



**COMPREHENSIVE APPRAISAL OF VARTI KALPANA & SUPPOSITORIES W.S.R. TO
SUSHRUTA SAMHITA**

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ABSTRACT

Varti Kalpana is the important *Ayurveda* dosage form which is widely observed in documented literature of *Ayurveda*. *Varti* is defined as solid and wick shaped medicated preparations, shaped for ready to introduction into one of the orifices of the body other than the oral cavity. Its description is found scattered in Ancient *Ayurveda* classics. Here an attempt is made to review *Varti* critically from the *Sushruta Samhita*. Comparative narrative review of suppository and classical *Varti* was carried out by following special criteria containing type of *Varti* and name of *Varti*, ingredients of *Varti*, size, method of preparation as well as administration and indication in diseases. *Sushruta Samhita* has introduced distinctive formulations of *Varti* along with the way or mode of its applications in different diseased conditions. Present review reflects the importance of both potency and applicability of *Varti Kalpana*, suppository and the classic *Sushruta Samhita* for its great contribution.

KEYWORDS - *Ayurveda*, *Varti Kalpana*, *Sushruta Samhita*, Suppository.

INTRODUCTION

Ayurveda- the science of life is oldest treasure of medical science of ancient India. It has two basic objectives i.e. maintenance of health and cure of disorders.^[1] For this purpose number of *Kalpanas* (pharmaceutical forms) are described in accordance with disorders.

The *Ayurvedic* drug formulation as described in *Ayurvedic* treatise *Sushruta Samhita* is based on what is known as “*Shadvidha Kashaya*” concept. According to this concept there are Six basic pharmaceutical forms found in *Sushruta Samhita* known as 1- '*Kshira*' (Medicated Milk); 2- '*Rasa*' (Expressed Juice); 3- '*Kalka*' (Fine Herbal Paste); 4- '*Kashaya*' (Decoction) 5- '*Shita*' (Cold Infusion) and 6- '*Churna*' (Powdered Drugs).^[2]

Sushruta Samhita the basic literature of *Ayurveda* is described *Varti Kalpana* with different method of preparation, site of application and with particular size, shape and therapeutic use. Review of *Varti Kalpana* Suggest that it can be modified dosage form of *Varti Kalpana*. *Varti Kalpana* modified based on different site of application, particular size, shape and method of preparation. Based on the site of application and action they are categorized as *Guda Varti*, *Mutra Varti*, *Netra Varti*, *Dhuma Varti*, *Vrana Varti*. Acharya Sushruta also

described *Varti Kalpana*, while explaining the sixty *Upakramas* of *Vrana*.^[3]

Suppository are solid dosage preparation prepared by moulding or compression intended for its insertion into body orifices like the rectum, vagina, urethra and nose. Suppository contain one or more active ingredients dispersed or dissolved in suitable base that may be soluble or dispersible in water or may melt at body temperature. Based on different site of application, particular size, shape they are categorized as rectal suppository, vaginal suppository, urethral suppository, nasal suppository.

In general there are three types of suppository bases, i.e. Oily bases, water soluble, and water miscible bases and emulsifying bases.

Suppositories are prepared by three processes i.e. Rolling, Moulding (hot process or fusion method), Cold compression.^[3]

On other hand, the references of *Varti* and other formulations are found scattered in *Sushruta Samhita*. Here, an attempt is carried out for collection of these references of *Varti Kalpana* from *Sushruta Samhita* at one place so as to derive useful results from it.

MATERIALS AND METHODS

All sorts of references have been collected and compiled from *Sushruta Samhita*, Hindi commentary by *Ambikadutta Shastri*. Literature available regarding *Varti Kalpana* from various *Sthanas* of *Sushruta Samhita* are used as source materials to the topic. *Nibandha Sangraha* commentary by *Dalhana* was also referred to understand the meanings of some references. All matter is analysed and attempt has been made draw some fruitful conclusion.

OBSERVATIONS

The critical review were carried out based on classical *Varti* for different site of administration such as *Vrana Varti*, *Netra Varti*, *Guda Varti*, *Mutra Varti*, *Yoni Varti*, *Dhuma Varti* with available modern suppository i.e. Rectal suppository, Urethral suppository and Vaginal suppository.

Vrana Varti

Acharya Sushruta has indicated *Vrana Varti* for *Vrana Raksa*,^[4] *Vrana Shodhana*,^[5] *Vrana Ropana*,^[6] in *Bhagandara* to destroy the track^[7] and also in *Nadi Vrana*.^[8] The destroying capacity has been explained by giving the *Upama* as “*Varti* destroys the track immediately as wind removes the cloud.”

In ingredients of *Vrana Varti* use of plant origin *Dravya* along with Metals and Minerals i.e. *Manashila*, *Kasisa*, *Hartala*, *Sphatika* has been used as ingredients in *Shodhana Varti*.

For pounding in *Vrana Varti* preparation mainly *Jala*, *Snuhiksheera* and *Arkaksheera* have been used.

According to *Agropaharniya* chapter the consistency of *Vrana Varti* should be *Natisingdha* and *Natiruksa*. The size of *Vrana Varti* could be *Sukshma* to *Sthula* as per size and depth of *Vrana*.

Table 1: Showing the different Vrana Vartis mentioned in Sushruta Samhita.

Sr. No.	Type of Varti & Name of Varti	Ingredients	Method of preparation	Indication & Method administration
1	<i>Vrana Varti</i>	<i>Tilakalka, Madhu, Sarpi</i>	Pounded with water - <i>Natisingdh Natiruksa</i>	<i>Vrana Raksa</i>
2	<i>Vrana Varti - Shodhana Varti</i>	<i>Ajagandha, Ajasrigi, Indravaruni, Langali, Putika, Citraka, Patha, Vidanga, Ela, Harenu, Trikatu, Yavaksara, Lavnas, Manashila, Kasisa, Trivrut, Danti, Hartala, Sphatika</i>	Pounded with water	<i>Vrana Shodhana</i>
3	<i>Vrana Varti - Ropana Varti</i>	<i>Lajjalu, Soma, Sarala, Somavalka, Candana, Kakolyadi group</i>	Pounded with water	<i>Vrana Ropana</i>
4	<i>Vrana Varti</i>	<i>Aragvadha, Haridra, Kala(Ahimsra), Madhu, Ghrita</i>	Pounded with water	<i>Vrana Shodhana</i> It destroys the track immediately as wind removes the cloud.
5	<i>Vrana Varti</i>	<i>Ghontaphala bark, (a type of Badar)- Lavanas, Laksa, Alavna(Kakmardanika) Pugaphala</i>	Pounded with <i>Snuhi & Arka ksheera</i>	<i>Nadi Vrana</i>

Netra Varti

Acharya Sushruta has indicated *Netra Varti* for *Kaphaja Netraroga*,^[9] *Raktaja-abhisyananda*.^[10] *Praklinnavartma*,^[11] *Naktandhya*,^[12] *Dristi prasadana*,^[13] *Drististhairya*,^[14] *Rujaphaha*^[15] and also in *Grahadosha*.^[16]

In ingredients of *Netra Varti* use of plant origin *Dravya* along with Metals and Minerals i.e. *Tuttha*, *Sphatika*, *Manashila*, *Hartala* and different *Anjana - Suviranjana, Rasanjana, Tamra, Trapu, Kansya, Mukta, Vidruma, Viadurya, Shankha, Samudraphena* has been used as ingredients in various *Netra Varti*. Here *Kansya* have been used as *Kansyamala* and *Kasyapmarjanmasi* i.e. black portion obtained after rubbing *Kasya*. *Loharaja* and *Tamraraja* also mentioned.

The *Netra Varti* prescribed in *Raktaja-abhisyananda* for poundinng *Pusparasa* (honey) has been used likewise in *Naktandhya* for pounding *Yakridarasa*, in *Dristiprasadana*, *Drististhairya* and *Rujaphah* for poundinng *Aja ksheera*, in *Grahadosha* for poundinng *Ajamutra, Panchapitta* and *Matsyapitta* have been used. Here one another method of preparation i.e. *Paka* method, in these method *Rasakriya* should be done followed by *Kvatha* of prescribed *Aushadhi Dravya*. *Tamra Patra* should be used to prepare *Rasakriya*.

By size, *Varti* for *Lekhana* should be equal to (the size of) *Harenu* (pea), for *Prasadana* equal to one and a half *Harenu* and for *Ropana* it should be double (the size of) *Harenu*.^[17]

Table 2: Showing the different Netra Vartis mentioned in Sushruta Samhita.

Sr. No.	Type of Varti & Name of Varti	Ingredients	Method of preparation	Indication & Method administration
1	Netra Varti	Sindhutha, Hingu, Triphala, Madhuka, Prapaundarika, Sauviranjana, Tuttha Tamra	Pounded with water	Kaphaj Netraroga
2	Netra Varti	Haritaki, Haridra, Madhuka Sauviranjana	Pounded with water	Kaphaj Netraroga
3	Netra Varti	Trikatu, Triphala, Haridra, Vidanga (seeds)	Pounded with water	Kaphaj Netraroga
4	Netra Varti	Barhista, Kustha, Devadaru, Sankha, Patha, Amalaka, Trikatu Manashila	Pounded with water	Kaphaj Netraroga
5	Netra Varti	Jati, Karanja, Sobhanjana	Pounded with water	Kaphaj Netraroga
6	Netra Varti	Shigru – Pusa or Phala, Bruhatidvaya - Pusa or Phala, Rasanjana, Saindhava lavana, Chandana, Manshila, Hartala, Lasuna	Pounded with water	Kaphaj Netraroga
7	Netra Varti	Candana, Kumuda, Patra, Silajatu, Kumkuma, Loharaj, Tamraraj, Tuttha, Exudation of Nimba, Sauviranjana, Trapu, Kansyamala	Pounded with Pusparasa (honey)	Raktaja-Abhisyanda
8	Netra Varti	Leaves and fruits of Amalaka - Kvatha	- Paka method - Rasakriya should be prepared into Tamra Patra	Praklinnavartma
9	Netra Varti	Vansa (bamboo root) - Kvatha	- Paka method - Rasakriya should be prepared into Tamra Patra	Praklinnavartma
10	Netra Varti	Triphala - Kvatha	- Paka method - Rasakriya should be prepared into Tamra Patra	Praklinnavartma
11	Netra Varti	Palash Pusa – Kvatha	- Paka method - Rasakriya should be prepared into Tamra Patra	Praklinnavartma
12	Netra Varti	Apamarga – Kvatha	- Paka method - Rasakriya should be prepared into Tamra Patra	Praklinnavartma
13	Netra Varti	Kalanusariva (Tagar), Pippali, Sunthi, Madhuka, Talisapatra, Haridra, Daruharidra Musta	Pounded with Yakridarasa	Naktandhya
14	Netra Varti	Flowers of Mesasringa, Shirisa, Dhava, Jati, Mukta Vaidurya	Pounded with Aja ksheera and kept in a Tamrapatra for a week	Dristi prasdana
15	Netra Varti	Srotonjana, Vidruma, Samudraphena, Manshila, Marica	Pounded with Aja ksheera and kept in a Tamrapatra for a week	Drististhairya
16	Netra Varti	Kasyapmarjanmasi (balck portion obtained after rubbing kasya), Madhuka, Saindhava, Eranda moola -in equal parts Bruhati - two parts	Pounded with Aja ksheera and then pasted on a Tamra Patra	Rujaphaha
17	Netra Varti	Shirisa - Seeds, Lasuna, Sunthi, Siddharthaka, Vaca, Manjistha, Haridra, Pippali	Pounded with Ajamutra and Panchapitta	Grahadosha
18	Netra Varti	Naktamala - Seeds Trikatu, Syonaka - roots, Bilva, Haridra, Daruharidra	Pounded with Ajamutra and Panchapitta	Grahadosha
19	Netra Varti	Saindhava, Katuka, Hingu, Vayahstha (Guduci), Vacha	Pounded with Ajamutra or Matsyapitta	Grahadosha

Guda Varti

Acharya Sushruta has indicated Guda Varti in Udara Chikitsa for Anaha-adhyanmana,^[18] in Jvara

Pratishedha for Urdhva Vata and Rudhdha Mutra Purisha,^[19] in Gulma for Vatavarcharodha^[20] and also in Udavarta Pratishedha for Udavarta.^[21]

In the *Guda Varti* prescribed in *Udavarta*, it is said to use *Gomutra* for *Paka* method.

The size of *Guda Varti* could be *Angustha Matra* (size of thumb).^[22]

Table 3: Showing the different *Guda Vartis* mentioned in *Sushruta Samhita*.

Sr. No.	Type of Varti & Name of Varti	Ingredients	Method of preparation	Indication & Method administration
1	<i>Guda Varti - Phala Varti (Anah Varti)</i>	<i>Madanaphala-Pulp, Kutaja, Jimutaka, Iksvaku, Dhamargava, Trivruta, Trikatu, Sarsapa, Lavnas</i>	Pounded with <i>Snuhi ksheera</i>	<i>Vata, Mutra & Purishj Udavarta Anaha</i>
2	<i>Guda Varti</i>	<i>Devadaru, Haimavati, Kustha, Satahva, Hingu, Saindhava</i>	Pounded with water	<i>Urdhva Vata and Rudhdha Mutra, Purisha</i>
3	<i>Guda Varti</i>	<i>Samudra Lavana, Ardraka, Sarsapa, Marica</i>	Pounded with water	<i>Apana vata And Varcha Retention</i>
4	<i>Guda Varti</i>	<i>Danti, Kampilla, Syama (Trivruta), Katutumbi, Ajamoda, Kritavedhana, Pippali, Lavanas</i>	<i>Paka in Gomutra</i>	<i>Udavarta</i>

Rectal Suppositories

These are meant for introduction into the rectum for their systemic effect. They are tapered at one or both ends and usually weigh about 2 gm. The rectal suppository meant for children are smaller in size and weight than the adult suppositories. They usually weigh about 1 gm.

Oily bases like Theobroma oil, Emulsified Theobroma oil and Hydrogenated oils are widely used suppository base since it melts at body temperature and release medicament into cavity fluids for rapid absorption. These bases are generally very good base for rectal suppository.

Dhuma Varti

Acharya *Sushruta* has said five types of *Dhumapana* i.e. *Prayogika Dhumapana, Snehika Dhumapana, Virechaniya Dhumapana, Kasagya Dhumapana, Vamaniya Dhumapana*. Different type of ingredients have been used like *Eladi Gana* except *Kustha* and *Tagara* for *Prayogika Dhumapana; Shirovirechna Dravya* for *Vrechanic Dhumapana; Kasahara Dravya*

for *Kasagya Dhumapana; Vamaka Dravya* for *Vamaniya Dhumapana*.^[23] Acharya *Sushruta* also indicated *Dhuma Varti* to alleviate *Kapha* in *Galasundika*,^[24] *Kaphaja Pratisyaya*,^[25] *Kaphaja Shiroroga*,^[26] *Svasa Roga*^[27] and also in *Vatakaphaja Kasaroga*.^[28] In ingredients of *Dhuma Varti* use of different type of plant origin *Dravya* along with Metals and Minerals i.e. *Manashila, Hartala*.

The different type of pharmaceutical methods of preparation have been used to prepare the *Dhuma Varti*. The *Dhuma Varti* prescribed in *Prayogika* etc five types of *Dhumapana, Varti* has been prepared by *Sarakanda* wrapped with *Kshauma* of 8 *Angula* on which fine paste of *Aushadhi Dravya* has applied. It should be 12 *Angula* long & 1 *Angula* thick.^[29] *Varti* indicated in *Vatakaphaj Kasa roga* for poundinng *Aja Mutra* has been used.

Specific method of administration is prescribed in *Dhumapana*: At first, it should be taken in through mouth and then nostrils, both should be only expelled through mouth.^[30]

Table 4: Showing the different *Dhuma Vartis* mentioned in *Sushruta Samhita*.

Sr. No.	Type of Varti & Name of Varti	Ingredients	Method of preparation	Indication & Method of administration
1	<i>Dhuma Varti - Pancangi Varti</i>	<i>Ingudi, Kinihi, Danti, Trivruta Devadaru</i>	Pounded with water	To alleviate <i>Kapha</i> in <i>Galasundika - Dhumapana</i> twice a day
2	<i>Dhuma Varti</i>	<i>Eladi Gana, except Kustha and Tagara</i>	<i>Sarakanda</i> wrapped with <i>Kshauma</i> of 8 <i>Angula</i>	<i>Prayogika Dhumapana</i>
3	<i>Dhuma Varti</i>	<i>Snehaphalasara, Madhuchistha, Sarjarasa, Guggulu</i>	Mixed with <i>Sneha & Sarakanda</i> wrapped with <i>Kshauma</i> of 8 <i>Angula</i>	<i>Snehika Dhumapana</i>
4	<i>Dhuma Varti</i>	<i>Shirovirechna Dravya</i>	Mixed with <i>Sneha & Sarakanda</i> wrapped with <i>Kshauma</i> of 8 <i>Angula</i>	<i>Vrechanic Dhumapana</i>
5	<i>Dhuma Varti</i>	<i>Bruhati, Kantakari, Trikatu, Kasamarda, Hingu, Ingudi, Tvak, Manashila, Guduci, Karkatasrangi etc Kasahara Dravya</i>	Mixed with <i>Sneha & Sarakanda</i> wrapped with <i>Kshauma</i> of 8 <i>Angula</i>	<i>Kasagya Dhumapana</i>
6	<i>Dhuma Varti</i>	<i>Snayu, Charma, Khura, Shrunga, Karkatashi, Suska Matsya, Suska</i>	Mixed with <i>Sneha & Sarakanda</i> wrapped with	<i>Vamaniya Dhumapana</i>

		<i>Mansa, Krimi etc</i>	<i>Kshauma of 8 Angula</i>	
7	<i>Dhuma Varti</i>	<i>Sarala, Kinihi, Devadaru, Danti, Ingudi</i>	Pounded with water	<i>Kaphaja Pratisyaya</i>
8	<i>Dhuma Varti</i>	<i>Ingudi-Twak, Mesasringi</i>	Pounded with water	<i>Kaphaja Shiroroga</i>
9	<i>Dhuma Varti</i>	Manhshila , <i>Devadaru, Haridra, Guggulu, Laksa and Erandamoola</i>	Pounded with water	<i>Svasaroga</i>
10	<i>Dhuma Varti</i>	<i>Bhargi, vacha, Hingu</i>	Pounded with water	<i>Vatakaphaja Kasaroga</i> - lubricated with ghee is recommended for <i>Dhumpana</i>
11	<i>Dhuma Varti</i>	<i>Venu - Twak, Ela, Saindhava</i>	Pounded with water	<i>VatakaphajKasa roga</i> - lubricated with ghee is recommended for <i>Dhumpana</i>
12	<i>Dhuma Varti</i>	<i>Musta, Ingudi-bark, Madhuka, Mamsi, Manhshila, Hartala.</i>	Pounded with <i>Aja Mutra</i>	<i>Vatakaphaj Kasa roga with Anupana of milk.</i>

Mutra Varti

Acharya Sushruta has indicated *Mutra Varti* for carrying back the douche (*Uttara Basti*).^[31] Here for ponding either *Nirgundi Swarasa* or *Go Mutra* has been used.

The size of *Mutra Varti* should be *Sarsapasama* (Size of green gram).

Table 5: Showing the *Mutra Varti* mentioned in *Sushruta Samhita*.

Sr. No.	Type of Varti & Name of Varti	Ingredients	Size	Method of preparation & administration	Indication
1	<i>Mutra Varti</i>	<i>Aragvadha - leaves Saindhava Lavana</i>	<i>Sarsapasama</i> (Size of green gram)	Pounded with the <i>Nirgundi Swarasa</i> or <i>Go Mutra</i>	- for carrying back the douche (<i>Uttara Basti</i>)

Urethral Suppositories

They are also known as, urethral bougies and are meant for introduction into the urethra. They are long, thin and cylindrical forms rounded on one end. Their weight varies from 2 to 4 gm and length from 2 to 5 inch. Urethral suppositories are very rarely used.

Urethral suppositories may be prepared from a glycerinated gelatin base of a formula. For urethral

suppositories, the gelatin constitutes about 60 % of the weight of the formula. The glycerine about 20 %, and the medicated aqueous portion about 20%.

Multipurpose Varti

Acharya Sushruta has indicated multipurpose *Varti* in *Unmada*.^[32] It could be used as *Netra Varti*, *Dhuma Varti*, *Avapida Nasya* and also used as *Pralepana*. For ponding *Gajamutra* has been used.

Table 6: Showing the multipurpose *Varti* mentioned in *Sushruta Samhita*.

Sr. No.	Type of Varti & Name of Varti	Ingredients	Method of preparation & administration	Indication
1	<i>Netra Varti, Dhuma Varti</i>	<i>Brahmi, Aindri, Vidanga, Trikatu, Hingu, Sura, (Indravaruni), Mamsi, Visaghni (Haridra), Lasuna, Rasna, Guduchi, Tulasi, Vacha, Jyotismati, Sunthi, Ananta (Sariva), Haritaki, Sphatika</i>	Pounded with <i>Gajamutra</i>	<i>Unmada</i>

DISCUSSION

In this review *Varti Kalpana* found with different perspective like type of *Varti* and name of *Varti*, ingredients of *Varti*, size, method of preparation as well as administration and indication in diseases.

Varti Kalpana was in vogue since ancient times and contemporary suppository are a slight modification of this ancient formulation. A detail study of the *Varti* and suppository help us to draw parallel lines of similarities. Ayurveda therapy suggests that *Varti*, is the formulation is mentioned for local administration by the various routes i.e. *Guda, Netra* etc. According to specific route,

the size of *Varti* is modified. Due to various routes, the drug enters into the pores at the root of the administration through which the drug gets absorbed in the capillary network to minor veins and then further into systemic blood circulation and also it may stimulate local mucosa. This ultimately results in the absorption.

The literary review shows that there are many *Vartis* mentioned in texts. There are two types of methods for preparation of *Varti Kalpana* – (1) Pounding method and (2) *Paka* method. For pounding mainly *Snuhi ksheera, Arka Ksheera, Go Mutra, Aja Mutra, Gaja Mutra, Pusparasa, Aja Ksheera, Panchpitta, Yakridarasa,*

Nirgundi Swarasa have been used. Specific media has been used in these two type of method of preparation. The selection of mentioned media in different *Varti* also improve its therapeutic efficacy. In *Netra Varti* for *Paka* method of *Tamra Patra* is specially mentioned. *Tamta Patra* used for to keep material of *Varti* as well as also used for pasted on it for particular time period.

It can be appreciated that the method of preparation of suppository is close synchronization with that of *Varti*. Explanations can help us identify the close resemblance of *Paka Vidhi* with that of Fusion Moulding technique and Pounding method with Hand Rolling technique.

While according to the method of administration variation found in *Netra Varti*, *Dhuma Varti* and *Vrana Varti*. Their shape was like *Varti* but the method of administration was different than modern suppositories. *Dhuma Varti* should be taken in through mouth and then nostrils, both should be only expelled through mouth. *Vrana Varti* should be applied with covering of the *Kavalika*.

Some *Vartis* contain only herbal ingredients, whereas the some also contain herbo-mineral ingredients. It may be also considered that *Varti Kalpana* has quick therapeutic action.

CONCLUSION

By reviewing *Sushruta Samhita*, a large number of references regarding pharmaceutical and therapeutic aspects of *Varti* are observed. *Varti* is used externally and with combination in therapeutic procedures like *Vrana Chikitsa* etc. It is indicated in the management of different diseased conditions. This review emphasizes an importance of *Varti* in *Ayurvedic* pharmaceuticals and therapeutics. However, along with dosage form modification into suppository as well as pharmaceutical-analytical standardization, *in vivo* and *in vitro* studies are needed to revalidate a scientific database of the clinical effectiveness of all these *Varti* formulations.

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