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

General method of preparation
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 and Arkadi varti in Kaphaja yoni vyapada.
**Guda 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. Aragvadadi varti in fistula (Bhagandara), Nadivrana nashaka varti 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 in hiccough (Hikka) and asthma (Swasa), Shatahvadi varti in rhinitis (Peenasa).

**Vrana 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 and Nikumbhadi varti in Udavarta.

**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 in epilepsy (Apasmar) Pathyadi varti and Vimala varti in eye diseases.

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

<table>
<thead>
<tr>
<th>Type of Varti</th>
<th>Example</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yoni varti</td>
<td>Pippalyadi varti</td>
<td>Pradheshini angulivat</td>
</tr>
<tr>
<td>Yoni varti</td>
<td>Varti for Karnini roga</td>
<td>Tarjini pramana</td>
</tr>
<tr>
<td>Guda varti</td>
<td>Shyamaphaladi varti</td>
<td>Angushtha pramana</td>
</tr>
<tr>
<td>Guda varti</td>
<td>Pippalyadi varti</td>
<td>Paspanetravat</td>
</tr>
<tr>
<td>Vrana varti</td>
<td>Shodhana varti</td>
<td>Sukshma to sthula as per size and depth of vrina</td>
</tr>
<tr>
<td>Dhumra varti</td>
<td>Venvadi varti</td>
<td>Yavakara</td>
</tr>
<tr>
<td>Netra varti (Lokhana karma)</td>
<td>Saindhavadi varti</td>
<td>Harenuka pramana</td>
</tr>
<tr>
<td>Netra varti (Prasadana karma)</td>
<td>Sukhavati netra varti</td>
<td>One and half of Harenuka pramana</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Method of Preparation</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bhavana method</td>
<td>Arkadi varti</td>
</tr>
<tr>
<td>Paka method</td>
<td>Pippalyadi guda varti</td>
</tr>
<tr>
<td>With the help of jaggery (guda)</td>
<td>Shyamaphaladi varti</td>
</tr>
<tr>
<td>With the help of silk cloth (kshauma vastra)</td>
<td>Shatahvadi varti</td>
</tr>
<tr>
<td>With the help of bamboo twig (sharika)</td>
<td>Dhumra varti</td>
</tr>
<tr>
<td>Thread/Sutra method</td>
<td>Nadivrana nashaka varti</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Varti</th>
<th>Bhavana Dravya</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kamsyadi varti</td>
<td>Goat’s milk (Aja ksheera)</td>
</tr>
<tr>
<td>Shwetapradara nashaka varti</td>
<td>Honey (Madhu)</td>
</tr>
<tr>
<td>Avalgujadi varti</td>
<td>Cow’s bile (Go pitta)</td>
</tr>
<tr>
<td>Sumana koradi varti</td>
<td>Rain water(Divyajala)</td>
</tr>
<tr>
<td>Arkadi varti</td>
<td>Latex of Arka plant (Arka ksheera)</td>
</tr>
<tr>
<td>Naktumaladi varti</td>
<td>Goat’s urine (Aja mutra)</td>
</tr>
</tbody>
</table>

### 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. Drishti pradara 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. Avalgajadi 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.

REFERENCES


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