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, purnisha, 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 Vartihi

Definition-Vartiriva svarupatvata Vartih namna prakriti"h

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), Vrndadhava (12th AD), Gada Nigraha (12th AD), Sharangdhara (14th AD), Yogaranta-kara (16th AD), Bhavaprakasha (16th AD), Bhaisheya 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 usage. E.g.- In Guda Varti medicines are modified into a yavakriti form.
\textit{Vartis} are commonly used for local administration through the following routes viz. \textit{Guda (Anus)}, \textit{Yoni (Vagina)}, \textit{Sishna (Penis)}, and \textit{Netra (Eye)}. According to the specific route of drug administration, the length and diameter of the \textit{Varti} will be modified. It acts rapidly and in a better way to remove the imbalanced state of \textit{Doshas} and \textit{Malas}. These \textit{Vartis} are solid at room temperature but melt/dissolve at body temperature.

\textbf{Types:} Classification of different types of \textit{Varti}

\begin{itemize}
  \item a) Depending upon the size.
  \item b) Depending upon its indication at the particular site.
  \item c) Depending upon its composition.
  \item d) Depending on its actions.
\end{itemize}

\textbf{Depending upon the size:}

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

\textbf{b) Depending upon its application/indication at particular site:}


\textbf{c) Based on composition.} Ex \textit{Phala Varti} where Madhana phala is the main ingredient.

\textbf{d) Based on the action:} \textit{Varti} can be \textit{Saumya} and \textit{Tikshna}.

\textit{Saumya Varti} is for the purpose of attaining \textit{Snehana}, \textit{Poshana} and \textit{Ropana} actions. The drugs used for the \textit{Saumya Karma}, possess qualities like \textit{Mandaguna} and \textit{Sita Virya}. Ex: \textit{Tikshna Varti} is used for \textit{Virechana} and \textit{Lekhana Karma}. The drugs of \textit{Tikshna Varti} are \textit{Ushna} in-\textit{Virya} and \textit{Tikshna Guna} yukta.

\textbf{Guda Varti (Rectal suppositories)}

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

\textbf{Guda Varti-General method of preparation:}

The preparation of \textit{Guda Varti} is same that of \textit{vati}. Usually, two methods are employed here,

\textbf{Paka method:} Jaggery/sugar along with water boiled together over a mild fire until \textit{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 \textit{Varti} are prepared.

\textbf{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 \textit{Varti} are prepared.

\textbf{The general mode of Administration:} Patient is asked to lie down in left lateral position. The anal verge is applied with ghee and the \textit{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 administration.

\textbf{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 weights. 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 hemorrhoids, 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.

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.

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.

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.

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.

<table>
<thead>
<tr>
<th>Sl no</th>
<th>Name</th>
<th>Indication</th>
<th>Reference</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Hingwadi Varti</td>
<td>Udavarta</td>
<td>Bhaishayaratnavali</td>
<td>Angushtha pramana</td>
</tr>
<tr>
<td>2</td>
<td>Phala Varti</td>
<td>Udavarta</td>
<td>Bhaishayaratnavali</td>
<td>Angushtha pramana</td>
</tr>
<tr>
<td>3</td>
<td>Aagaradhumadi Varti</td>
<td>Udavarta</td>
<td>Bhaishayaratnavali</td>
<td>Kanishta anguli pramana</td>
</tr>
<tr>
<td>4</td>
<td>Nirgundi patra Varti</td>
<td>Udavarta</td>
<td>Bhaishayaratnavali</td>
<td>Angushtha pramana</td>
</tr>
<tr>
<td>5</td>
<td>Trikatwadi Varti</td>
<td>Udavarta</td>
<td>Chakradatta</td>
<td>Angushtha pramana</td>
</tr>
<tr>
<td>6</td>
<td>Shamaadi Varti</td>
<td>Udavarta</td>
<td>Charaka</td>
<td>Angushtha pramana</td>
</tr>
<tr>
<td>7</td>
<td>Pinyakadi Varti</td>
<td>Udavarta</td>
<td>Charaka</td>
<td>Angushtha pramana</td>
</tr>
<tr>
<td>8</td>
<td>Pippalyaadi Varti</td>
<td>Udavarta</td>
<td>Charaka</td>
<td>Pushanetrawat</td>
</tr>
<tr>
<td>9</td>
<td>Rataadi Varti</td>
<td>Shula</td>
<td>Chakra data</td>
<td>Angushtha pramana</td>
</tr>
<tr>
<td>10</td>
<td>Kanaka muladi Varti</td>
<td>Atisara</td>
<td>Bhaishayaratnavali</td>
<td>Valla pramana</td>
</tr>
<tr>
<td>11</td>
<td>Arshogni Varti</td>
<td>Arshas</td>
<td>Bhaishayaratnavali</td>
<td>Angushtha pramana</td>
</tr>
<tr>
<td>12</td>
<td>Katutumbi bijadi Varti</td>
<td>Arshas</td>
<td>Bhaishayaratnavali</td>
<td>Angushtha pramana</td>
</tr>
<tr>
<td>13</td>
<td>Ghosha phala Varti</td>
<td>Arshas</td>
<td>Chakra data</td>
<td>Angushtha pramana</td>
</tr>
<tr>
<td>14</td>
<td>Thumbi bijadi Varti</td>
<td>Arshas</td>
<td>Chakra data</td>
<td>Angushtha pramana</td>
</tr>
<tr>
<td>15</td>
<td>Haridradi Varti</td>
<td>Arshas</td>
<td>Charaka</td>
<td>Angushtha pramana</td>
</tr>
<tr>
<td>16</td>
<td>Arshogna Varti</td>
<td>Arshas</td>
<td>Rasaratnasamucchaya</td>
<td>Angushtha pramana</td>
</tr>
<tr>
<td>17</td>
<td>Varti dwaya</td>
<td>Arshas</td>
<td>Ashtanga Hridaya</td>
<td>Angushtha pramana</td>
</tr>
<tr>
<td>18</td>
<td>Nikumbakampillakadi</td>
<td>Udavarta</td>
<td>Sishruta samhita</td>
<td>Angushtha pramana</td>
</tr>
</tbody>
</table>
Table 2: Showing the specific sizes of Guda Varti told in Ayurvedic Samhitas

<table>
<thead>
<tr>
<th>Example</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shyamaphaladi Varti</td>
<td>Angushtha pramana</td>
</tr>
<tr>
<td>Pippalyadi Varti</td>
<td>Puspanetrat</td>
</tr>
<tr>
<td>Aagaradhumadi Varti</td>
<td>Kanishta anguli pramana</td>
</tr>
<tr>
<td>Kanakamuladi Varti</td>
<td>Valla pramana</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Method of Preparation</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<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>Paka in Gomutra</td>
<td>Nikumbha Kampillakadi Varti</td>
</tr>
<tr>
<td>Bhavana in Tila taila</td>
<td>Agaradhumadi Varti</td>
</tr>
</tbody>
</table>

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 Varti 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. Kanishta 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.

**REFERENCES**

24. Chakrapanidatta, Chakradatta with vaidyaprapbha hind- 
di commentary edited by Dwividty Ramanath.2nd ed. 
Varanasi: Chaukhamba Sanskrit 
25. Chakrapanidatta, Chakradatta with vaidyaprapbha hind- 
di commentary edited by Dwividty Ramanath.2nd ed. 
Varanasi: Chaukhamba Sanskrit 
26. Agnivesha, Vaidya Yadavaji Trikamiji, Charaka, 
Drishabala, Chakrapanidatta, Charaka Samhita, 
Chikitsa Stana, Ayurveda Deepika: Reprinted 
2013.Varanasi:Choukambha Sanskrit Samsthana, 
Chapter 14,Pp no-500.
27. Vagbhatacharya. Rasa Ratna Samucchaya, Hindi 
teeka by Amika Datta Shastri, Varanasi: Choukamba 
28. Vagbhata. Ashtanga Hridaya, with the commentaries 
Sarvangasundara of Hemadri,edited by Pt.Hari 
Sadashiva Shastri. Varanasi: Chaukamba Surbharti 
no.19.
29. Sushruta. SushrutaSamhita, with commentaries 
Nibandhasangraha of Dalhana and Nyayachandrika 
of Gayadasa, edited by Acharya YT. 8th ed. Varanasi: 
Chakambha Orientalia;2005.Uttara tantra.Chapter 
55Verse no.51-52.
30. Sushruta. Sushruta Samhita, with commentaries 
Nibandhasangraha of Dalhana and Nyayachandrika 
of Gayadasa, edited by Acharya YT. 8th ed. Varanasi: 
Chakambha Orientalia;2005.Uttaratantra. Chapter 
42.Verse no.59.
31. Sushruta. SushrutaSamhita, with commentaries 
Nibandhasangraha of Dalhana and Nyayachandrika 
of Gayadasa, edited by Acharya YT. 8th ed. Varanasi: 
Chakambha Orientalia; 2005. Chikitsa 
stana.Chapter.36.Verse no.116-117.
32. Sushruta. Sushruta Samhita, with commentaries 
Nibandhasangraha of Dalhana and Nyayachandrika 
of Gayadasa, edited by Acharya YT. 8th ed. Varanasi: 
14 Verse no.12.
33. Agnivesha/Charaka. Caraka Samhita with Charaka 
Chandrika commentary edited by Tripathi 
Brahmanand. 2nd ed. Varanasi: Chaukhamba publi- 

Source of Support: Nil
Conflict Of Interest: None Declared

How to cite this URL: Shwetha K & Surekha S Medikeri: 
Review On Guda Varti (Rectal Suppository). International 
Ayurvedic Medical Journal {online} 2018 {cited 
December, 2018} Available from: 