here is the short version of what to set up for VARA FM/HF (Yaesu FT-991A):

Radio Setup:
031 CAT RATE : 38400bps
032 CAT TOT : 100ms
062 DATA MODE : OTHERS
064 OTHER DISP (SSB) : 1500 Hz
064 OTHER SHIFT (SSB) : 1500 Hz
066 DATA LCUT FREQ : OFF
068 DATA HCUT FREQ : OFF
072 DATA PORT SELECT : USB
077 FM PKT PORT SELECT : USB
Rest of the settings DEFAULT (no changes to the PTT parameters!)

In VARA FM:
Settings - PTT...
PTT via CAT
Brand: Yaesu
Model: FT-991
Port: COM9 (!!!!!!! **Use Enhanced Port** / is for CAT) (standard port is for PTT only, but has a problem with switched of computers at the 991)
Bauds: 38400
RTS: checked
DTR: checked

RADIO MENU:
Mode - DATA-FM (for VARA FM)

Mode - DATA-USB (for VARA HF)
NAR/WIDE : W
WIDTH: 3000Hz
DT GAIN: 3-4
NB / NOTCH / CONTT / DNR / DNF : OFF

in addition;

the reason for your FM PTT problem is the setup parameter
076 FM PKT PTT SELECT
I suppose it is set to DAKY
set it to RTS and ONLY select RTS in VARA PTT Setup

But this is a setup that is not recommended!
Use my settings above and you are fine with all VARA MODES

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 vy 73 de Markus OE5DMF