, size and method of its preparation. This review can be developed to follow common norms for the preparation of different types of *Varti*. It also reveals that there is wide area of application of *Varti* in clinical field.

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**CORRESPONDING AUTHOR**

Dr. Madhulika Priya

PG scholar of Rasashastra and Bhaishajya Kalpana

SDM College of Ayurveda and Hospital,  
Hassan, Karnataka, India

Email: madhulika.priya@gmail.com

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