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Chatushka Methodology in Sutrasthana w.s.r. to Charaka Samhita

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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*. *Sutrasthana* 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 *Sutrasthana*. *Sutrasthana* known as the *Shira* of *Charaka Samhita*. The essence of knowledge of the whole text is extracted in *Sutrasthana*. *Sutrasthana* is nectar of knowledge and is the collection of all basic subjects of *Ayurveda*. *Chatushka* methodology is adopted in *Sutrasthana*. 30 chapters of *Sutrasthana* 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*, *Sutrasthana*, *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*. It is redacted by *Drudhabala*.^[4] *Charaka Samhita* is divided into eight *Sthana* namely *Sutrasthana*, *Nidanasthana*, *Vimanasthana*, *Sharirasthana*, *Indriyasthana*, *Chikitsasthana*, *Kalpasthanana* & *Siddhasthanana* respectively.^[5]

The sequence of the 8 *Sthanas* in *Charaka Samhita* is of great significance. The thread used to tie many flowers together to make a garland similarly *Sutrasthana* comprises the meaning of all *Sthanas* in seed form. *Sutrasthana* is the section where a collection of various important *Shlokas* related to various contexts are described for which it is also known as *Shloka Sthana*. *Sutrasthana* is placed first as it is important like *Shira* i.e. Head of the body.^[6] *Sutrasthana* is followed *Chatushka* methodology. The 30 chapters of *Sutrasthana* are categorized under the seven groups of four chapters known as *Sapta Chatushka* & the remaining two chapters dealt about the collection of information termed as *Sangraha Adhyaya*.^[7]

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The *Sapta Chatushka* with name of *Adhyayas* is as follows;

- ***Asuhadha Chatushka*** deals with *Deerghajivitiya Adhyaya, Apamargatanduliya Adhyaya, Aragwadhiya Adhyaya, Shadvirechana shatashrutiya Adhyaya.*
- ***Swastha Chatushka*** deals with *Matrashitiya Adhyaya, Tasyashitiya Adhyaya, Navegan Dharaniya Adhyaya, Indiyopakarmaniya Adhyaya.*
- ***Nirdesha Chatushka*** deals with *Khuddaka Chatushpada Adhyaya, Mahachatushpada Adhyaya, Trishreshaniya Adhyaya, Vatakalakaliya Adhyaya.*
- ***Kalpana Chatushka*** deals with *Sneha Adhyaya, Sweda Adhyaya, Upakalpaniya Adhyaya, Chikistaprabhrutiya Adhyaya.*
- ***Roga Chatushka*** deals with *Kiyantashirasiya Adhyaya, Trishothiya Adhyaya, Ashtodariya Adhyaya, Maharoga Adhyaya.*
- ***Yojana Chatushka*** deals with *Asthaninditiya Adhyaya, Langanabrumhaniya Adhyaya, Santarpaniya Adhyaya, Vidhishonitiya Adhyaya.*
- ***Annapana Chatushka*** deals with *Yajjapurishiya Adhyaya, AtreyaBhadrakapiya Adhyaya, Annapana Vidhi Adhyaya, Vividhashitapitiya Adhyaya*
- ***Sangraha Adhyaya*** deals with *Dashapranayataniya Adhyaya and Arthedashamahamuliya Adhyaya.*

DISCUSSION

Charaka Samhita Sutrasthana is that section where a collection of various important subjects are present, which are dealt elaborately in *Sapta Chatushka*. The *Sapta Chatushkas* are as follows;

- ***Aoushad Chatushka*** - which 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.

- ***Swastha Chatushka*** - Aim of Ayurveda is *Aturasya Vikara Prashamanam & Swasthasya Swasthasya Rakshanam*. First four chapters explaining the treatment under *Aoushdha Chatushka*. *Swastha Chatushka* is explained for maintenance of health. It deals with chapter 5-8. In this many advices mentioned which are required for maintaining health of individuals by proper knowledge of *Ahara, Vihara, Natural urges, Sadvrittapalana* etc.
- ***Nirdesh Chatushka*** - deals with chapter 9 to 12. In this many important information & directions for treatment is described. *Chikitsa Chatushpada*, normalcy & abnormally of *Tridosha* with *Guna, Trividha Eshana, Astha Trika* are explained.
- ***Kalpana Chatushka*** - deals with chapter 13 to 16. 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* procedures.
- ***Roga Chatushka*** - deals with chapter 17 to 20. In this various types & number of Disease are mentioned. In previous *Chatushka Acharya Charak* mentioned about medicine, which is administered with respect to diseases. In the *Roga Chatushka* various diseases have been explained. *Kiyantah Shirasiya Adhyaya* focused the diseases of *Marmas*, hence started with *Pradhana Marma* i.e. *Shiro Roga* followed with *Hrudaya Roga*, 18 types of *Kshaya, Madhumeha* etc. In *Maharoga Adhyaya Nanatmaja Roga* of *Tridosha* along with *Tridosha Chikitsa Sutra* is explained.

- **Yojana Chatushka** - deals with chapter 21 to 24. In this various types of ways of treatment procedures & criteria for selection of patient for treatment is described. This *Chatushka* has been explained to fulfil the adaptation of particular type of treatment in individual. Line of treatment of diseases varies from person to person, so *Yojana Chatushka* started with the explanation of *Nindita Purusha*. *Shadvidha Upakrama* is explained in next chapter.
- **Annapana Chatushka** - The *Chikitsa* get influenced by *Ahara*, thus *Annapana Chatushka* is explained next to *Yojana Chatushka*. It deals with chapter 25 to 28. In this various types of food, food materials & various ways of preparing food are mentioned. *Hitakara Ahara* does proper nourishment of body, where as *Ahitkara Ahara* is responsible for origin of disease. Detail explanation of *Ahara* is present in this *Chatushka*.

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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