

REVIEW ON GUDA VARTI (RECTAL SUPPOSITORY)

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ABSTRACT

Varti (Suppository) is a similar form of *Vati Kalpana*. The *Varti Kalpana* has played its own important role since Prehistoric period. The topic of *Varti Kalpana* has been dealt in almost all the *Ayurvedic* Treatises. Contemporary Suppositories are the modification of ancient *Vartis* explained by our *Acharyas*. For making *Varti*, medicine is modified into *yavakriti* (Long oval shape) form. This is commonly used for local administration through the following routes viz. *Guda* (Anus), *Yoni* (vagina), *Sisna* (penis) and *Netra* (eye). According to the specific route of administration, the length and diameter of the *Varti* will be modified. Depending upon the *roga*, *rogi*, *sthana*, *dosha* and *karma* different types of *Vartis* are mentioned. *Guda Vartis* are meant for insertion into the anus (*Guda*). It helps in *Apana vayu anulomana*, thereby aiding in easy expulsion of *sancita dosha* (*Mala*, *mutra*, *purisha*, *rakta*, *Kapha* etc) from the body. Rectal suppositories are the modified form of *Guda* (Anus) *varti*, meant for introduction into the rectum for their systemic and local effect. These are particularly useful when the drug cannot be administered orally. They are tapered at one or both ends and usually weigh about 2 gms. They are in an acceptable form, safe and easier for administration with a higher rate of bioavailability, faster onset in shorter peak and less wastage.

Keywords: *Varti*, *Guda Varti*, Suppository

INTRODUCTION

Nirukti-Vartayateeti Vartih¹

Definition-*Vartiriva svarupatvata Vartih namna prakrititah²*

Medicines are powdered, triturated and given the *Varti* shape i.e. like the wick of a lamp and that is why it is called as *Varti Kalpana*.

Varti Kalpana is mentioned by *Bruhatrayees* and almost all other *Ayurvedic* treatises viz. *Vangasena* (12th AD), *Vrindmadhava* (12thAD), *Gada Nigraha*

(12th AD), *Sharangdhara* (14th AD), *Yogarantakara* (16th AD), *Bhavaprakasha* (16th AD), *Bhaishajya Ratnawali* (20th AD), *Rasa Tarangini* (20th AD) etc. with a view to treating various ailments.

Varti Kalpana is derivative of *Vati Kalpana*. The method of *Varti* preparation is the same as that of *Vati* preparation. However, it differs in its shape, size and therapeutic usage³. E.g.- In *Guda Varti* medicines are modified into a *yavakriti form*.

Vartis are commonly used for local administration through the following routes viz. *Guda* (Anus), *Yoni* (Vagina), *Sishna* (Penis), and *Netra* (Eye). According to the specific route of drug administration, the length and diameter of the *Varti* will be modified. It acts rapidly and in a better way to remove the imbalanced state of *Doshas* and *Malas*. These *Vartis* are solid at room temperature but melt/dissolve at body temperature.

Types: Classification of different types of *Varti*

- Depending upon the size.
- Depending upon its indication at the particular site.
- Depending upon its composition.
- Depending on its actions.

Depending upon the size:

- *Yoni Varti: Pippalyadi Varti - Pradeshini angulivat pramana*
- *Guda Varti: Shyamaphaladi Varti -Angushtha pramana*
- *Guda Varti: Pippalyadi Varti -Puspanetravat*
- *Vrana Varti: Shodhana Varti -Sukshma to sthula as per size and depth of vrana*
- *Dhumra Varti: Venvadi Varti -Yavakara*
- *Netra Varti (Lekhana karma): Saindhavadi Varti -Harenuka pramana*

b) Depending upon its application/indication at particular site:

1. *Guda Varti*, 2. *Yoni Varti*, 3. *Vrana Varti*, 4. *Sishna Varti*, 5. *Dhuma Varti*, 6. *Netra Varti*.

c] Based on composition. Ex *Phala Varti* where *Madhana phala* is the main ingredient.

d] Based on the action: *Varti* can be *Saumya* and *Tikshna*.

Saumya Varti is for the purpose of attaining *Snehana*, *Poshana* and *Ropana* actions. The drugs used for the *Saumya Karma*, possess qualities like *Man-daguna* and *Sita Virya*. Ex:

Tikshna Varti is used for *Virechana* and *Lekhana Karma*. The drugs of *Tikshna Varti* are *Ushna in-Virya* and *Tikshna Guna yukta*.

Guda Varti (Rectal suppositories)

Guda Varti are meant for insertion into the anus (*Guda*) it helps in *Apana Vayu anulomana*, thereby easy expulsion of *mala*. *Guda Varti* is used in case of constipation, retention of enema, disorders of GIT causing obstruction to the movement of *apanavayu* and vitiating *Dosha* and excretes *Mala* accumulated in the rectum. The diameter of *Varti* is made equal to the size of the thumb. When used, the *Varti* is first soaked in *Ghrita* and then is made to enter in the rectum slowly.

Guda Varti-General method of preparation:

The preparation of *Guda Varti* is same that of *varti*. Usually, two methods are employed here,

Paka method: Jaggery/sugar along with water boiled together over a mild fire until *paka* of 2 to 3 thread consistency. Later the fine powder of medicinal drugs are added little by little and stirred well to attain a homogenous mixture and desired sized *Varti* are prepared⁴.

Bhavana method: fine powder of the medicinal drugs are mixed together and triturated along with the liquid media mentioned in the preparation. Later desired sized *Varti* are prepared⁵.

The general mode of Administration: Patient is asked to lie down in left lateral position. The anal verge is applied with ghee and the *Varti* immersed in ghee is slowly administered into the rectum. The patient is allowed to be in supine position until the urge of defecation begins. The drug may kick-start its action within 30 minutes of administration⁶.

Suppositories-Suppositories are special shaped solid dosage form of a medicament for insertion into the body cavities other than mouth. They may be inserted into rectum, vagina or the urethra. These products are so formulated that after insertion, they will either melt or dissolve into the cavity fluids to release the medicament and exert their drug effects. Suppositories vary in shapes, sizes and weights⁷. Generally, suppositories weighing 1 to 2 grams are prepared. Cocoa butter or glycerine is used as a base.

USES: -Suppositories are used for any one of the three different purposes.

1. To produce local action.
2. To produce systemic action.
3. To produce mechanical action on the lower bowel and facilitate evacuation in the treatment of haemorrhoids, anal irritation, constipation etc.

Suppositories are the convenient mode of administration of drugs which irritates the gastrointestinal tract, cause vomiting, are destroyed by hepatic circulation or are destroyed in the stomach by pH changes, enzymes etc. They can be easily administered to children, old persons and unconscious patients who cannot swallow the drug easily.

Types: -Suppositories are introduced to different body cavities. They are named on the basis of cavities into which they are introduced.

1. Rectal suppository, 2. Pessaries, 3. Urethral bougies, 4. Nasal bougies, 5. Ear Cones

Rectal suppositories:-These are meant for introduction into the rectum for their systemic and local effect. These are generally made from theobroma oil

and are available in various sizes to meet the need of infants, children and adults. Rectal Suppositories are usually available in weight about 1-2gms. They are either cone or torpedo shaped.⁸

Generally, rectal suppositories are used to produce local action at the site of application but many of them are used to produce systemic actions. Drugs such as analgesic, astringents, hormones, antibiotics, steroids are used.⁹

Drug absorption through rectal route is different from that of oral administration. In rectal absorption of drug, portal circulation is bypassed giving an advantage of preventing the biotransformation of drugs in the liver. The lower haemorrhoidal veins surrounding the colon receive the absorbed drugs and initiate its circulation throughout the body bypassing the liver. Lymphatic circulation also assists drug absorption rectally.¹⁰

The pH of the rectal fluids is 7 to 8 and has no buffering capacity. Thus the form of administered drug is not changed chemically in the rectal environment.¹¹

Table 1: Showing the different *Guda Vartis* mentioned in Ayurvedic Samhitas

Sl no	Name	Indication	Reference	Size
1	<i>Hingwadi Varti</i> ¹²	<i>Udavarta</i>	<i>Bhaishajyarathnavali</i>	<i>Angushta pramana</i>
2	<i>Phala Varti</i> ¹³	<i>Udavarta</i>	<i>Bhaishajyarathnavali</i>	<i>Angushta pramana</i>
3	<i>Aagaradhumadi Varti</i> ¹⁴	<i>Udavarta</i>	<i>Bhaishajyarathnavali</i>	<i>Kanishta anguli pramana</i>
4	<i>Nirgundi patra Varti</i> ¹⁵	<i>Udavarta</i>	<i>Bhaishajyarathnavali</i>	<i>Angushta pramana</i>
5	<i>Trikatwadi Varti</i> ¹⁶	<i>Udavarta</i>	<i>Chakradatta</i>	<i>Angushta pramana</i>
6	<i>Shamaadi Varti</i> ¹⁷	<i>Udavarta</i>	<i>Charaka</i>	<i>Angushta pramana</i>
7	<i>Pinyakadi Varti</i> ¹⁸	<i>Udavarta</i>	<i>Charaka</i>	<i>Angushta pramana</i>
8	<i>Pippalyaadi Varti</i> ¹⁹	<i>Udavarta</i>	<i>Charaka</i>	<i>Pushanetravat</i>
9	<i>Rataadi Varti</i> ²⁰	<i>Shula</i>	<i>Chakra data</i>	<i>Angushta pramana</i>
10	<i>Kanaka muladi Varti</i> ²¹	<i>Atisara</i>	<i>Bhaishajyarathnavali</i>	<i>Valla pramana</i>
11	<i>Arshogni Varti</i> ²²	<i>Arshas</i>	<i>Bhaishajyarathnavali</i>	<i>Angushta pramana</i>
12	<i>Katutumbi bijadi Varti</i> ²³	<i>Arshas</i>	<i>Bhaishajyarathnavali</i>	<i>Angushta pramana</i>
13	<i>Ghosha phala Varti</i> ²⁴	<i>Arshas</i>	<i>Chakra data</i>	<i>Angushta pramana</i>
14	<i>Thumbi bijadi Varti</i> ²⁵	<i>Arshas</i>	<i>Chakra data</i>	<i>Angushta pramana</i>
15	<i>Haridradi Varti</i> ²⁶	<i>Arshas</i>	<i>Charaka</i>	<i>Angushta pramana</i>
16	<i>Arshogna Varti</i> ²⁷	<i>Arshas</i>	<i>Rasarathnasamucchaya</i>	<i>Angushta pramana</i>
17	<i>Varti dwaya</i> ²⁸	<i>Arashas</i>	<i>Ashtanga Hridaya</i>	<i>Angushta pramana</i>
18	<i>Nikumbakampillakadi</i>	<i>Udavarta</i>	<i>Sushruta samhita</i>	<i>Angushta pramana</i>

	<i>Varti</i> ²⁹			
19	<i>Samudraradaka sarshapa maricha Varti</i> ³⁰	<i>Vata Varcha ni-rodha</i>	<i>Sushruta samhita</i>	<i>Angushta pramana</i>
20	<i>Shodana gana Varti</i> ³¹	<i>Aprathyagata Basti</i>	<i>Sushruta samhita</i>	<i>Angushta pramana</i>
21	<i>Phala Varti</i> ³²	<i>Udavarta of vata mutra pureesha</i>	<i>Sushruta samhita</i>	<i>Angushta pramana</i>

Table 2: Showing the specific sizes of *Guda Varti* told in *Ayurvedic Samhitas*

Example	Size
<i>Shyamaphaladi Varti</i> ³³	<i>Angushta pramana</i>
<i>Pippalyadi Varti</i> ¹⁹	<i>Puspanetravat</i>
<i>Aagaradhumadi Varti</i> ¹⁴	<i>Kanishtha anguli pramana</i>
<i>Kanakamuladi Varti</i> ²¹	<i>Valla pramana</i>

Table 3: Showing the different methods of preparation of *Guda Varti* with an example

Method of Preparation	Example
<i>Paka method</i>	<i>Pippalyadi guda Varti</i> ¹⁹
With the help of jaggery (<i>Guda</i>)	<i>Shyamaphaldi Varti</i> ³³
<i>Paka in Gomutra</i>	<i>Nikumbha Kampillakadi Varti</i> ²⁹
<i>Bhavana in Tila taila</i>	<i>Agaradhumadi Varti</i> ¹⁴

DISCUSSION

The topic of *Varti Kalpana* has been dealt in almost all the *Ayurvedic* treatises viz. *Charaka samhita*, *Sushruta Samhita*, *Ashtanga hridaya*, *Bhaishajya ratnavali*, *Chakradatta* and *Rasarathna samucchaya* etc. *Bhaishajya ratnavali* widely contributes different *Guda Vartis* in different diseases like *Udavarta*, *Atisara* and *Arshas*. *Chakradatta* also explains in detail about *Guda Vartis* for the treatment of *Shula*, *Arshas* and *Udavarta*. *Charaka* was the only person who explained *Guda Varti* which can be used to manage *Basti Vyapath*.

The method of preparation also has been dealt as per the purpose and site of application. Apart from the usual *Angusta pramana*, some specific sizes of the *Varti* also have been mentioned in the *Ayurvedic* texts. E.g. *Kanishtha anguli pramana* (size of a little finger) for *Aagaradhumadi Varti*. The variation of size for different *Guda Vartis* may be to maintain the *Tikshnata* or *Sowmyata* of the drug which is incorporated in *Varti* form to expel the different *Avasta* of

Sanchita Dosha and to meet the needs of the children and adults. Most of the drugs which are used for the preparation of *Vartis* are *vata hara* and *Anulomaka* in nature. So they are mainly used for *Udavarta*, *Arshas* and *Vata Varcha Apragati*. Suppositories are particularly useful when the drug cannot be administered orally, or the drug is likely to get destroyed in the stomach due to the acidity of gastric juices. The lower portion of the rectum affords a large absorption surface area from which the soluble substance can bypass quickly and reach the venous circulation directly and rapid action of the drug is produced. It also provides neutral pH which is very helpful to maintain the stability of the drugs.

CONCLUSION

Varti Kalpana is derivative of *Vati Kalpana*. The topic of *Varti Kalpana* has been dealt with almost all the *Ayurvedic* Treatises. Contemporary Suppositories are the modification of ancient *Vartis* explained by our *Acharyas*. According to the specific route of

administration, the length and diameter of the *Varti* will be modified. The method of preparation also has been dealt as per the purpose and site of application. *Guda Varti* helps in *Apana Vayu anulomana*, thereby easy expulsion of mala. Rectal drug administration could represent a convenient, alternative route of drug administration. They are in an acceptable form, safe and easier for administration with a higher rate of bioavailability, and less wastage, can target delivery system with a lower dose and reduce systemic toxicity. Therefore recent advances can be utilized for moulding *Varti* into the suppository and enhancing the therapeutic efficacy of the formulation.

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