

CHATUSKA DESCRIBED IN CLASSICS OF AYURVEDA-A REVIEW**Dr. Bijita Majumder***

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ABSTRACT

In Ayurveda we study samhita's that means whole collection of exact helpful information essential for the expansion of dissimilar aspect of existence. perfect association of existence can be achieve. The word Samhita at first was used for Ayurveda science, which enclosed every facet of life. Ayurveda also cover all aspects of existence thats why they are so called as life of existence, Charaka Samhita is an genuine wealth of knowledge & discipline of life by which one can reach real optimistic health. Concept of treatment according to Charak acharya is

A) Treat the present disease

B) Prevention of disease. Charaka Samhita is separated into eight Sthana's. Among them Sutra sthana is describe at first place.

The nectar from all the flora of the rest 7 Sthanas is composed to design the Sutra Sthana. The Sutra sthatna tells the story of other sthana's too and is told to be the supreme sthana. The Chatushka

methodology is the cream of Sutrasthana, which provides nutrition to all other Sthana. It is the building block of Sutra sthana and collected in the form of four chapters of dissimilar aspects but related with a common subject. Hence an attempt has made to collect all relevant information among Samhita.

KEYWORD: *Chatuska, samhita, charak, sushruta.*

INTRODUCTION

Chatushka formulate the meaning is which comprises of 4 parts or it have subject one group. Charaka Samhita has mentioned Chatushka which itself express their meaning. It point to that, the information of a theme with dissimilar angle of instructive deep opinion Chatushka study is elaborated here. If the analogy of cell been given to whole Samhita, Sutrasthana is

like the nucleus and Chatushka are its genes, in which chromosomes can be compared with adhyaya's. As the genes are responsible for the future growth. If we discuss the chapter's in chatushka,^[1-2]

The first chapter gives basic concept related to the exacting topic.

The second chapter goes into a little deeper portion about the subject.

The third chapter gives bottomless knowledge about the subject.

The fourth chapter give the concluding comments.

Thus, each chapter is linked with each other. The object behind the separation of these chatushka is to elaborate whole subject deeply that is why these chapters are essential or when significant topic is ended in a single lecture, it was continued for four successive days.

Sutrasthana is the Aadya Sthana and acts as the collection of the entire Samhita. It serve as the standard of searchlight to enlighten other Sthana in well manner. Sutrasthana acts as the basics of Samhita

DISCUSSION ON THESE SEQUENCES

The understanding behind the series of Chatushka is necessary for their value. The sequence according to the Tantrakara is as follows-

1. Aushdha

Aushdha works like the instrument if it is not there with doctor it will seems similarly like a fighter is fighting in the battle without shastra's. Therefore the Bhesaja must be explained first before any other description. that was the only reason it was given as the first preference.

2. Swastha

After getting knowledge of Karana (Bhesaja), it is essential to know the root cause of disease; without that one cannot even imagine the nature of the Dhaatuvaishamya. If we see the root cause of diseases most important thing which comes in our mind is unequal pathway of dhatu formation. Though the main part of Chatushka describes the various procedures essential for the maintenance of health. Besides this, with help of "Viparyaya" we believe the improper transmission of Dinacharya, which are the helpful root cause of Swastha Chatushka.^[3]

3. Nirdesha

The causal factors which affect the health of person and for Dhaatuvaishamya in body has been described in preceding Chatushka. The knowledge regarding their disease is significant for treatment. The Nirdesha Chatushka gives complete analytical method right from the qualities of the physician to the characteristics features of Prakrita and Vikrita Dosha. If we see the further places Nirdesha Chatushka is located after the Swastha Chatushka.^[4]

4. Kalpana

It is essential to have knowledge concerning management of appropriate formulations and events of a selected medicine to cure disease and characteristic of disease. To solve that necessity, the Tantrakara located the Kalpana Chatushka in the fourth series.

5. Roga

The strength of mind of formulations and events take way us to the principle of management, and the principle of management lies upon the understanding of pathogenesis. The Roga Chatushka provide total basic sympathetic of pathogenesis in precise manner; hence it is located on number five.

6. Yojanaa

If we know the root reason of disease it should know suitable collection of drug and its formulation with events according to pathogenesis require for understanding. These supplies is also known as “Rogabhaisajya Yojanaa” determination of principle of management provided by Yojanaa Chatushka. So, it is placed after the Roga Chatushka.

7. Annapaana

Appropriate purpose of previous six Chatushka brings the state of Dhaatusamyata. After that, the proper production and maintenance of Dhatu mainly requires complete knowledge regarding dietary regimen. Because for that purpose, Annapaana Chatushkais describe after Yojanaa Chatushka. And in therapeutics also after getting to know the proper Yojanaa for diseased condition Annapaana very necessary to apply.^[5]

8. The Sangraha Dwaya

After looking towards all 7 chatuska the condition of Dhaatusamya and Vaishamya is essentially rely on the Vital Organs of the body. The reason behind this is integrity of the entire body is mostly dependent relative upon their state. Thus, it is essential to appreciate

above seven Chatushka in respect to Pranayatanani to attain Dhaatusamyata. It include the 29th and 30th chapter in which 30th chapter is very important because it narrates chapters of other Sthaana. It explore that the other Sthaana are connected to Sutrasthana. That is the reason it is told in the last chapter. We can see the summary of all sutra's in last chapter. For symphony of brief and precise matter, Samhitakara worn some method as to make easy broadcast, evenly helpful for all types of shishya. In this the basic understanding is also told. There is need for upcoming scenario that research is to be done in each sciences so that classical methods adapt themselves in modern technology. Therefore these chatuska are to be studied deeply and need to be updated according to the world for easy understanding.^[6-7]

CONCLUSION

The comprehended above is based on the learning of Ayurveda in succession. Charak samhita has alienated the 30 chapters of Sutrasthana in 7 Chatuska. Sutrasthana is the origin for whole Samhita among Brihatrayi neither the Sushruta Samhita nor the Vagbhata (Astanga Sangraha and Astanga Hridaya) give details this method. Chatuska method is uniqueness of the Charaka Samhita. The scientific request of Chatuska have to be comprehended so that it find its path of application, as Chatuska makes it easy for study and sympathetic the Samhita methodically.

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