

Overview on Chikitsa Chatushpad

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Abstract:

"Swasthya swasthya rakshanam" is the aim of ayurveda. Every normal individual desires to lead a happy and long life without miseries. If got afflicted, with any disease, the person desires for an immediate relief from it as the disease causes physical and mental pain & also hampers a happy and long life, thus the health as a whole. For maintaining good life chikitsa of patient is very important. Chikitsa is divided in four parts this are Bhishag Upastha, Rogi and Dravya, when they are having requisite and specific qualities can successfully re-establish the homeostasis of Dosha and Dhatus in the event of their equilibrium being disturbed in disease condition. Ayurveda believes that success of any treatment is totally depends upon Chatushpada of Chikitsa. Because of this, In this article we focus on this chikitsa chatushpada.

Introduction:

Aim of Ayurveda is to maintain the health of healthy persons and to eradicate the disease of diseased persons. To eradicate the disease, Chikitsa of imbalance doshas is very necessary. In Ayurveda, the success of Chikitsa depends totally upon four factors which are known as Chikitsa Chatushpada. These Chatushpada includes Bhishag, Upastha, Rogi and Dravya. If these Chatushpada endowed with their proper qualities, then they are responsible for the cure of any kind of diseases. But these factors can succeed in the cure of diseases only when they are actively engaged in the fulfillment of the objects. In this article we see the qualities of this four chatushpadas

Aim & objectives:

To study the chikitsa chatushpada as per samhita.

Guna of Vaidya:

The Physician should have good knowledge in all allied sciences Along with that he should be skilled too. Because a Physician who is well versed in the Sciences but not skilled in his work get delusioned when he approaches the patient just as a coward in the battle field. So by gaining knowledge & skill a Physician will be bestowed with great wisdom to use his Science for good purposes.

According to Acharya Charak, ideal physician should possess the following four qualities

- 1) Shastra (having detailed knowledge about diseases and the treatment)
- 2) Drushtakarma (having extensive practical experience)
- 3) Daksha (alert or Dexterity)
- 4) Shuchi (purity of mind and body)

Guna of Aushadh:

Success is attained by the of samyak prayog of aushadh. Hence, a good Physician endowed with the requisite qualities will prescribe medicines in a proper manner and will be showered with success in his karma. Aushadh is also known as Bhesaj because it is known to Bhishak.

- 1) Bahuta
(It should be available in abundant quantity)
- 2) Yogyatam (It should be effective)
- 3) Aaneekvidhakaalpana
(Various pharmaceutical forms or multiple use)
- 4) Sampat (Richness in efficacy or potency)

Guna of Upastha:

The upasthata means assistance along with the Physician is also valuable for achieving success in vyadhiharan. It is mentioned that person alone is fit to nurse or to attend the bedside of a patient his cool handed and pleasant, who does not speak ill of anybody is strong and attentive to the requirements of the sick and who rightly follows the instructions of

the Physician. He helps physician in he his for preparation of medicine.

- 1) Buddhiman (Intelligent enough to understand the physician's instructions and act accordingly)
- 2) Daksha (Alert or active)
- 3) Anurakta (Affection or attachment towards patient)
- 4) Shuchi (purity of mind and body)

Guna of Rogi:

Last but not the least, among the Chatushpadas the 4th quadrant rogi also plays significant role. Because for the sake of patient only the other 3 are working. Just like the simili proposing, without wall, we cannot draw, without the presence of rogi even qualified vaidya, aushadha, paricharak are having no existence. Also, the vydhiharan is to be done for rogi. The patient undergoing treatment should possess the following four ideal qualities. He should be

- 1) Jnapaka (Good memory)
- 2) Bhishagvashya (Obedient to his physician)
- 3) Satvavaan (Having good strength to tolerate disease and treatment) Fearlessness or courage
- 4) Patient should able to describe all symptoms about time disorder

Discussion:

Among these four basic factors of treatment, the Vaidya occupies the most important place, therefore he has been enumerated first. Then comes in order of merit, i.e. second place to the Dravya (medicine). The selection of a proper dravya in the management of disease is very important. Therefore sufficient thoughts should be given for selecting the drug. Third and fourth in the order is the Upastha (medical Attendant) and later on Rogi (patient). Apparently, a patient, being the object of treatment should have been enumerated first, but as a matter of fact these four factors are enumerated here from the point of view of their actions leading to the cure of diseases and in that the patient does not play such an important role. So the patient comes last in the order of importance

Conclusion:

These four factors are mutually dependant on each other. These four pillars are considered mandatory to provide relief to the patient. Absence of any one of these, the treatment would not be possible. Each of the four factors possesses four qualities essential for a treatment to be successful. When all these four factors are favorable, then the treatment will be successful.

Reference:

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