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## Review on *Nagarjuna Varti*

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### ABSTRACT

The concept of *Trisutra* has been specified in Ayurveda for the fulfilment of *Swasta Parayana* and *Athura Parayana*.<sup>[1]</sup> Among them *Bheshaja* plays a major tool in treating diseases. References of different *Oushadha Kalpanas* are mentioned for internal as well external purposes. One among them is *Varti Kalpana* (Ayurvedic suppositories) which is derivative of *Vati Kalpana*. *Varti Kalpanas* are meant for local applications and helps in eliminating the *Sthanika Doshas* (site of administration). Visual disturbances are described in the context of *Timira*, *Kacha* and *Linga Nasha*. Ancient scholars have advocated different *Varti/Anjana* application in *Timira* stage itself. One such significant ocular therapeutic formulation is *Nagarjuna Varti*.<sup>[2]</sup> It consist of *Rasoushadhis* like *Tamra Bhasma*, *Tutta* and other drugs like *Rasanjana*, *Prapoundarika*, *Yashtimadhu*, etc. which can play a vital role in various bio-chemical events in the body as well as eyes. They act as catalyst, co-factor for enzyme etc. These complexes help in exerting faster action of the drug and have a longer shelf life. Its benefit even in *Netra Chikitsa* is in different folds.

**Key words:** *Trisutra*, *Varti Kalpana*, *Rasaoushadhis*, *Netra Chikitsa*.

### INTRODUCTION

The use of Herbo-Mineral preparation in healthcare is a unique contribution of Ayurveda, such preparations are called as *Rasaushadhis*. *Nagarjuna Varti* is one among such preparations which consist of *Chaksusya* Drugs like *Rasanjana*, *Prapoundarika*, *Yashtimadhu*, *Lodhra*, *Tamra Bhasma* etc. which can play a vital role in various bio-chemical events in the body as well as eyes. They acts as a catalyst, co-factor for an enzyme etc. These complexes help in exerting faster action of the drug and have a longer shelf life. Its benefit even

in *Netra Chikitsa* is in different folds and also this formula was documented by *Acharya Nagarjuna* himself on the *Stambha* of *Pataliputra*.<sup>[2]</sup>

In Ayurveda, Visual disturbances are described in the context of *Timira*, *Kacha* and *Linganasha*. *Timira* is an early stage characterized by blurring of Vision and *Linganasha* is the end stage where complete loss of Vision occurs. Ancient Scholars have advocated different *Varti / Anjana* application in *Timira* stage itself. One such significant ocular therapeutic formulation is *Nagarjuna Varti*, which has a historic significance, *Nagarjuna Varti* is one among the prominent Ayurvedic medicines that can be handy in prevention of blindness. Blindness or visual impairment is a global health hazard. An estimate of 85 million people is visually impaired, 39 million are blind and 217 million have moderate to severe vision impairment. More than 80% of all vision impairment can be prevented or cured.<sup>[3]</sup> Global blindness increases up to 1 to 2 million per year, in that 60 % are treatable and 20 % are preventable.<sup>[4]</sup>

*Varti Kalpana* is derived from *Vati Kalapana*.

वर्तिरिवस्वरूपत्वावर्तिः नाम्नाप्रकीर्तितः ॥<sup>[3]</sup>

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*Varti Kalpana* got its name because of the particular shape i.e. like the wick of the lamp. It can be prepared on almost similar to that of *Vati* preparation. Here medicines are powdered, triturated and given the shape of *Varti*. It's used as *Sthanika Chikitsa* which is not negligible and got its own importance and helps to eliminate *Mala* out rapidly. In classics, a number of references of *Vartis* are given according to place/*Sthana* of application. Like *Netra Varti* in *Netra Roga*, *Yoni Varti* in *Yoni Roga*, *Dhumra Varti* under *Mukharoga* etc.

### General method of Preparation

- 1. Paka:** Here *Guda* / *Sita* is used as a base and heated with water until *Paka* of 2-3 thread consistency attains. Fine powder of other ingredients is added little by little and stirred continuously to make a homogenous mixture. Then *Vartis* are prepared according to the desired size.
- 2. Bhavana:** Here fine powder of medicinal drugs is triturated with specific '*Bhavana Dravya*' and rolled into desired size *Vartis*.

Different types of *Vartis* are explained in Ayurveda with difference in *Bhavana Dravya*, length, place of application, uses, ingredients etc.

**Table 1: Showing the different *Drava Dravya* used for *Bhavana*.**

SN	Varti	Media
1.	<i>Kamsyadi Varti</i> <sup>[4]</sup>	Goat' milk ( <i>Aja Ksheera</i> )
2.	<i>Shwetapadara Nashaka Varti</i> <sup>[5]</sup>	Honey ( <i>Madhu</i> )
3.	<i>Avalgujadi Varti</i> <sup>[6]</sup>	Cow's bile ( <i>Go Pitta</i> )
4.	<i>Sumana Koradi Varti</i> <sup>[7]</sup>	Rainwater ( <i>Divya Jala</i> )
5.	<i>Arkadi Varti</i> <sup>[8]</sup>	Latex of <i>Arka</i> plant ( <i>Arka Ksheera</i> )

**Table 2: References of *Varti* based on length.**

SN	Type of Varti	Example	Size
1.	<i>Yoni Varti</i> <sup>[9]</sup>	<i>Pippalyadi Varti</i>	<i>Padeshini Angulivat</i>
2.	<i>Yoni Varti</i> <sup>[10]</sup>	<i>Varti for Karnini</i>	<i>Tarjani Pramana</i>

		Roga	
3.	<i>Guda Varti</i> <sup>[11]</sup>	<i>Shyamaphaladi Varti</i>	<i>Angushtha Pramana</i>
4.	<i>Guda Varti</i> <sup>[12]</sup>	<i>Pippalyadi Varti</i>	<i>Puspanetravat</i>
5.	<i>Vrana Varti</i> <sup>[13]</sup>	<i>Shodhana Varti</i>	<i>Sukshma</i> to <i>Sthula</i> as per size and depth of <i>Vrana</i>
6.	<i>Dhumra Varti</i> <sup>[14]</sup>	<i>Venvadi Varti</i>	<i>Yavakara Netra Varti (Lekhana Karma)</i>
7.	<i>Saindhavadi Varti</i> <sup>[15]</sup>	<i>Netra Varti (Prasadena Karma)</i>	<i>Harenuka Pramana</i>
8.	<i>Sukha Varti</i> <sup>[16]</sup>	<i>Netra Varti</i>	One and half of <i>Harenuka Pramana</i>

**Nagarjuna Varti** - is a unique Herbo-Mineral preparation which comes under the *Khalviya Rasayana Yoga*. The reference of *Nagarjuna Varti* is taken from the text *Bhaishajya Ratnavali*. The references are also available in *Rasakamadhenu*, *Vrunda Madhava*.

**Table 3: Nagarjuna Varti according to Bhaishajya Ratnavali.**

Ingredients	Botanical / Minerological Name	Part Used	Quantity
<i>Haritaki</i>	<i>Terminalia chebula</i>	Fruit	1 part
<i>Vibhitaki</i>	<i>Terminalia bellerica</i>	Fruit	1 part
<i>Amalaki</i>	<i>Embelica officinalis</i>	Fruit	1 part
<i>Saindhava Lavana</i>	Rock salt	Mineral	1 part
<i>Shunti</i>	<i>Zingiber officinale</i>	Tuber	1 part
<i>Maricha</i>	<i>Piper nigrum</i>	Seeds	1 part
<i>Pippali</i>	<i>Piper longum</i>	Fruit	1 part
<i>Yashtimadhu</i>	<i>Glycyrrhiza glabra</i>	Stem Bark	1 part
<i>Suddha Tutta</i>	Purified blue vitriol	Mineral	1 part
<i>Rasanjana</i>	Extract of <i>Indian berberis</i>	Stem wood extract	1 part
<i>Prapoundarika</i>	<i>Cassia absus</i>	Flower	1 part

Vidanga	<i>Embelia ribes</i>	Seeds	1 part
Lodhra	<i>Symplocos racemosa</i>	Stem	1 part
Tamra	Incinerated	Metal	1 part

Bhasma	copper(CuO)	(Incinerated)	
Nabho Jala	Rain water	Water	Quantity sufficient

Table 4: Properties of herbo-mineral drugs of Nagarjuna Varti

Ingredients	Rasa	Guna	Virya	Vipaka	Doshagnatha	Karma	Rogagnatha
Haritaki	Madhura, Amla, Katu, Tikta, Kashaya	Laghu, Ruksha	Ushna	Madhura	Tridosha	Chakshushya, Dipana, Hridya, Medhya, Rasayana, Anulomana	Shotha, Arsa, Aruci, Hridroga, Kasa, Pandu, Prameha, Udavarta, Vibandha, Jirnajvara, Tamaka Swasa, Gulma, Udararoga
Vibhitaki	Kashaya	Laghu, Ruksha	Ushna	Madhura	Tridosha	Chakshushya, Keshya, Bhedaka, Krimi Nashaka,	Kasa, Jwara, Netraroga
Amalaki	Amla, Kashaya, Madhura, Tikta, Katu	Ruksha Laghu	Sheeta	Madhura	Tridosha	Rasayana, Vrishya Chakshushya, Kantya, Hrudy	Jwara, Daha, Kusta, Khalitya
Saindhava Lavana	Lavana	Snigda, Sheeta, Laghu	Sheeta	Madhura	Tridosha	Hrudya, Deepana, Vibanda, Netrya, Ruchya	Vrana, Vibanda, Daha
Shunti	Katu	Laghu, Snigdha	Ushna	Madhura	Vata Kapha	Deepana, Pacana, Anulomana, Amadoshahara, Hrudy	Agnimandya, Adhmana, Pandu, Swasa, Udararoga, Amavata
Maricha	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	Kapha Vata	Chedana, Dipana, Rucya, Janthughna, Medohara	Hridroga, Vatavyadhi
Pippali	Katu, Tikta, Madhura	Snigdha, Laghu	Anushna	Madhura	Tridosha	Dipana, Ruchya, Rasayana, Hridya, Vrishya, Rechana	Kasa, Swasa, Kshaya.
Yashtimadhu	Madhura	Guru Snigdha	Sheeta	Madhura	Vata Pitta	Balya, Cakshushya, Varnya, Rakta Prasadana	Kasa, Svarabheda, Rakta Vikara, Mutrakrichra, Kandu, Prameha, Pandu, Varnavikara
Suddha Tutta	Katu, Kashaya, Madhura	Laghu, Sara	Sheeta	Katu	Kapha Pitta	Lekhana, Bhedana, Balya Garavishahara, Sūlaghna, Cakshushya, Asmarihara, Kushtaghna, Arshoghna, Krimighna	Krimi, Prameha, Medoroga, Shula, Kushta Swāsa, Amlapitta; Tvak Roga, Switra, Arsha, Vrana Netra Roga, Dushta Vrana.
Rasanjana	Katu, Tikta	Snigdha	Ushna	Katu	Kapha	Netrya, Visha, Rasayana, Vranaya, Chedana	Vrana, Netra Vikara, Muka Roga
Prapoundarika	Kasahya	Laghu Snighda	Sheeta	Katu	Kapha Pitta	Chakshushya, Vrana Ropana	Netra Roga, Visphota, Kandu, Arshas, Visha, Soola
Vidanga	Katu	Ruksha, Laghu,	Ushna	Katu	Vata Kapha	Krimighna,	Krimi, Kusta, Agnimandya,

	Tikta	Tikshna				Dipana, Anulomana,	Udara, Vibanda, Aruchi
Lodhra	Kashaya	Laghu	Sheeta	Katu	Kapha Pitta	Grahi, Chakshushya	-
Tamra Bhasma	Tikta Kashaya	Sara, Laghu	Ushna	Madhura		Netra Shodhana, Deepana, Lekhana, Vishayakritamapachana	-
Nabho Jala	Madhura	Laghu	Seeta	Madhura	Kapha	Aahladana, Aalasyahara, Balya, Buddhiprada, Hridya, Deepana	-

## DISCUSSION

*Nagarjuna Varti* is a herbo-mineral preparation with unique combinations of drugs which are *Netrya, Jantugna, Lekhana, Chedana, Nadi Balya, Rakta Prasadaka, Netra Shodhaka, and Sukshma Strotogami*, which help in deep penetration of ocular tissues. The presence of *Ushna* and *Shita Virya* drugs have mainly *Kaphapittagna* action and help to treat many ocular diseases like *Timira, Kacha* etc. *Bhavana* with *Nabho Jala* may give a smoothening to the eyes.

## CONCLUSION

The use of herbo-mineral preparation in healthcare is a unique contribution of Ayurveda, *Nagarjuna Varti* being one among them, provides promising solutions for many ocular diseases.

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