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Chatushka Methodology in Charaka Samhita

Jatinder Kumar

Assistant Professor, Department of Samhita & Siddhanta, Jammu institute of Ayurveda and Research Jammu, India.

ABSTRACT

Ayurveda is the science of Life. It is oldest medical and Health science. It is not only preventive but also curative science. *Charaka Samhita* is one of the Classical text of *Ayurveda*. 120 Chapters of *Charaka Samhita* are divided into 8 *Sthanas*. *Sutrastana* is one among them, which is placed first in *Charaka Samhita*. The methodology of *Ayurveda* living & the basic doctrine of *Ayurveda* which is its foundations are widely explained in *Sutrastana*. *Sutrastana* known as the *Shira* of *Charaka Samhita*. The essence of knowledge of the whole text is extracted in *Sutrastana*. *Sutrastana* is nectar of knowledge and is the collection of all basic subjects of *Ayurveda*. *Chatushka* methodology is adopted in *Sutrastana*. 30 chapters of *Sutrastana* are categorized under seven groups of four chapters known as *Sapta Chatushka*. Viz; *Aushadha*, *Swastha*, *Nirdesh*, *Kalpana*, *Roga*, *Yojana* & *Annapana Chatushka*. Here an attempt made the *Chatushka* methodology in *Sutrasthana* explained systematically and elaborately which gives fundamental knowledge for treatment.

Key words: *Ayurveda*, *Charaka Samhita*, *Sutrastana*, *Sapta Chatushka*, *Chikitsa*, *Roga*, *Adhyaya*.

INTRODUCTION

Ayurveda is the divine gift to mankind. It is transcended by Lord Brahma & taught to *Dakshaprajapati*. *Dakshaprajapati* taught *Ayurveda* to *Ashwinikumaras*. *Ashwinikumaras* taught *Ayurveda* to *Indra*,^[1] from *Indra Ayurveda* delivered to the earth by the great effort of *Bharadwaja*.^[2] *Bharadwaja* further taught *Ayurveda* to *Atreya Punarvasu*. *Atreya Punarvasu* gave the knowledge of *Ayurveda* to 6 disciples i.e., *Agnivesha*, *Bhela*, *Jatukarna*, *Parashara*, *Harita* & *Ksharapani*.^[3] *Agnivesha* wrote a treatise named as *Agnivesha Tantra*. *Acharya Charaka* elaborated *Agnivesha Tantra* which has become popular later as *Charaka Samhita*.

Address for correspondence:

Dr. Jatinder Kumar

Assistant Professor, Department of Samhita & Siddhanta, Jammu institute of Ayurveda and Research Jammu, India.

E-mail: drjeetu.84.85.js@gmail.com

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It is redacted by *Drudhabala*.^[4] *Charaka Samhita* is divided into eight *Sthana* namely *Sutrasthana*, *Nidanasthana*, *Vimanasthana*, *Sharirasthana*, *Indriyasthana*, *Chikitsasthana*, *Kalpasthan* & *Siddhisthana* respectively.^[5]

METHOD

Literary review methods were followed throughout the study. Mainly focused the literary review in *Charaka Samhita* and its Commentary, Articles related to *Chatushka* Methodology.

CHATUSHKA METHODOLOGY

In a *Tantra*, deals with a specific subject with some methodology to convey and present its contents in precise and concise yet lucid manner. The whole *Charaka Samhita* can be explored and elaborated by studying the *Chatushka* mentioned in *Sutra Sthana*. The *Sutra sthana* were components of various *sutras/shlokas* which related to other *sthana* in *Charaka Samhita* so, this *Sthana* is also known as *Shloka Sthana*. This *Sthana* which divided into *Chatushka* or quartets which is a group of four chapters, thus the total of thirty chapters are divided under the seven groups of four chapters known as *Sapta Chatushka* and the remaining two chapters are the collection of

the information termed as *the Sangraha Dwaya*. In a *Chathushka*, the first chapter provides very gross but fundamental and basic concepts related to the particular subject. The second chapter goes into a little rooted portion. The third chapter enters better and the fourth chapter gives the concluding explanations,

Table 1: Treatment and preventive aspect based on *Chathushka*

SN	<i>Chatushka</i>	Prime Subject	Correlation
1.	<i>Nirdesa</i>	To make perfect diagnosis of <i>Dhatu Samya/ Vaisamy</i>	Diagnosis
2.	<i>Swastha</i>	To decide probable etiological factors	Etiogenesis
3.	<i>Roga</i>	To understand pathogenesis	Pathogenesis
4.	<i>Samgraha Dwaya</i>	To evaluate condition of <i>Pranayatanani</i>	Prognosis
5.	<i>Yojana</i>	To determine the principle of management	Pharmacodynamics
6.	<i>Bhesaja</i>	To select appropriate drug	Therapeutics
7.	<i>Kalpana</i>	To select appropriate formation and procedure	Posology, Chronology
8.	<i>Annapana</i>	To decide whole some diet and regimens	Dietetics

1. *Aoushad Chatushka*

This deals with chapter 1 to 4. In this section the description of basic principles of Ayurveda i.e., *Shatpadarth*, *Tridosha*, *Rasa*, *Dravya* etc. & description about various drugs which are useful for *Antahparimarjana* & *Bahiparimarjana Chikitsa* are mentioned.

2. *Swastha Chatushka*

After curing the patient, it is the physician's duty to maintain his health and thus *Swastha Chatushka* comes into existence. It represents the various procedures for care of well-being; contents are *Dinacharya*, *Rtucharaya* and also principles about the *Ahara* etc.

Hence this *Chatushka* name as *Swastha Chatushka* and brings in the second position.

3. *Nirdesa Chatushka*

The causative factors important for the maintenance of *Dhatu Samya* (Health) and for the generation of *Dhatu Vaishamy* (Disease) have been shown in the previous *Chathushka*. The knowledge of observing their disease is important for treatment. The *Nirdesa Chathushka* gives complete diagnostic methodology right from the senses of the physician to the characteristics features of *Prakrta* and *Vikrta Dosas*. That's why *Nirdesa Chathushka* set after *Swastha Chathushka*.

4. *Kalpana Chatushka*

In this number of formulations and their method of preparations, various treatments have been explained. In last chapter of *Nirdesh Chatushka* i.e, in *Vatakalaakaliya Adhyaya* explanation of types of *Dosha*, properties are mentioned. *Kalpana Chatushka* explains different formulation in respect to *Doshika* condition of body & Disease. *Snehana* is considered as best treatment for *Vata Dosha*, so *Kalpana Chatushka* started with *Sneha Adhyaya* followed by *Sweda Adhyaya*. *Upakalpaniya* & *Chikitsa Prabhrutiya Adhyaya* give knowledge of rules & regulations to be followed after *Shodhan* procedures & management of complications due to *Shodhanadi*.

5. *Roga Chathushka*

The determination of formulations and procedures depends upon the basis of management, and the principle of management promotes upon the understanding of pathogenesis. The *Roga Chathushka* provides complete fundamental understandings of pathogenesis in a concise manner; hence it is placed on the 5th string.

6. *Yojana Chatushka*

Realization of pathogenesis, the appropriate collection of drug and its formulation with procedures called as "*Rogabhaisajya Yojana*". It was managed by

the principles of *Yojana Chathushka* and placed after the *Roga Chathushka*.

7. *Annapana Chatushka*

Relevant application of the previous six *Chathushka* brings the state of *Dhatusamyata*. After that, the proper production and maintenance of Dhatus mainly requires complete knowledge regarding dietary regimen because '*Pranah Pranabhutam Annam*'. So, it is described after *Yojana Chathushka*.

8. *Sangraha Dwaya*

The state of *Dhatusamya* and *Asatmya* is mostly depends upon of *Pranayatanani* i.e., vital organs of the body. The whole body is mainly dependent upon their condition. The above mentioned seven *Chathushka* relating to *Pranayatanani*. In addition to the 30th chapter narrates topics of other *Sthanas* and it is connected to *Sootrasthana* for granting their knowledge for *Pratignya*

DISCUSSION

Textbooks are not only a teaching material, but also a student's self-directed learning material. A teaching method composes the principles and methods used by teachers to enable student learning and is determined by subject matter to be taught. The order of topic could be or presentation of topic depends upon the subject. In a *Chatushka*, the first chapter gives fundamental and basic concepts related to the particular subject matter. The second and third chapters contributed more detailed knowledge on the subject and the fourth gave concluding remarks. Example the second *Chatushka* is *Swasthavritta Chatushka* composed in chapters 5 to 8, health advice is noticed which is required for maintaining good health. 5th chapter *Mathrasheethiyam Adhyaya* starts with quantitative dietetics, daily routines. 6th chapter *Thassyasheethiya Adhyaya* deals with seasonal regimens. The 7th chapter deals with the importance of *Dharaneeya* and *Adharaneeya Vegas* in preventing disease. 8th chapter *Indriyopakramaneeyam* gives description about controlling sense organs, mind and good conduct in entirety. In 5th and 6th chapters *Acharya* illustrated basic diet rules, personal hygiene

and seasonal regimens to maintain good health. In 7th and 8th chapters deal with preventive aspects of diseases, control on sense organs and good social conduct. 5th chapter gives introduction to the concept of *Swastha* and basic factors for maintaining a healthy life, 6th and 7th chapter gives detailed interpretation on *Swasthavritt Acharya*, 8th chapter winding up the topic. These entire four chapters connected together and arranged logically. This form of writing or presentation of a textbook plays a vital role in the learning. This methodology will help to promote enthusiasm in students on that particular subject matter. In medical science *Chatushka* methodology plays an influential role in self learning.

CONCLUSION

By the above discussion it is concluded that a *Pranabhisara Vaidya* should have the knowledge of *Sapta Chatushka* in *Sutrasthana* of *Charaka Samhita*. And for better applicability of fundamental concept in clinical practice, understanding the science contextually and thoroughly is necessary. The 30 chapters of *Sutrasthana* are categorized under seven groups of four chapters known as *Sapta Chatushka*. Viz; *Aushadha*, *Swastha*, *Nirdesh*, *Kalpna*, *Roga*, *Yojana* and *Annapana Chatushka*.

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