



A REVIEW ARTICLE ON VARTI KALPANA IN AYURVEDA – A COMPREHENSIVE STUDY

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ABSTRACT

In *Ayurveda*, *Acharyas* mentioned different modes of drug administration. Among them, *Varti Kalpana* is a unique mode of drug administration. The *Varti* is shaped like a wick, so it is named *Varti*. In Modern it can be compared with suppositories. *Acharyas* have mentioned *Panchavida Kashaya Kalpana*. One among them is *Varti Kalpana*, *Sharangadara* has mentioned *varti* as the synonym for *vati*. *Acharya Vagbhata* says *Vati* is a variety of *Kalka*. There are many types of *vartis* mentioned based on their site of application and action like – *Netra Varti*, *Dhuma Varti*, *Guda Varti*, *Yoni Varti*, *Nasavarti*, *Sishna Varti*, *Vrana Varti*. *Varti Kalpana* is mentioned in both *Bruhatrayees*, *Laghutrayees*, and other *Ayurvedic* treatises to treat various disorders. So here an attempt is made to compile the *Varti Kalpanas* mentioned in *Bruhatrayees*, *Laghutrayees*, and other *Ayurvedic* treatises.

KEYWORDS: *Varti Kalpana*, Suppositories, *Panchavidha Kashaya Kalpana*, *Kalka Kalpana*.

INTRODUCTION

Panchavidha Kashaya Kalpana i.e. 5 methods of pharmaceutical preparation constitutes the fundamental process of *Ayurvedic* pharmaceuticals, which is well explained in *Charaka Samhita* ⁽¹⁾. *Sharangadara* has mentioned *varti* as the synonym for *vati*. *Acharya Vagbhata* says *Vati* is a variety of *Kalka*. *Acharya Sushruta* mentioned *Varti Kalpana* under *Shastiupakrama* ⁽²⁾. There are many other references to *Varti Kalpana* available in *Samhitas*. Based on their application site and action they can be classified into *Netra Varti*, *Dhuma Varti*, *Guda Varti*, *Yoni Varti*, *Nasavarti*, *Sishna Varti*, *Vrana Varti*. Suppositories are specially shaped solid Pharmaceutical formulations meant for insertion into body cavities other than the mouth. These products are formulated so that after insertion, they either melt or dissolve in the cavity fluids to release the medicament. ⁽³⁶⁾

Nirukti- Vartayateeti Varti ^[3]

Vartiriva svarupatvata Vartih namna Prakrititah ^[4].

Varthi Kalpana comes under *Vati Kalpana*. The method and preparation are similar to that of *Vati* preparation. But, both of them differ in their shape, size, and indications ⁽³⁶⁾. For making *Varthi*, drugs are modified into *Yavakruthi* (elongated with tapering ends) form.

Synonyms: *Modako vatika pindi gudo varti tadhochyate* ^[5]

Synonyms of *Varti* and *Vataka* are the same.

Method of Preparation

The method of preparation of *Varti* is similar to *Vati Kalpana*. Generally, *Varti* is prepared in two methods.⁽³⁶⁾

1. *Pakha* method
2. *Bhavana* method

Pakha Method

Guda (jaggery)/*Srakara* (sugar) is boiled in water using a vessel over *Mandhagni* and cooking continues up to attaining 2-3 thread consistency. Later the vessel was removed from the fire and fine powders of medicinal drugs which are previously prepared were added little by little into it and stirred well to obtain a homogenous mixture. After attaining pill rolling consistency *Varti* prepared in appropriate size and shapes. Then it is dried under shade and stored in airtight containers at suitable room temperature.

Eg. *Pippalyadi Varti* was mentioned by *Charaka* in *Trimarmiyam Adhyaya*.

Bhavana Method

Medicinal drugs are separately powdered well and sieved through sieve number 125 to obtain fine powder. The drugs are mixed and *Bhavana* (trituration) is done with appropriate *drava dravya* (liquid media). Honey, ghee, cow's milk, goat's milk, and cow's urine are used as liquid media for the disease condition.

Eg. *Chandrodaya varti* mentioned in *Netra roga*, *Bhavana* was done with Goat's milk.⁽⁶⁾

Types

- a) Depending upon the size.
- b) Depending upon its indication at the particular site.
- c) Depending upon its composition.
- d) Depending on its action.

Types of *Varti*⁽³⁶⁾

Varti preparations are intended to be administered in body orifices other than the oral cavity. On the base of the site of administration and exerted action they are classified as below.

Netra varti- Administer in eyes

Nasa varti- Administer in nose

Dhuma varti- Medicated cigars

Guda varti/ Phala varti- Administer in rectum

Yoni Varti- Administer in vagina

Sishna Varti- Administer in urethra

Vrana Varti- Administer in wounds

NETRA VARTI

Netra Varti prepared is grinded with appropriate liquid media and applied as *Netra Anjana* (Collyrium). *Netra Varti* is not only used in *Netra roga*, *Acharya Vagbhata* mentioned *Vruhchikalyadi Varti* in the management of *Apasmara*.

Time of application of *Netra varti*

According to the season- *Sharngadhara* ^[5]

Hemanta, Sisira- Afternoon

Grishma- Morning

Sharad- Evening *Vasantha*- Any time

Varsha - No cloudy weather, not too cold / not too hot

According to a type of *Netra anjanam* ^[6]

Lekhana anjanam- *Kaphaja vyadhi*- Morning

Snehananjana- *Vatika vyadhi*- Evening

Prasaadana anjana- *Pittaja vyadhi*- Night

DHUMA VARTI

Dhumavarti, medicated cigarettes are indicated in *Jatru urdvagata vikara* and *pranavaha sroto vikara*, It is contra-indicated in *Pitta* and *Rakta vikara* due to its *ushna* and *Tikshna* properties. It is helpful in *Sheshadosha nirharana*.

GUDA VARTI

Guda varti is inserted through *Gudamarga* for *Vatanulomana* and it aids in the easy expulsion of *sanchita* doshas from the body. It is also known as *phala Varti*⁽³³⁾. It can be compared with Rectal Suppository. Administration of Drugs through the rectal route has a higher rate of bioavailability, faster onset in shorter peak, and less wastage. It is prepared in the shape of barley grain(long oval shape) and thickness of thumb size(*Kanistaka anguli Pramana*).

YONI VARTI

This type of *Varti* is inserted through *Yoni* to treat both *Yoni rogas* and *Gharbhashaya roga*. *Acharya Charaka* mentioned the size of *Yoni Varti* as *Pradeshini anguli Pramana*.

NASA VARTI

Medicated Drugs are made into powder and applied on cloth and *Varti* is prepared. This *Varti* is inserted into the nostrils.

Ex: -*Ashtanga Hrudaya* mentioned *Nikumbhadi Nasa Varti* in *Nasa arshas* ⁽⁷⁾.

SISHNA VARTI

Sishna Varti is introduced in the penile introitus of males, for the management of diseases like *Ashmari*, *Mtrakrichra*, *Mutraghata*, and *puyameha*. *Sishna Varti* which is 1-2 angula in length, helps to void urine from the above-mentioned conditions.

VRANA VARTI

Acharya Sushruta mentioned the use of *Vrana Varti* in the management of *Nadivrana* and mentioned it under *Shasti Upakrama*. *Vrana Varti* is helpful in *vrana shodana* and *vrana ropana*.

VARTI KALPANA IN CHARAKA SAMHITA

1. NETRA VARTI

VARTI KALPANA	INDICATION
<i>Bruhatyadi varti</i> ⁽⁸⁾	<i>Vatika Netraroga</i>
<i>Sumana korakadi Varti</i> ⁽⁸⁾	<i>Paitika Netraroga</i>
<i>Saindhavadi Varti</i> ⁽⁸⁾	<i>Kaphaja Netraroga</i>
<i>Amruthahwadi Varti</i> ⁽⁸⁾	<i>Sannipataja Netra roga</i>
<i>Shakhadi Varti</i> ⁽⁸⁾	<i>Sarvakshiroga</i>
<i>Drushti prada Varti</i> ⁽⁸⁾	<i>Andhya, Bhinna Chakshu</i>
<i>Sukha Varti</i> ⁽⁸⁾	<i>Timira , Patala , Kacaha</i>

2. DHUMA VARTI

VARTI KALPANA	INDICATION
<i>Manashiladi churna varti</i> ⁽⁹⁾	<i>Kasa</i>
<i>Haridradi churna varti</i> ⁽⁹⁾	<i>Hikka, Swasa</i>
<i>Gandhadhuma varti</i> ⁽⁹⁾	<i>Unmada</i>
<i>Sweta hinguvadi varti</i> ⁽⁹⁾	<i>Unmada</i>
<i>Sallaki varti</i> ⁽⁹⁾	<i>Unmada</i>
<i>Eranda naladadi varti</i> ⁽⁹⁾	<i>Siroroga</i>

3. GUDA VARTI / PHALA VARTI

VARTI KALPANA	INDICATION
<i>Pipalyadi varti</i> ⁽¹⁰⁾	<i>Udavarta</i>
<i>Shyamaphaladi varti</i> ⁽¹⁰⁾	<i>Udavarta</i>
<i>Pinyakadi varti</i> ⁽¹⁰⁾	<i>Udaavarta</i>

4. YONI VARTI

VARTI KALPANA	INDICATION
<i>Varahapitta varti</i> ⁽¹¹⁾	<i>Kaphanaja yonivyapath</i>
<i>Yonivishi=odhini varti</i> ⁽¹¹⁾	<i>Kaphanaja yonivyapath</i>
<i>Plaksha churna varti</i> ⁽¹¹⁾	<i>Pradara</i>
<i>Lodradi varti</i> ⁽¹¹⁾	<i>Pradara</i>
<i>Kashaya Dravya varti</i> ⁽¹¹⁾	<i>Pradara</i>
<i>Tila+Kshara varti</i> ⁽¹¹⁾	<i>Raktaja gulma</i>
<i>Pippalyadhi varti</i> ⁽¹²⁾	<i>Kaphanaja yonivyapath</i>
<i>Arkadi varti</i> ⁽¹²⁾	<i>Viploota</i>

VARTI KALPANA IN SUSHRUTA SAMHITA**1. NETRA VARTI**

VARTI KALPANA	INDICATION
<i>Naktamaladi varti</i> ⁽¹³⁾	<i>Naktandhya</i>

2. GUDA VARTI

VARTI KALPANA	INDICATION
<i>Phala varti</i> ⁽¹⁴⁾	<i>Udavarta</i>
<i>Shodhanadi Gana varti</i> ⁽¹⁴⁾	<i>Udavarta</i>
<i>Nikambhakampillakadi varti</i> ⁽¹⁵⁾	<i>Udavarta</i>
<i>Samudrardraka sarsapa maricha varti</i> ⁽¹⁶⁾	<i>Vata varcha niroda</i>

3. VRANA VARTI

VARTI KALPANA	INDICATION
<i>Samshodini varti</i> ⁽¹⁷⁾	<i>Vrana shodana</i>
<i>Soma+Amruta+Ashwaganda varti</i> ⁽¹⁷⁾	<i>Vrana ropana</i>
<i>Kakolyadi gana varti</i> ⁽¹⁷⁾	<i>Vrana ropana</i>
<i>Kshirivrukshadi varti</i> ⁽¹⁷⁾	<i>Vrana ropana</i>
<i>Aragvadadi phalavarti</i> ⁽¹⁸⁾	<i>Nadivrana</i>

VARTI KALPANA IN ASTANGA SANGRAHA**1. NETRA VARTI**

VARTI KALPANA	INDICATION
<i>Apamargadi varti</i> ⁽¹⁹⁾	<i>Unmada</i>
<i>Vrushchikalyadi varti</i> ⁽²⁰⁾	<i>Apasmara</i>
<i>Mustadi Varti</i> ⁽²⁰⁾	<i>Apasmara</i>

2. GUDA VARTI

VARTI KALPANA	INDICATION
<i>Sweda guda varti</i> ⁽²¹⁾	<i>Alasaka</i>
<i>Guda varti</i> ⁽²¹⁾	<i>Alasaka(vinmutra sanga)</i>

VARTI KALPANA IN ASTANGA HRUDHAYA**1. NETRA VARTI**

VARTI KALPANA	INDICATION
<i>Jatimukuladi varti</i> ⁽²²⁾	<i>Netra shopha , Kandu</i>

2. DHUMA VARTI

VARTI KALPANA	INDICATION
<i>Satahwadi varti</i> ⁽²²⁾	<i>Nasaroga</i>
<i>Vyosha urubukadi varti</i> ⁽²²⁾	<i>Dusta pinasa</i>

3. VRANA VARTI

VARTI KALPANA	INDICATION
<i>Trivruth dantyadi varti</i> ⁽²³⁾	<i>Vrana ropana</i>

VARTI KALPANA IN SHARANGADARA SAMHITA**1. NETRA ROGA**

VARTI KALPANA	INDICATION
<i>Chandrodaya varti</i> ⁽²⁴⁾	<i>Timira, Mamsarbhuda, Kacha</i>
<i>Karanja varti</i> ⁽²⁴⁾	<i>Adhimanta</i>
<i>Samudraphena varti</i> ⁽²⁴⁾	<i>Sukrada</i>
<i>Nilotpala varti</i> ⁽²⁴⁾	<i>Athinidra</i>
<i>Rasanjana varti</i> ⁽²⁴⁾	<i>Naktandya (Nigth blindness)</i>
<i>Dataryadi varti</i> ⁽²⁴⁾	<i>Netra srava , Netra shola</i>
<i>Rasanjana varti</i> ⁽²⁴⁾	<i>Naktandya</i>
<i>Pushpa varti</i> ⁽²⁴⁾	<i>Netra shola</i>

VARTI KALPANA IN BHAVAPRAKASHA NIGHANTU**1. GUDA VARTI**

VARTI KALPANA	INDICATION
<i>Hingvadi phalavarti</i> ⁽²⁵⁾	<i>Udavarta</i>
<i>Madhana phaladi varti</i> ⁽²⁵⁾	<i>Udavarta</i>
<i>Trikatukadi varti</i> ⁽²⁵⁾	<i>Udavarta</i>

VARTI KALPANA IN MADHAHA CHIKITSA**1. NETRA VARTI**

VARTI KALPANA	INDICATION
<i>Trayooshanadi varti</i> ⁽²⁶⁾	<i>Unmada</i>
<i>Shirishyadi varti</i> ⁽²⁶⁾	<i>Unmada</i>
<i>Chandanadi varti</i> ⁽²⁷⁾	<i>Netra raga</i>
<i>Danta varti</i> ⁽²⁷⁾	<i>Netra raga</i>
<i>Saindhavadi varti</i> ⁽²⁷⁾	<i>Netra raga</i>
<i>Sukhavati varti</i> ⁽²⁷⁾	<i>Netra raga</i>
<i>Haritakyadi varti</i> ⁽²⁷⁾	<i>Netra raga</i>
<i>Nishadi varti</i> ⁽²⁷⁾	<i>Netra raga</i>
<i>Triphaladi varti</i> ⁽²⁷⁾	<i>Netra raga</i>
<i>Kusumika Varti</i> ⁽²⁷⁾	<i>Netra raga</i>

2. DHUMA VARTI

VARTI KALPANA	INDICATION
<i>Darvyadi varti</i> ⁽²⁸⁾	<i>Nasaroga</i>

3. GUDA VARTI

VARTI KALPANA	INDICATION
<i>Hinguvadi varti</i> ⁽²⁹⁾	<i>Anaha</i>
<i>Madhanadi phala varti</i> ⁽²⁹⁾	<i>Anaha</i>

4. YONI VARTI

VARTI KALPANA	INDICATION
<i>Yonivishodini varti</i> ⁽³⁰⁾	<i>Yoniroga</i>

5. VRANA VARTI

VARTI KALPANA	INDICATION
<i>Sootra varti</i> ⁽³¹⁾	<i>Nadivrana</i>

VARTI KALPANA IN GHADA NIGRAHA

1. NETRA VARTI

VARTI KALPANA	INDICATION
<i>Chandanadi varti</i> ⁽³²⁾	<i>Vrana sukra</i>
<i>Ratnadi varti</i> ⁽³²⁾	<i>Vrana sukra</i>
<i>Danta varti</i> ⁽³²⁾	<i>Kshata sukra</i>
<i>Laghu Chandrodaya varti</i> ⁽³²⁾	<i>Timira</i>
<i>Vimala varti</i> ⁽³²⁾	<i>Timira</i>
<i>Pushpa varti</i> ⁽³²⁾	<i>Linghanasha</i>

VARTI KALPANA IN BHAISHAJYA RATNAVALI

1. NETRA VARTI

VARTI KALPANA	INDICATION
<i>Kayastati varti</i> ⁽³³⁾	<i>Apasmara</i>
<i>Yastyadi varti</i> ⁽³³⁾	<i>Apasmara</i>
<i>Manohwatarashyadi varti</i> ⁽³³⁾	<i>Apasmara, Unmada</i>
<i>Pippalyadi varti</i> ⁽³³⁾	<i>Chakshushya</i>
<i>Danta varti</i> ⁽³³⁾	<i>Vrana Sukra</i>
<i>Sukhavati varti</i> ⁽³³⁾	<i>Timira, kacha, Arma, Netrarbuda</i>
<i>Chandrodaya varti</i> ⁽³³⁾	<i>Netrabuda, Adhimanta, Naktandya</i>
<i>Dwitiya Chandrodaya varti</i> ⁽³³⁾	<i>Timira</i>
<i>Haritakyadi varti</i> ⁽³³⁾	<i>Saravanetra roga</i>
<i>Kumarika varti</i> ⁽³³⁾	<i>Andhya</i>
<i>Dustiprada varti</i> ⁽³³⁾	<i>Drushtiprada</i>
<i>Chandanadya varti</i> ⁽³³⁾	<i>Timira Kandu</i>
<i>Trayooshanadya varti</i> ⁽³³⁾	<i>Kandu Timira, Asrupata, Arma</i>
<i>Nayanamukha varti</i> ⁽³³⁾	<i>Timira, Asrupata, Arma</i>
<i>Chandraprabha varti</i> ⁽³³⁾	<i>Jatandhya</i>
<i>Darvyadi Gudikanjana</i> ⁽³³⁾	<i>Unmada</i>
<i>Panchashatika varti</i> ⁽³³⁾	<i>Timira, Asrupata</i>
<i>Vyoshayi Varti</i> ⁽³³⁾	<i>Arbuda, Arma, Kacha</i>
<i>Rasanjanadya varti</i> ⁽³³⁾	<i>Netra Srava</i>
<i>Haridradi varti</i> ⁽³³⁾	<i>Timira, Kacha, Arma.</i>

2. DHOOMA VARTI

VARTI KALPANA	INDICATION
<i>Kajjali varti</i> ⁽³³⁾	<i>Phiranga roga</i>
<i>Kanakadi varti</i> ⁽³³⁾	<i>Swasa</i>
<i>Manasilalipta Badaripatra varti</i> ⁽³³⁾	<i>Kasa</i>
<i>Arkadi dhooma varti</i> ⁽³³⁾	<i>Kasa</i>

3. GUDA VARTI

VARTI KALPANA	INDICATION
<i>Khoshaphaladi varti</i> ⁽³³⁾	<i>Arshas</i>
<i>Katutumbhi varti</i> ⁽³³⁾	<i>Arshas</i>
<i>Arshoghni varti</i> ⁽³³⁾	<i>Arshas</i>

<i>Phala varti</i> ⁽³³⁾	<i>Udavarta</i>
<i>Hinguvadi varti</i> ⁽³³⁾	<i>Udavarta</i>
<i>Agaradhumadi varti</i> ⁽³³⁾	<i>Udavarta</i>
<i>Nirgundi patra varti</i> ⁽³³⁾	<i>Udavarta</i>
<i>Ratadhi varti</i> ⁽³³⁾	<i>Anaha Shoolanuth</i>
<i>Trikatuvadi varti</i> ⁽³³⁾	<i>Anaha, Gulma, Udavarta</i>
<i>Kanakamuladi varti</i> ⁽³³⁾	<i>Atisara</i>

4. VRANA VARTI

VARTI KALPANA	INDICATION
<i>Makshika lavanadi varti</i> ⁽³³⁾	<i>Nadivrana</i>
<i>Jatyadi varti</i> ⁽³³⁾	<i>Nadivrana</i>

VARTI KALPANA IN CHAKRADATTA

1. YONI VARTI

VARTI KALPANA	INDICATION
<i>Himsra kalka varti</i> ⁽³⁴⁾	<i>Vatika yonivyapath</i>
<i>Panchavalkaladi varti</i> ⁽³⁴⁾	<i>Paittika yonivyapath</i>
<i>Syamadi Yoni varti</i> ⁽³⁴⁾	<i>Kaphaja Yonivyapath</i>
<i>Kushta pippalyadi varti</i> ⁽³⁴⁾	<i>Karnini yonivyapath</i>
<i>Vacha nilotpaladi varti</i> ⁽³⁴⁾	<i>Yonisankocha</i>
<i>Kusuma Sanjanani varti</i> ⁽³⁴⁾	<i>Artava pravartana</i>

2. VRANA VARTI

VARTI KALPANA	INDICATION
<i>Nimbhapatradi varti</i> ⁽³⁴⁾	<i>Vrana shodana</i>
<i>Aragvadadi sutra varti</i> ⁽³⁴⁾	<i>Nadivrana</i>
<i>Gunavati varti</i> ⁽³⁴⁾	<i>Nadivrana</i>
<i>Ghontaphala varti</i> ⁽³⁴⁾	<i>Nadivrana</i>

VARTI KALPANA IN BASAVARAJEYAM

1. YONI VARTI

VARTI KALPANA	INDICATION
<i>Guduchyadi varti</i> ⁽³⁵⁾	<i>Yonikhandha</i>

2. VRANA VARTI

VARTI KALPANA	INDICATION
<i>Araghwadadi varti</i> ⁽³⁵⁾	<i>Nadivrana</i>
<i>Darvika</i> ⁽³⁵⁾	<i>Bhagandara</i>
<i>Nishadi varti</i> ⁽³⁵⁾	<i>Bhagandara</i>

DISCUSSION

The *Varti*, which is quick in its action. *Guda Varti*, *Yoni Varti*, and *Sishna varti* are absorbed from the site of administration and it helps in the evacuation of the *Sanchita doshas* and Leads to *Srotoshodhana* by *Apana vatu Anulomana*. *Krimighna* property of, *Vrana Varti*, *Yoni Varti*, *Dhuma Varti* etc also helps to revitalize the diminished *Vyadhikshamatva* of the patient. The specific size and shape of each *Varti* help to facilitate the easy administration and sustained release of the medicine for a longer period at the administered site and thus leads to absorption in the systemic circulation. *Varti* is easy to administer, user-friendly, and effective dosage forms. Even though its structure and preparation method is similar to *Vati Kalpana* it is

entirely different in mode of action and site of administration. *Varti* evacuates the *sanchita doshas*, resulting in the Normalisation of doshas. *Vartis* like- *Guda Varti*, *Yoni Varti*, and *Vrana Varti*, are retained in the site of administration for a longer period and absorbed into the circulation which helps to increase the bioavailability of the administered drugs. Rectally administered drugs were found to achieve better plasma levels and therapeutic effectiveness when compared with oral or intramuscularly administered drugs of similar doses. By the action of *Apamargadi netra varti* in *Unmada*, we can understand, that *Varti Kalpana* not only has local action but also has systemic action.

CONCLUSION

Varti Kalpana is a very effective drug dosage Form that is easy to administer. *Varti* is administered other than the oral route. This shows the importance given by our Acharya for *Varti Kalpana*, which is a unique mode of drug administration. So, it should be widely used and propagated for the betterment of mankind.

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