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Review on *Guda Varti* in the Management of *Arshas*

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ABSTRACT

Arshas is worldwide public health crisis. *Ayurveda* offers various measures for the management of *arshas*. Of these measures *bheshaja chikitsa* is having more importance. *Guda Varti* is considered as foremost *chikitsa*. In this paper its thorough description of properties, preparation and procedure is studied. As *varti proyoga* are found effective against *arshas*, their usage should be fostered in current *ayurvedic* practise.

KEYWORDS

Arshas, *Bheshaja chikitsa*, *Guda varti*



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INTRODUCTION

Ayurveda Acharyas have mentioned four therapeutic measures for the treatment of *arshas- bhashaja, sastra, kshara* and *agni*¹. Of these, *bhashaja chikitsa* has a major role as it is safe and easy to apply. *Bhashaja chikitsa* in *arshas* can again be classified into *bahya* and *abhyanthara*. Medicines can be applied externally in *arshas* as *abhyanga, swedana, parisheka, avagaha, dhoopana lepana* and *guda varti*. Among these, *varti* is considered as having great value. *Varti* is a *stanika chikitsa* which is applied locally and drugs are released constantly in *guda pradasha*. *Susruta* says *stanika chikitsa* stops the provocation of *dosha* and pacify them just like water stops the fire of burning house, while explaining the importance of *stanika chikitsa*. *Charakacharya* and *vagbhhattaacharya* mention *varti* has local effect on *arshas* as it reduces pain and congestion along with *sanchita rudira*. This technique is simple and convenient to the patient with minimum interference in his/her day to day activities.

Varti Kalpana²

The term *varti* means that which is residing or a wick made up of cotton cloth or a paste made up of fragrant substances for body smearing. Many varieties of *varti* are mentioned in literature and these are

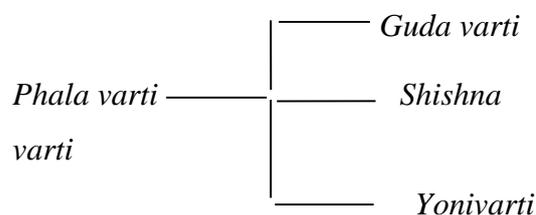
prepared in longitudinal shape just like a cotton roll. These are thicker in the middle and thinner in the ends. Generally they are used to get local effect (*phala varti, yoni varti, vrana varti* etc) and sometimes for systemic effects (*dhooma varti, samshodana varti and anaha varti* etc).

Types of Varti

There are different type of *varti* mentioned depending upon various criterias like *roga, rogi, sthana, dosha* and *karma*.

1. *Phala varti*
2. *Netra varti*
3. *Nasa varti*
4. *Dhuma varti*
5. *Vrana varti*

In *Ayurveda phala varti*³ is popularly used for introducing into the rectum, urethra, and vagina. It causes *vayu anulomana* which results in the elimination of *mala* and *mootra* along with the removal of *sanchitha sleshma pooya dosas*. According to *sthana* it is of three types



Guda varti

Guda varti can be called as a synonymn for *phala varti*. For the removal of *sanchita shushka mala, kupitha vayu, vasti drava*



and other *dosha* - *dusiyas*, *guda varti* is used. *Kshara* and *lavana yukta rechaka vatanulomaka* drugs are choosen.

Preparation of Varti

There are two different type of preparation mentioned in classics depending upon type of base

1. *Guda paka* metod.
2. Other *sneha drava dravyas* as base.

Guda paka method

- Here jaggrey is used as a base.
- The prescribed drugs are finely powdered.
- Jaggrey is dissolved in water and filtered.
- Jaggrey solution is boiled on simmer flame to thicker consistency.
- On obtaining *leha paka*, powdered drugs re-added to it and ground to fine paste and rolled into *varti* of required size and shape.
- After achieving the *leha* consistency, fine powder of medicinal drugs is added to this mixture and stirred well. This paste is rolled into *varti* of required size and shape.

Other sneha drava dravyas as base

- Prescribed drugs are made into fine powders.
- These are pounded to fine paste by adding prescribed fluids, oils or other *sneha dravyas* like bees – wax etc.

- After fine paste is obtained, the product is rolled into oval or elliptical shape *varti* of required size.

Mode of application

Patient is made to lie down in lithotomy position or in left lateral position. Then *varti* is introduced inside *guda* after proper lubrication of both *guda* and *varti*, with *ghritha* such a way that *varti* should touch the *mamsankura*.

Some of the important *guda varti* are *jeemootadi guda varti*⁴, *pootikaranjadi gudavarti*, *sooranadi guda varti*, *haridradi guda varti*⁵ etc.

CONCLUSION

Guda varti removes *sanchitha rudira*, *stambha*, *shoola*, *kandu*, *shwayathu* in *arshas*. It takes away *arshas* from its roots (*Arsh samoola nivratheye*)^{6,7}. *Varti prayoga* hence can be best utilized in the management of *arshas* as it is safe, simple and give immense relief for patients suffering from symptoms of *arshas*.



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