



Review Article

A COMPREHENSIVE REVIEW ON VARTI KALPANA

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ABSTRACT

Ayurveda holds a prominent and exceptional place in Indian scientific heritage. Ayurveda places a strong emphasis on prevention and aids in promoting and extending a happy, healthy life. *Chikitsa* in Ayurveda is the result of diligent effort and judicious use of *Chatushpada* (Four pillars of treatment). *Bhaishajya kalpana* is an important branch of Ayurveda which mainly deals with the development of diverse Ayurvedic formulations. *Panchavidha Kashaya Kalpana* is the basic five therapeutic preparations. *Varti Kalpana* is a unique Ayurvedic dosage form and it is an *Upakalpana* of *Kalka Kalpana* mentioned in *Panchavidha kashaya kalpana*. Its mode of action and administration is different from *Vati Kalpana* even though it has similar physical structure and method of preparation. *Bruhatrayees* were extensively explains about different types of *Varti* like *Netra Varti*, *Guda Varti*, *Yoni Varti* etc. *Siras*, *Basthi* and *Hrudayam* are collectively called as *Trimarma* and *Guda* is one among the *Maha marma*. Diseases of these vital parts can be safely managed with *Varti prayoga* without causing any complications. *Varti prayoga* is included in *Stanika chikitsa* (local treatment) but it can impart local as well as systemic effect. *Manasiladi Dhumavarti* indicated in *Kasa*, *Kayastyadi Varti* and *Yashtyadi Varti* in *Apasmara*, *Sallakadi dhumavarti* in *Unmada* are the examples of *Varti prayoga* which exert systemic effect. The convenience of *Varti* is enhanced by its simple administration, quick response, and user-friendliness.

INTRODUCTION

Ayurveda is the enduring and sacred science of life which consisting of three principles (*Trisutra*) for the sake of healthy and diseased ones. Disease etiology, symptomatology and knowledge of therapeutics are collectively called as *Trisutra*^[1]. *Bhaishajya Kalpana* had exhaustively and explicitly detailing about various Ayurvedic formulations. *Panchavidha Kashaya Kalpana* known as the primary *Kalpana* (*Swarasa*, *Kalka*, *Srutha*, *Phanda*, *Hima*) and *Varti Kalpana* is the *Upakalpana* of *Kalka Kalpana*. *Varti* is a very convenient dosage form. Diseases related to the vital parts can be safely corrected with *Varti* preparations. Eg. *Gudavarti* is indicated in *Basti vyapath*.

Different types of *Varti* are named on the basis of its site of administration. *Varti kalpana* is similar with *Vati kalpana* in its method of preparation but variant in its action and structure. *Varti* is administered into the body orifices other than oral cavity, there by produce local and systemic effect. *Samshodhana varti*, *Anaha varti*, *Dhuma varti* produce systemic effect. *Bruhathrayee* had mentioned about different kinds of *Varti* in *Netra roga*, *Nadivrana*, *Yoni vyapath* etc. Other Ayurvedic treatise like *Gadanigraha*, *Vangasena Samhita*, *Sharngadhara Samhita*, *Yogaratanakara*, *Bhava prakasha*, *Bhaishajya ratnavali*, *Rasa tarangini Chakradutta* and *Basavarajeeya* had mentioned about various types of *Vartis*.

Nirukthi

Vartayati iti varti^[2]

Definition

Vartiriva swarupatvat varti namna prakirithitha ^[3]

Powdered medicaments are triturated and made into the shape of a wick of lamp; it is thicker at middle and thinner at its ends.

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Synonyms

Modako vatika pindi gudo varti tadhochyate^[4]
Synonyms of *Varti* and *Vataka* are same.

Method of Preparation

Method of preparation of *Varti* is similar with *Vati kalpana*. Generally *Varti* prepared in two methods.

1. *Paka* method
2. *Bhavana* method

Paka Method

Guda (jaggery)/*Srakara* (sugar) is boiled in water using a vessel over *Mandhagni* and cooking continued up to attaining 2-3 thread consistency. Later the vessel is 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* 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 together and *Bhavana* (trituration) done with appropriate *Drava dravya* (liquid media). Honey, ghee, cow's milk, goat's milk, cow's urine are used as liquid media on accordance to the disease condition.

Eg. *Chandrodaya varti* mentioned in *Netra roga*, *Bhavana* was done with Goat's milk.^[5]

Types of Varti

Varti preparations are intended to administer in body orifices other than oral cavity. On the base of 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
- Sisa varti*- Administer in urethra
- Vrana varti*- Administer in wounds

Netra Varti

Netra varti prepared in elongated form; these pills are grinded with appropriate liquid media and applied as *Netra anjana* (collyrium). *Pinda*, *Rasakriya*, *Churna* are the three types of *Anjana* mentioned by *Vagbhata* which is used to cure profound vitiation of *Netra dosa* and is administered after purifying the body^[5]. *Pinda* is the pill like solid type of *Anjana*

Time of application of Netra varti

According to season- *Sharngadhara*^[4]

- Hemanta, Sisira*- Afternoon
- Grishma*- Morning
- Sharad*- Evening
- Vasantha*- Any time
- Varsha* - No cloudy weather, not too cold / not too hot

According to type of Netra anjanam^[5]

- Lekhana anjanam*- *Kaphaja vyadhi*- Morning
- Snehananjana*- *Vatika vyadhi*- Evening
- Prasaadana anjana*- *Pittaja vyadhi*- Night

Table 1: Different Netra varti mentioned in Ayurvedic Samhitas

| No | Name of Varti | Reference | Indications |
|--------------------|---|--------------------------|---------------------------------|
| Netra varti | | | |
| 1 | <i>Jatimukuladi varti</i> ^[7] | <i>Ashtanga hrudayam</i> | <i>Netra sophia & Kandu</i> |
| 2 | <i>Chandanadi varti</i> ^[8] | <i>Gadanigraham</i> | <i>Vrana sukra</i> |
| 3 | <i>Ratnadi varti</i> ^[8] | <i>Gada nigraham</i> | <i>Vrana sukra</i> |
| 4 | <i>Danta varti</i> ^[8] | <i>Gada nigraham</i> | <i>Kshata sukra</i> |
| 5 | <i>Laghu chandrodaya varti</i> ^[8] | <i>Gada nigraham</i> | <i>Timira</i> |
| 6 | <i>Vimala varti</i> ^[8] | <i>Gada nigraham</i> | <i>Timira</i> |
| 7 | <i>Pushpa varti</i> ^[8] | <i>Gada nigraham</i> | <i>Linganasham</i> |
| 8 | <i>Bruhadyadi varti</i> ^[9] | <i>Charaka Samhita</i> | <i>Vatika netra roga</i> |
| 9 | <i>Sumana korakadi varti</i> ^[9] | <i>Charaka Samhita</i> | <i>Paitika netra roga</i> |
| 10 | <i>Saindhavadi varti</i> ^[9] | <i>Charaka Samhita</i> | <i>Kaphaja netra roga</i> |
| 11 | <i>Amruthahwadi varti</i> ^[9] | <i>Charaka Samhita</i> | <i>Sannipatika netra roga</i> |
| 12 | <i>Shankhadi varti</i> ^[9] | <i>Charaka Samhita</i> | <i>Sarvakshi roganuth</i> |
| 13 | <i>Sukha varti</i> ^[9] | <i>Charaka Samhita</i> | <i>Timira, Patala, Kacha</i> |
| 14 | <i>Drushtiprada varti</i> ^[9] | <i>Charaka Samhita</i> | <i>Andhyam, Bhinna chakshus</i> |

| | | | |
|----|-------------------------------------|-----------------------------|--------------------------------------|
| 15 | <i>Chandrodaya varti</i> [6] | <i>Sharngadhara Samhita</i> | <i>Timiram, Mamsavrudhhi, Kacham</i> |
| 16 | <i>Karanja Varti</i> [6] | <i>Sharngadhara Samhita</i> | <i>Lucoma in eye</i> |
| 17 | <i>Samudraphena Varti</i> [6] | <i>Sharngadhara Samhita</i> | <i>Sukraardi (Corneal opacity)</i> |
| 18 | <i>Nilotpala Varti</i> [6] | <i>Sharngadhara Samhita</i> | <i>Athi nidra</i> |
| 19 | <i>Rasanjana Varti</i> [6] | <i>Sharngadhara Samhita</i> | <i>Naktandhyam</i> |
| 20 | <i>Dhatryadi Varti</i> [6] | <i>Sharngadhara Samhita</i> | <i>Netra Sravam, Netra sula</i> |
| 21 | <i>Darvyadi Gudikanjanam</i> [10] | <i>Bhaishajya Ratnavali</i> | <i>Unamada</i> |
| 22 | <i>Kayasthyadi Vartika</i> [10] | <i>Bhaishajya Ratnavali</i> | <i>Apasmara</i> |
| 23 | <i>Yashtyadi Varti</i> [10] | <i>Bhaishajya Ratnavali</i> | <i>Apasmara</i> |
| 24 | <i>Manohva Tarksyadi Varti</i> [10] | <i>Bhaishajya Ratnavali</i> | <i>Apasmara, Unamada</i> |

Nasa Varti

Here the *Varti* preparations are inserted into the nasal cavity because nose is the major gateway of brain. Medicinal drugs like *Apamarga bija*, *Vidanga*, *Sirisha* along with *Tikshna*, *Krimighna dravya* are finely powdered and applied in cloth and *Varti* prepared to introduce into nostrils. It helps to cure *Pratisyaya*, *Pinasa* etc diseases.

Eg: *Nikumbhadi nasa varti* in *Nasa arshas* [7]

Dhumavarti

Dhumavartis are medicated cigars mainly indicated for *Vata kaphaja* diseases of *Uthamanga* (above shoulder joint) and *Pranavaha Sroto vikara* (respiratory tract infections). It is contra indicated in *Pita* and *Rakta Vikara* due to its *Ushna Tikshna Guna*. It is mentioned in *Dinacharya* after *Nasya Karma* and *Kabala graham* to remove the *Doshas* lodged in thought. It has an immense effect in chronic infections of head and neck like chronic suppurative otitis media, Sinusitis etc.

Charaka had described that the medicinal drugs are finely powdered, made to a paste and applied over a reed. *Dhumavarti* was prepared in a cigar like structure with barley shape (*Yava sannibham*). *Varti* is 8 *Angula* long and thickness of the thumb at its centre.[1] The reed should then be removed after it has dried up. One should frequently smoke such cigar using a *Dhumanetra* (pipe) after dipped in oil.

Acharya Vagbhata had some differences regarding with the preparation of *Dhumavarti*. A stalk of *Ishika* grass having 12 *Angula* length was dipped in water for 1 day (24 hours). Fine paste of medicinal drugs are applied over the stalk 5 times and made it into the form of a *Varti* with thickness of thumb and shape of *Yava dhanya* (Barley grain). After drying remove the stalk and the *Varti* dipped in *Sneha dravya* and ignited by placing at the tip of *Dhuma netra* (smoking pipe).

Table 2: Different *Dhuma varti* mentioned in Ayurvedic *Samhitas*

| <i>Dhuma varti</i> | | | |
|--------------------|--|-----------------------------|----------------------|
| 1 | <i>Darvi ingudi Varti</i> [10] | <i>Bhaishajya ratnavali</i> | <i>Pratisyaya</i> |
| 2 | <i>Manasiladi dhuma Varti</i> [12] | <i>Charaka</i> | <i>Kasa</i> |
| 3 | <i>Haridradi dhuma Varti</i> [12] | <i>Charaka</i> | <i>Swasa Hikka</i> |
| 4 | <i>Gandha dhuma Varti</i> [12] | <i>Charaka</i> | <i>Unmada</i> |
| 5 | <i>Sveta Hinguvadi Varti</i> ¹² | <i>Charaka</i> | <i>Unmada</i> |
| 6 | <i>Sallakadi Varti</i> [12] | <i>Charaka</i> | <i>Unmada</i> |
| 7 | <i>Eranda naladadi Varti</i> [12] | <i>Charaka</i> | <i>Siroroga</i> |
| 8 | <i>Kajjali Varti</i> [10] | <i>Bhaishajya Ratnavali</i> | <i>Phiranga roga</i> |
| 9 | <i>Kanakadi/Svasaghna Varti</i> [10] | <i>Bhaishajya Ratnavali</i> | <i>Svasa</i> |
| 10 | <i>Manasilaliptra Badaripatra Varti</i> [10] | <i>Bhaishajya Ratnavali</i> | <i>Kasa</i> |
| 11 | <i>Arkadi Dhumavarti</i> [10] | <i>Bhaishajya Ratnavali</i> | <i>Kasa</i> |
| 12 | <i>Marichadi Dhumavarti</i> [11] | <i>Chakradutta</i> | <i>Kasa</i> |
| 13 | <i>Satahwadi Varti</i> [7] | <i>Ashtanga hrdaya</i> | <i>Nasaroga</i> |
| 14 | <i>Vyosha urubukadi Varti</i> [7] | <i>Ashtanga hrdaya</i> | <i>Dushta pinasa</i> |

Guda varti /Phala varti

Gudavarti is intended to administer in rectum to correct *Apanavayu vaigunya rogas* like *Udavarta, Arshas, Atisara, Gudda varchas* and other gastro intestinal disorders. It is also called as *Phalavarti*. *Gudavarti* produce *Vata Anulomana* and evacuate *Sanchita dosha* at rectum and cure the disease. *Charaka* mentioned *Gudavarti* in *Vastivyapath*. It is prepared in the shape of barley grain (long oval shape) and thick as thumb size. But *Kanakamooladi varti* has *Valla Pramana* and *Agaradhumadi Varti* has *Kanishta anguli pramana*^[6]. *Varti* should be administered in the rectum after anointing it with ghee.

Table 3: Different Guda varti mentioned in Ayurvedic Samhitas

| Guda varti | | | |
|-------------------|--|-----------------------------|---------------------------------------|
| 1 | <i>Phala Varti</i> ^[3] | <i>Susruta Samhita</i> | <i>Udavarta</i> |
| 2 | <i>Shodhanadi gana Varti</i> ^[3] | <i>Susruta Samhita</i> | <i>Basti vyapath</i> |
| 3 | <i>Khoshaphala Varti</i> ^[10] | <i>Bhaishajya ratnavali</i> | <i>Arshas</i> |
| 4 | <i>Katuthumbi bijadi Varti</i> ^[10] | <i>Bhaishajya ratnavali</i> | <i>Arshas</i> |
| 5 | <i>Arshogni Varti</i> ^[10] | <i>Bhaishajya ratnavali</i> | <i>Arshas</i> |
| 6 | <i>Phala Varti</i> ^[10] | <i>Bhaishajya ratnavali</i> | <i>Udavartha</i> |
| 7 | <i>Hinguvadi Varti</i> ^[10] | <i>Bhaishajya ratnavali</i> | <i>Udavarta</i> |
| 8 | <i>Agaradhumadi Varti</i> ^[10] | <i>Bhaishajya ratnavali</i> | <i>Udavarta</i> |
| 9 | <i>Nirgundi patra Varti</i> ^[10] | <i>Bhaishajya ratnavali</i> | <i>Udavarta</i> |
| 10 | <i>Raddadi Varti</i> ^[10] | <i>Bhaishajya ratnavali</i> | <i>Anaha sulanuth</i> |
| 11 | <i>Trikatvadi Varti</i> ^[10] | <i>Bhaishajya ratnavali</i> | <i>Anaha, Udavarta, Jadara, Gulma</i> |
| 12 | <i>Kanakamuladi Varti</i> ^[10] | <i>Bhaishajya ratnavali</i> | <i>Atisara</i> |

Yoni varti

Yoni Varti can be used effectively in *Yoni rogas* and *Garbhashaya rogas*. It helps to clear the vaginal canal by removing the vitiated *Sanchita dosha* and also provides the opportunity to replenish the harmonized vaginal health. *Yoni vartis* are designed according to the vaginal size. *Acharya Charaka* has mentioned the size of *Samshodhana yonivarti* under *Slaishmiki yonivyapat chikitsa* as *Pradeshinianguli pramanam*. *Bhaishajya ratnavali, Chakradutta, Yoga Ratnakara* also mentioned the size of *Pippalyadi varti* in *Slaishmiki yonivyapath chikitsa* as *Pradeshini anguli pramana*.

Table 4: Different Yoni varti mentioned in Ayurvedic Samhitas

| Yoni Varti | | | |
|-------------------|--|-----------------------------------|------------------------------|
| 1 | <i>Varahapitta Varti</i> ^[9] | <i>Charaka Samhita</i> | <i>Kaphaja yoni vyapath</i> |
| 2 | <i>Yoni vishodhini Varti</i> ^[9] | <i>Charaka Samhita</i> | <i>Kaphaja yoni vyapath</i> |
| 3 | <i>Plaksha churna Varti</i> ^[9] | <i>Charaka Samhita</i> | <i>Pradaram</i> |
| 4 | <i>Lodradi Varti</i> ^[9] | <i>Charaka Samhita</i> | <i>Pradaram</i> |
| 5 | <i>Kashayadravya Varti</i> ^[9] | <i>Charaka Samhita</i> | <i>Pradaram</i> |
| 6 | <i>Tilam+ Kshara Varti</i> ^[9] | <i>Charaka Samhita</i> | <i>Rakta gulma</i> |
| 7 | <i>Himsra kalka Varti</i> ^[11] | <i>Chakradutta</i> | <i>Vatika yoni vyapath</i> |
| 8 | <i>Panchavalkaladi Varti</i> ^[11] | <i>Chakradutta</i> | <i>Paittika yoni vyapath</i> |
| 9 | <i>Syamadi yoni Varti</i> ^[11] | <i>Chakradutta</i> | <i>Kaphaja yoni vyapath</i> |
| 10 | <i>Kushta pippalyadi Varti</i> ^[11] | <i>Chakradutta</i> | <i>Karnini yoni vyapath</i> |
| 11 | <i>Vacha nilotpaladi Varti</i> ^[11] | <i>Chakradutta</i> | <i>Yoni sankocha</i> |
| 12 | <i>Kusuma sanjanani Varti</i> ^[11] | <i>Chakradutta, Yogaratnakara</i> | <i>Artava pravarthakam</i> |
| 13 | <i>Guduchyadi Varti</i> ^[13] | <i>Basavarajeeyam</i> | <i>Yonikandha</i> |

Vrana varti

Vrana varti is prescribed in ulcers which advocating *Vrana shodhana* and *Vrana ropana*. *Susruta* has included *Varti Prayoga* under *Shashtirupakrama* of *Vrana Shodha Chikitsa*. Medicinal drugs are impregnated over

threads otherwise made into wick like structure and administer in *Vrana*. Different types of *Vrana vartis* are indicated in *Nadivrana*, *Bhagandhara* treatment.

Table 5: Different *Vrana varti* mentioned in Ayurvedic Samhitas

| <i>Vrana varti</i> | | | |
|--------------------|--|-----------------------------|--------------------------------|
| 1 | <i>Nimbapatradi Varti</i> ^[11] | <i>Chakradutta</i> | <i>Vrana soshana, Ropana</i> |
| 2 | <i>Aragvadhadi sutra Varti</i> ^[11] | <i>Chakradutta</i> | <i>Nadivrana</i> |
| 3 | <i>Gunavati Varti</i> ^[11] | <i>Chakradutta</i> | <i>Nadi vrana</i> |
| 4 | <i>Ghondaphala Varti</i> ^[11] | <i>Chakradutta</i> | <i>Nadivrana</i> |
| 5 | <i>Makshika lavanadi Varti</i> ^[10] | <i>Bhaishajya ratnavali</i> | <i>Nadivrana, Dushta vrana</i> |
| 6 | <i>Jatyadi Varti</i> ^[10] | <i>Bhaishajya ratnavali</i> | <i>Nadi vrana</i> |
| 7 | <i>Trivruth Dantyadi Varti</i> ^[10] | <i>Ashtanga Hridayam</i> | <i>Vrana ropana</i> |
| 8 | <i>Samshodhani Varti</i> ^[3] | <i>Susruta Samhita</i> | <i>Varana shodhana</i> |
| 9 | <i>Soma+Amrtha+Asvagandha Varti</i> ^[3] | <i>Susruta Samhita</i> | <i>Vrana ropana</i> |
| 10 | <i>Kakolyadi gana Varti</i> ^[3] | <i>Susruta samhita</i> | <i>Vrana ropana</i> |
| 11 | <i>Kshiri vrkshadi Varti</i> ^[3] | <i>Susruta Samhita</i> | <i>Vrana ropana</i> |
| 12 | <i>Aragvadhadi Varti</i> ^[13] | <i>Basavarajeeyam</i> | <i>Nadivrana</i> |
| 13 | <i>Darvika Varti</i> ^[13] | <i>Basavarajeeyam</i> | <i>Bhagantara</i> |
| 14 | <i>Nishadi Varti</i> ^[13] | <i>Basavarajeeyam</i> | <i>Bhagantara</i> |

Sisna varti

Sisna varti are administered in the penile introitus of males in *Mutrakrichra*, *Asmari*, *Mutraghata*, *Puyameha* conditions. 1-12 *Angula* long *Sisna varti* helps to void urine from the above said conditions.

Eg. *Sisna Varti* prepared with *Varuna*, *Pashanabheda*, *Gokshura*, *Punarnavamula*, *Panchamula*, *Yavakshara*, *Navasara*.

Size and Shape of Varti

Vartis are different in its size and shape on accordance to the orifice that which occupies. *Guda Varti*, *Yoni Varti* are designed in compatible to its anatomical structure of Rectum and Vagina respectively. *Guda Varti* prepared in *Angushta Pramanam* (size of thumb). According to *Acharya Susruta Yoni* resembles the shape of hollow conch shell (*Shankhanabhi*) and *Bhaga* (Vulva) is 12 *Angula* long^[13]. *Yoni varti* had *Pradeshini Anguli* (Index finger) *Pramanam*.

In case of *Netra varti* *Acharya Susruta* had pointed out that dose of *Netra anjana* depends on its types. *Harenu Matra* (around 40mg) is recommended for *Lekhana anjana*, one and half of *Harenu* (around 60mg) for *Prasadana anjana* and 2 *Harenu* (around 80mg) for *Ropana anjana*. *Acharya Vagbhata* opines that *Harenu matra* for *Pindi* type of *Anjana*^[5]. But in practical manner the tolerance level of the patient also is considered.

Vrana varti is advised to prepare in proportional to the depth of the ulcers, it can be either small or big. *Dhumavarti* is prepared in *Yavakaram* (barley shape) at its middle and thicker as thumb.

Suppositories

Suppositories are the solid dosage forms administered in body orifices other than oral cavity to impart specific local and systemic effect. They are named on accordance to the site of administration. Anal suppository, vaginal suppository (pharmaceutical pessary), ear cones, urethral gouge, ocular inserts (ocuserets) are the suppositories inserted in rectum, vagina, ear, urethra and eyes respectively. Suppositories can be considered as the modified dosage forms of Ayurvedic *Varti* preparations.

DISCUSSION

Varti preparations are acute in its action. *Guda Varti*, *Yoni Varti*, *Shishna varti* are absorbed from the site of administration and it helps to evacuate the *Sanchita doshas* and cause *Srotoshodhana* by producing *Anulomana* of *Apana vata*. *Krimighna* property of *Yoni Varti*, *Dhuma Varti*, *Vrana Varti* etc also helps to revitalize the diminished *Vyadhikshamatva* of the patient.

Peculiar size and shape of each *Varti* helps to facilitate the easy administration and sustained release of the medicine for a longer period at the site administration and thereby absorb to the systemic circulation. *Varti* is a very convenient, user friendly and effective dosage forms. Even though its structure and method of preparation is similar to *Vati kalpana* it is entirely different in mode of action and site of administration. *Varti* helps to normalizes the vitiated *Doshas* by evacuating the *Sanchita dosha* from the site of administration. *Guda Varti*, *Yoni Varti*, *Vrana Varti*, *Karna Varti* are retained in the site of administration for a longer period and absorbed into the circulation

which helps to amplify the bioavailability of the medicinal drugs.

CONCLUSION

The dose form *Varthi Kalpana* is very efficient and simple to use. *Varti* can be used as a delivery method for medications that cannot be applied orally. It treats illnesses by virtue of its *Shodhana*, *Ropana* property.

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