



Review Article

A BRIEF CONCEPT OF *CHATUSKA* IN *BRIHATRAYEE*

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KEYWORDS: *Triskanda*, *Bijachatustaya*, *Chatuska*, *Brihatrayee -Charak samhita*, *Susruta samhita*, *Astanga hridaya*. *Charak samhita*.

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Ayurveda, the science of life is the ancient Indian medicine which deals with longevity of life. The main purpose of Ayurveda is to maintain the health of the healthy individual and treatment of the diseased Individual. This entire concept is mainly described in *Samhita*. There are three fundamental authoritative texts in Ayurveda called *Brihatrayee -Charak samhita*, *Susruta samhita*, *Astanga hridaya*. *Charak samhita* contains 8 *Sthanas*, *Susruta samhita* contains 5 *Sthanas* and *Astanga hridaya* contains 5 *sthanas*. Among them *Sutrasthana* is the most important and it is collective form of whole *Samhita*. The *Sutrasthan* of *Charak samhita* mentioned "*Triskanda*" in which entire *Samhita* is based. Again *Sutrasthana* of *Susruta samhita* mentioned about "*Bijachatustaya*" which is similar to *Triskanda* and the whole *Susruta samhita* is based. In *Charak samhita* the *Sutra sthana* is divided in seven *Chatuska*. This is the solitary characteristics of *Charak samhita*. We do not find such type of classification in other *Samhita*. Hence a humble effort has been made to rearrange the *Sutrasthan* of *Susruta samhita* and *Astanga hridaya* in the form of *Chatuska* and to give probable explanation for their arrangement.

INTRODUCTION

Samhita literally means put together, joined union and methodically rule based combination of text or verses. *Samhita* also refer to the most ancient layer of text of *Veda*. *Samhita*, however in contemporary literature typically implies the earliest, archaic part of the *Vedas*. The *samhita* describe some important, inspirational and revolutionary ideas which provide a platform for the development of health care. The ideas presented were much ahead of their time and stands true till date. Each *Samhita* is arranged in a specific order depending upon their contents. The *Sutrasthan* reflex whole subject matter of the respective *Samhita*. *Sutrasthan* is called the "*Shira*" of whole *Samhita*. All the topics to be described in the entire *Samhita* are mentioned in *Sutrasthan* just like the flower garland where all the flowers are put together in one thread to make a garland. *Sutra* means thread. As flowers are arranged in a proper way just like in *Sutrasthan* the fundamental concept of whole *Samhita* arranged in a proper method. So proper understanding of *Sutrasthan* gives proper understandings of all *Sthanas* of the *Samhita*. If the garland of the flowers has broken then it leads to

fragmentation of the garland which become useless. Like that fragmented knowledge of *Sutrasthan* also useless. The *Sutrasthan* of *Charak samhita* mentioned about *Triskanda*^[1] which is the base of whole *Samhita*. Again *Susruta samhita* mentioned about *Bija Chatustaya*^[2] which is similar to the *Triskanda* and whole *Samhita* is based. In *Sutrasthan* we find the fundamental principle and various application of fundamental principle. So a humble effort has been made to restructure the *Astanga hridaya*, *Astanga samgraha* and *Susruta samhita* in the form of *Chatuska* for better and easy understandings.

Method and Methodology

1. Manual and electronic search was done on *Astanga hridaya*, *Astanga samgrah* and *Susruta samhita* and available commentary on it.
2. Arrangement of chapters of *Sutrasthan* of *Astanga hridaya* and *Susruta samhita* tallying with the chapters of *Chatuska* of *Charak samhita*.
3. A humble effort has been made to give probable explanation for rearrangement of chapters of *Astanga hridaya* and *Susruta samhita*.

DISCUSSION

In Charak samhita

<i>Bhesaja Chatuska</i>	<i>Dirghanjivitiya</i> Content: how Ayurveda came to earth, <i>Trisutra-ayurveda</i> , <i>Ayurveda parivasha</i> , <i>Ayulakshan</i> , cause and shelter of diseases ^[3]	<i>Apamarga Tanduliya</i> Content: all the <i>Shodhan dravyas</i> and their application, 28 no of <i>Yavagu varnan</i> ^[4]	<i>Aragvadhiya Adhaya</i> Content: 32 no of powder for external application ^[5]	<i>Sadvirechana-satasritiya</i> Contents: 60 emeti can purgatives drugs, 5 sources of decoctives and their 5 variety of preparation, 50 classes of decoctives and 500 decoctives. ^[6]
<i>Swasthya Chatuska</i>	<i>Matrasitiyaadhyha</i> Contents: description of dietics, scientific explanation of heavy and light food, personal hygiene, <i>Anjan nasya Dhumpana</i> ^[7]	<i>Tashyasitiya Adhyha</i> Contents: condition of nature and body in 6 season, <i>Swasthavritta Palan</i> , description of <i>Adankal</i> and <i>Visargakal</i> , regimen of 6 season ^[8]	<i>Navegandharaniya adhyha</i> Contents: description of non suppressible and suppressible urges, description of exercise, etiology preventive and treatment method of endogenous and mental diseases ^[9]	<i>Indryopakramaniya adhyha</i> Contents: <i>Panchapanchak varnan</i> , <i>Sadvritta palan</i> . ^[10]
<i>Nirdesh Chatuska</i>	<i>Khuddaka-chatuspada</i> Contents: basic factors of treatment, qualities of physician, qualities of drugs, nursing stuff, patients, superiority of physician, 6 quality of <i>Vaidya</i> ^[11]	<i>Mahachatuspada</i> Contents: doubts about the utility of our limbs of treatment, views of <i>Maitreya</i> , views of <i>Atreya</i> , prognosis of disease ^[12]	<i>Tisraisaniya Adhyay</i> Contents: pursuits of life, wealth, further world. 4 fold of investigation method, 7 other triads, necessarily of early diagnosis ^[13]	<i>Vatakalakaliya adhyha</i> Contents: symposium on <i>Vata dosha</i> , qualities of <i>Vataprakopa</i> , <i>Vataprasaman</i> , symposium of <i>Pitta dosha</i> and <i>Kapha dosha</i> . ^[14]
<i>Kalpna Chatuska</i>	<i>Sneha Adhyha</i> Content: Source of <i>Sneha</i> , <i>Snehapan kaal</i> , qualities and indication of <i>Ghrta</i> , <i>Taila</i> , <i>Vasa</i> , <i>Majja</i> . ^[15]	<i>Sweda Adhyha</i> Contents: Definition of <i>Swedan</i> , types of <i>Swedan</i> , indication and contra-indication of <i>Swedan</i> ^[16]	<i>Upakalpaniya Adhyha</i> Content: Collection of equipments, <i>Vamanvirechan karma</i> , <i>Pathyaapathya</i> . ^[17]	<i>Chikitsa Pravritiya Adhyha</i> Contents: Definition of <i>Chikitsapravrit</i> and <i>Vaidyamani</i> physician, views of purificatory measurement. ^[18]
<i>Roga Chatuska</i>	<i>Kiyantahsirasiya</i> Content: disease of head, heart, 62 permutation and combination of <i>Doshas</i> , 18 types of <i>Kshaya</i> , 3 pathways of <i>Doshas</i> . ^[19]	<i>Trisothiya Adhyha</i> Contents: endogenous and exogenous disease ^[20]	<i>Astodariya Adhyha</i> Contents: <i>Samanyaja vikar</i> , 8 types of 4 disease, 7 types of 3 disease, types of 2 disease, 5 types of 12 disease, 4 types of 10 disease, 3 types of 3 disease. ^[21]	<i>Maharogadhyaya</i> Contents: <i>Samanya rogabheda</i> , specific disease of <i>Doshas</i> , 80 types of <i>Vatik nanatmaja vyadhi</i> , 40 types of <i>Paittik</i> and 20 types of <i>Kaphaja nanatmaja vyadhis</i> . ^[22]
<i>Yojana Chatuska</i>	<i>Astauninditiya Adhyha</i> Contents: undesirable or consumable	<i>Langhanabrmhanya Adhyha</i> Contents: 6 types of <i>Chikitsa</i> , indication	<i>Santarpaniya Adhyha</i> Contents: definition of <i>Santarpan</i> and <i>Apatarpan</i> , diseases	<i>Vidhisonitiya Adhyha</i> Contents: details about blood, characteristics of impure and pure blood,

	person, obese and emaciated person ^[23]	and contra-indication of 6 types of <i>Chikitsa</i> , <i>Atiyoga</i> and <i>Ayoga</i> of <i>Chikitsa</i> . ^[24]	occur due to <i>Santarpan</i> and <i>Apatarpan</i> , <i>Chikitsa</i> of those <i>Vyadhis</i> . ^[25]	details about <i>Rakta-mokshan</i> , <i>Mada</i> , <i>Murcha</i> and <i>Sanyas prakaran</i> . ^[26]
<i>Annapana Chatuska</i>	<i>Yajjapurusiya Adhya</i> Contents: symposium on origin of man and disease, factors responsible for growth of man and disease, best and worst <i>Dravyas</i> . ^[27]	<i>Atreyabhadrakapya Adhya</i> Content: symposium on nature of <i>Rogas</i> , topic of <i>Dravyas</i> and their 63 variety according to <i>Rasas</i> , details about <i>Dravya guna Veeryavipak</i> , dietic incompatibilities. ^[28]	<i>Annapanavidhi Adhya</i> Contents: general consideration regarding diet, classes of corns pulses fleshes fruits vegetables, class of water wine milk products sugarcane, factors to be examined regarding diet. ^[29]	<i>Bibidhasitapitiya Adhya</i> Contents: process of digestion and metabolism, doubts regarding wholesome diet, disease of <i>Dhatu</i> and their treatment. ^[30]

In Astanga Hridaya

<i>Swasthya Chatuska</i>	<i>Ayushkamiyaadhyā</i> Content: <i>Mangala charanam</i> , <i>Ayurved avataran</i> , details about <i>Doshas</i> , increase and decrease of <i>Dosha dhatu mala</i> , types of <i>Roga</i> and <i>Arogya</i> , <i>Roga</i> and <i>Rogi pariksha</i> , types of <i>Desha</i> , <i>Kala</i> and <i>Ousadh</i> , <i>Sadhya-sadhyata of Roga</i> . ^[31]	<i>Dinacharyaadhyā</i> Content: mentioned about <i>Brahma-muhurta</i> , rules for brushing teeth, <i>Anjan</i> , <i>Vyama</i> , <i>Avyanga</i> , <i>Snana</i> , diet regimen, <i>Mitra-amitra sevan vichar</i> , <i>Anukulvyavahar</i> , <i>Indriya vyavahar</i> , types of <i>Sharir Suddhi</i> , <i>Trivarga</i> . ^[32]	<i>Ritucharya</i> Content: types of <i>Ritu</i> , <i>Adankal</i> and <i>Visarga kal</i> , <i>Ahar</i> and <i>Vihar</i> in all <i>Ritus</i> , <i>Sakttu sevan vidhi</i> , <i>Madyapanavidhi</i> , <i>Ratricharya</i> , <i>Ritusandhi</i> . ^[33]	<i>Rogaanutpadaniyā adhyā</i> Content: Description of suppressible urges, nonsuppressible urges, diseases occur due to suppression of nonsuppressible urges, need of <i>Shodhan chikitsa</i> , <i>Rasayan</i> and <i>Vajikaran</i> , benefits of <i>Chikitsa</i> . ^[34]
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Justification: Ayurveda has 2 principle- Preventive and curative. For maintaining the health of a healthy person *Matravat ahar vihar*, *Dinacharya*, *Ratricharya*, *Sadvritta* are necessary and in these chapters, these factors are described like *Charak samhita*.

<i>Annapana Chatuska</i>	<i>Dravadravyavijnaniya Adhya</i> Content: <i>Gangeya jal</i> , <i>Samudra jal</i> , water which should be drink and which should not, description of milk and milk products, sugarcane juice, honey, oil, <i>Mutravarga</i> . ^[35]	<i>Annaswarupiya Adhya</i> Contents: description of <i>Sukadhanya</i> , <i>Simbidhanya</i> , <i>Kritannavarga</i> , <i>Mamsavarga</i> , <i>Sakavarga</i> , <i>Phalavarga</i> etc. ^[36]	<i>Annaraksadhyā</i> Contents: definition and duty of <i>Pranacharya</i> , features of poisoned food, characteristics of <i>Vishadata</i> , features of <i>Amasayagata</i> and <i>Pakwasaya gata Visha</i> , incompatible food, <i>Traya Upastambha</i> . ^[37]	<i>Matrasitiya Adhya</i> Contents: <i>Ahar matra</i> , heavy and light food, features of <i>Visusika</i> and <i>Alasaka</i> , <i>Aamvisha</i> , <i>Hetuviparit</i> and <i>Vyadhiviparit cikitsa</i> , <i>Amajirna</i> . ^[38]
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Justification: As Charak included various types of diet, digestion, metabolism etc in *Annapana chatuska* alike that *Vagbhata* also mentioned various types of diet, *Jala varga*, how to protect *Anna* from *Visha*, *Ahar Matra* etc in these chapters.

<i>Nirdesh Chatuska</i>	Dravyadivijnaniya Adhya Contents: superiority of <i>Dravya</i> , <i>Ausadh dravya</i> , details about <i>Rasa guna Virya</i> and <i>Vipaka</i> [39]	Rasavediya adhya Content: formation of 6 <i>Rasas</i> , characteristics and action of 6 <i>Rasas</i> , permutation and combination of 6 <i>Rasas</i> . [40]	Dosadivijaniya Adhya Contents: normal function of <i>Dosas</i> , features of <i>Dosa</i> , <i>Dhatu</i> and <i>Mala vridhhi</i> and <i>Kshya</i> , <i>Oja vridhhi</i> and <i>Kshya lakshan</i> [41]	Dosopakramaniya Adhya Contents: Treatment of <i>Vata</i> , <i>Pitta</i> and <i>Kapha dosha</i> , <i>Suddhachikitsa</i> , <i>Aam</i> , <i>Sodhan kal</i> [42]
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Justification: As *Charak samhita*, *Vagbhata* also described various principle, features regarding *Rasa*, *Guna*, *Virya*, *Vipak* and principle necessary for prevention of diseases in these chapters making it compatible with *Nirdesh chatuska*.

<i>Roga Chatuska</i>	Doshavediya Adhya Contents: main site of <i>Vata</i> , <i>Pitta</i> and <i>Kapha</i> . types of <i>Vata</i> , <i>Pittakapha</i> and, <i>Roga marga</i> , 3types of diseases, treatment principle. [43]	Dwividhopakramaniya Adhya Contents: 2types of <i>Chikitsa</i> , <i>Santarpan</i> and <i>Apatarpan chikitsa</i> , description of <i>Snehan</i> and <i>Brihman</i> , indication and contraindication of <i>Shodhan</i> and <i>shaman</i> , <i>Sthulata</i> and <i>Krisata chikitsa</i> . [44]	Sodhanadigana Contents: Emetic drugs, purgative drugs, substances for <i>Niruha</i> , <i>Sirovirechan</i> , <i>Vata pitta kapha shamak dravya</i> . [45]	Salyaharanvidhi Adhya Contents: movement of <i>Salya</i> , features of <i>Antahsalya</i> , <i>Mamsagatasalya</i> , <i>Peshigata Salya</i> , <i>Snayugata salya</i> , <i>Salya vrana ropan</i> , <i>Salya aharan vidhi</i> [46]
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Justification: In these 4 chapters *Vagbhata* has described the diseases like diseases of *Trividh Rogamarga*, *Satupakrama* related diseases along with *Shalya* and their management.

<i>Kalpna Chatuska</i>	Vamanavirechan Vidhi Adhya Content: details about <i>Vaman</i> and <i>Virechan</i> , indication and contraindication of <i>Vaman</i> and <i>Virechan</i> , <i>Samsarjankrama</i> , description of <i>Peya</i> , <i>Vilepi</i> , <i>Akrita</i> and <i>Krita yush</i> . [47]	Vastividhi Contents: what is <i>Vasti chikitsa</i> , types of <i>Vasti</i> , definition of <i>Matravasti</i> , <i>Uttarvasti</i> , indication, contraindication of <i>Asthapan</i> and <i>Anuvasan vasti</i> , <i>Netrapraman</i> etc. [48]	Nasya vidhi Contents: description of <i>Nasyavidhi</i> , types of <i>Nasya karma</i> , appropriate time for <i>Nasya</i> , <i>Purvakarma</i> , <i>Pachat karma</i> of <i>Nasya</i> , indication contraindication of <i>Nasya</i> [49].	Siravyadh vidhi Contents: definition of <i>Suddha rakta</i> , <i>Raktadushak</i> substance, <i>Raktajaroga</i> , what is <i>Siravyadh</i> , indication, contraindication of <i>Siravyadh</i> , <i>Vata</i> , <i>Pitta</i> , <i>Kapha dusta rakta</i> . [50]
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Justification: As *charak* has included *vaman virechan* therapy in the *Kalpna chatuska* as like *Vagbhata* has mentioned *Vamanvirechan* but he also added about *Nasya*, *Basti* and *Siravyadh* therapy.

**Snehavidhi* and *Swedavidhi* we can include in *Vamanvirechan vidhi adhya*, as these two are the *Purvakarma* of *Vaman* and *Virechan*. So it can include it in *Kalpna chatuska*.

<i>Anukarma Chatuska</i>	Dhumpanavidhi Contents: description of <i>dhumpana</i> , types of <i>Dhumpana</i> , indication, contraindication of <i>Dhumpana</i> , benefits of <i>Dhumpana</i> [51].	Gandushavidhiadhy Content: types of <i>gandush</i> , indication and contraindication of <i>Gandush</i> , <i>Mukha alepa</i> , <i>Sirovasti</i> , <i>Murdhnitaila</i> . [52]	Asyotana Anjanavidhi Content: description of <i>Asyotana</i> , <i>Asyotana</i> according to <i>Dosa</i> , types of <i>Anjan</i> , <i>Anjan salaka</i> , <i>Netraprakshalan</i> , <i>Netrasodhan</i> . [53]	Tarpanaputapaka Vidhi Content: description of <i>Tarpana</i> , time for <i>Snehadharan</i> , <i>Tarpana</i> according to <i>Dosa</i> , indication contraindication of <i>Tarpana</i> . [54]
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Justification: *Anukarma chatuska* is an independent *Chatuska* of *Astanga hridaya*, but we can include these chapters in "*Dinacharya adhya*" as these should be done daily to maintain health. So this can be correlated

with "Swastha chatuska"				
Yojana Chatuska	Yantravidhi Contents: description of <i>Yantra</i> , types of <i>Yantra</i> , <i>Anuyantra</i> , action of <i>Yantra</i> ^[55]	Shastravidhi Content: description of <i>Shastra</i> , types of <i>Shastra</i> , how to handle a <i>Shastra</i> , description of <i>Jaluka</i> , <i>Jaluka</i> which should be reject, which should be accepted, <i>Jaluka</i> application <i>Vidhi</i> , <i>Jalukapalan-vidhi</i> , indication contraindication of <i>Jaluka prayog</i> , <i>Sringa</i> , <i>Pracchan</i> , <i>Tumbi Yantra prayog</i> , <i>Siravyadh prayog</i> , complication and treatment of <i>Raktasravan</i> ^[56] .	Shastrakarmavidhi Content: treatment of <i>Vrana</i> , features of <i>Aamsotha</i> , features of <i>Vranasotha</i> , <i>Pachyaman sotha</i> , <i>Atipakwa sotha</i> , contraindication of <i>Shastrakarma</i> , <i>Purvakarma</i> and <i>Pachat karma</i> of <i>Shastrakarma</i> , <i>Vandhan veda</i> , <i>Vrana krimi</i> , <i>Vrana ropan</i> ^[57]	Kshar Agni Karmavidhi Content: description of <i>Kshar</i> , types of <i>Kshar</i> , indication and contraindication of <i>Kshar prayog</i> , <i>Kshar prayog</i> in <i>Nasaarsa</i> , <i>Karna arsha</i> , <i>Agni karma</i> description, features of <i>Samyaktagdha</i> , <i>Durdagdha</i> , <i>Atidagdha</i> , types of <i>Agnidagdha</i> , treatment of <i>Atidagdha</i> , <i>Durdagdha</i> , <i>Samyaktagdha</i> etc. ^[58]
Justification: In these 4 chapters <i>Vagbhata</i> has included the topics which are necessary for the treatment of <i>shalya</i> related diseases like <i>Yantra</i> , <i>Shastra</i> , <i>Kshar</i> etc. therefore these chapters are grouped under <i>Yojana chatuska</i> .				

In Susruta Samhita:

Nirdesh Chatuska	Sisyopanayaniya Content: said about <i>Yogya</i> and <i>Ayogya sisya</i> , <i>Ayurved Dikshavidhi</i> , duties of <i>Sisya</i> and <i>Guru</i> , <i>Adhyan varjita</i> time ^[59]	Adhyansampradaniya Content: no of <i>Adhya</i> in all the <i>Sthanas</i> , name of all chapters, <i>Nirukti</i> and <i>Prayojan</i> of all <i>Sthanas</i> , description of <i>Tantrabhusan</i> , <i>Sastragya</i> and <i>Karmanisnat bhisak</i> , future planning of student. ^[60]	Pravasaniya Content: description and usefulness of 120 <i>Adhya</i> , <i>Bahusruta Prangsha</i> . ^[61]	Agropaharaniya Content: <i>Trividh chikitsa karma</i> , superiority of <i>Sastrakarma</i> , 8 types of <i>Sastra karma</i> , <i>Vaidyaguna</i> , emergency equipments, <i>Chedan vidhi</i> , <i>Rakshakarma</i> , <i>Shaman chikitsa</i> . ^[62]
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Justification: Direction of utilizing Ayurvedic principle for *Rogaprasaman*. As for the proper utilization of the Ayurvedic principle good disciple is necessary, for that selection of student is important. For the utilization of basic principles, the knowledge of where these chapters are place by the *Acharya* is essential.

Swastha Chatuska	Vedotpatti Content: ^[63]	Ritucharya Adhya Content: <i>Kaalshabda nirukti</i> , 6 <i>Ritu bivajana</i> , <i>Kaalchakra</i> , <i>Ayanvivag</i> , <i>Avikrita ausadh sevan</i> in <i>Vikrita ritu</i> , <i>Upadesh</i> for <i>Dosa nirharan</i> in <i>Ritu</i> . ^[64]	Hitaahita Adhya Content: <i>Ekanta hita dravya</i> and <i>Ekanta ahita dravya</i> , <i>Pathya dravya</i> , <i>Viruddha dravya</i> , quality of <i>Purva</i> , <i>Pachim</i> , <i>Uttar</i> , <i>Dakshin disha vayu</i> , <i>Samanartha ausadh</i> . ^[65]	Vranaprasna Content: <i>Utpatti</i> , <i>sthiti</i> and <i>Pralaya</i> of <i>Vata</i> , <i>Pitta</i> , <i>Kapha</i> , <i>Nirukti</i> of <i>Vata</i> , <i>Pitta kapha</i> , <i>Agni</i> , <i>Kopak</i> and <i>Shamak dravyas</i> of <i>Vata</i> , <i>Pitta</i> and <i>Kapha</i> , features of <i>Chaya</i> , <i>Prakopa</i> of <i>Dosha</i> . ^[66]
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Justification: Ayurveda has 2 principle-Preventive and curative. For maintaining the health of a healthy person *Matravat ahar vihar*, *Dinacharya*, *Ratricharya*, *Sadvritta* are necessary and in this chapter these topics are described like *Charak*.

<p><i>Bhesaja Chatuska</i></p>	<p>Mishrak Adhya Content: said about <i>Vatasophahara, Pittasophahara, Slesmasophahara, Sannipatiksophahara pralepa, Sothapachan dravya, Sothadaran dravya, Vranapidan dravya, Vranasamsodhakkas aya, Samsodhakvarti dravya, Samsodhak kalka dravya</i>, all the <i>Kalpana</i> of <i>Vranaropan, Vranasodhan</i> drug. [67]</p>	<p>Bhumiprabivagiya Adhya Content: appropriate land for medicinal plants, characteristics features of <i>Panchabhoutik bhumi</i>, time for collection of root, leaf etc for <i>Ausadh</i> preparation, good land for <i>Vamak, Virechk, Shamak dravya</i>, things which should be take fresh, which should take old etc, introduction of <i>Ausadh dravyas</i> to <i>Gopala, Tamash, Vyadg</i> and <i>Vanachar</i>. place for <i>Vesaja gar</i>[68]</p>	<p>Dravya sangrahaniya Content: 37 <i>Gana</i> of <i>Dravyas</i>, mentioned about medicinal value of each <i>Gana</i>. [69]</p>	<p>Sangsodhansangsa maniya Adhya Content: mention about <i>Urdhavagadosahara dravya, Adhovagadosahara dravya, Uvayavagadosahara dravya, drugs for Sirovirechan, Ausadhmatra</i> according to strength of <i>Purush, Vyadhivala, Agni</i> etc. [70]</p>
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Justification: In these chapters the different *Gana* of drugs, their time of collection, its potency according to *Kala*, best drug according to their *Disha* are mentioned, therefore these can be grouped under *Bhesaja Chatuska*.

<p><i>Kalpana Chatuska</i></p>	<p>Vamandravyavikal pavijnaniyadhya Content: superiority of <i>Madanphala, yoga</i> for <i>Madndravy</i>, application of <i>Vamakravya</i> according to <i>Roga, Desha, Kala</i> etc. [71]</p>	<p>Virechandravyavikalp avijaniya Adhya Content: main <i>Dravyas</i> for <i>Virechan</i>, application of <i>Vrihat trivrit</i> according to strength of <i>Dosa, Virechan dravyas</i> for <i>Pittarog, Slesmaroga, Virchan dravyas</i> for <i>Sukumar</i>, superiority of <i>Trivritmoola</i>. [72]</p>	<p>Dravyarasagunavi ryavipakvijnaniya Adhya Content: superiority of <i>Dravyas</i>, features of <i>Dravyas</i>, definition of <i>Rasa, Guna, Virya</i> and <i>Vipak</i>, description of <i>Panchamahabhoot</i>. [73]</p>	<p>Shonitavarnaniya Adhya Content: Definition of <i>Rasa</i>, its <i>Sthana</i> and circulation. Production of <i>Rakta</i> from <i>Rasa</i>. Definition of <i>Rakta, Raja, Artava</i> etc. Movement of <i>rasa</i>. Features of <i>Vikrita rakta</i>. Features of <i>Suddha rakta</i>. Indication and contraindication of <i>Rakta visravan</i>. <i>Pracchan vidhi</i>[74]</p>
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Justification: As *Charak* has included *Vaman, Virechan* therapy in the *Kalpana chatuska* alike that *Susruta* also described *Vaman, Virechan* along with he also mentioned about *Rasa, Guna, Virya, Vipak* in treatment purposes.

<p><i>Roga Chatuska</i></p>	<p>Aamapakwasaniya Adhya Content: definition of <i>Sopha</i>, features of, <i>Sopha</i> definition of <i>Aam, Pachyaman</i> and <i>Pakwa sopha</i>, contraindication of <i>Chedan karma</i>, diet before and after <i>Sastra karma</i>, 7 no of</p>	<p>Vyadhisamuddesiya Adhya Content: types of <i>Roga</i> on the basis of <i>Sastrasadhya</i> and <i>Snehasadhya</i>, definition of <i>Vyadhi</i>, 3types of <i>Dukha</i>, 7types of <i>roga</i> on the basis of <i>Adivala, Janmabala</i> and <i>Dosabala, Indriyavikar</i></p>	<p>Abaaraniya Adhya Content: diseases with <i>upadrava</i> can not treat without <i>Rasayana</i>, description of <i>Astamahagada</i>, description of <i>Sadhya</i> and <i>Asadhya roga</i>. [77]</p>	<p>Atuopakramaniya Adhya Content: <i>Vaidya</i> should always examine the <i>Ayu</i> of the patient, <i>Ritu, Roga</i>, features of <i>Alpayu, Madhyayu, Dirghayu</i>, measurement of body parts, proper</p>
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	<i>Upakrama</i> . ^[75]	and <i>Dhatupradosajavikar</i> . ^[76]		age for marriage, definition of <i>Aupasargik roga</i> , <i>Prakkeval roga</i> , types of <i>Agni</i> , <i>Apraptakal</i> and <i>Praptakal chikitsa</i> , <i>Ausadhmatra</i> according to <i>Vaya</i> , types and features of different <i>Desha</i> ^[78]
Justification: In this chapters <i>Susruta</i> mentioned about <i>Sopha</i> , types of <i>Roga</i> , <i>Upadrava</i> , <i>Aupasargik roga</i> , <i>Prakkeval roga</i> etc. along with he described the features of <i>Ayu</i> , <i>Agni</i> etc.				
<i>Yojana chatuska</i>	<i>Yogyasutriya</i> Content: necessity of capability, exercise of various <i>Sastra karma</i> in various <i>Dravya</i> . ^[79]	<i>Vishikhanupravesaniya</i> Content: mention about <i>Vishikhanupravesha</i> , features of appropriate doctor for <i>Chikitsa karma</i> , 6 attribute of <i>Rogavijnan</i> , <i>Rogapariksha</i> by <i>Indriya</i> , definition of <i>Sadhya</i> and <i>Asadhya roga</i> . ^[80]	<i>Yuktaseniya</i> Content: the king should be protected from all the poison, features of poisoned water, land, mentioned about <i>Kala</i> and <i>Agantuja mrityu</i> , 4 <i>Pada</i> of <i>Chikitsa</i> . ^[81]	<i>Shalyapanayaniya</i> Content: features of <i>Ababandha</i> and <i>Anababandha shalya</i> , specific treatment for specific <i>Shalya</i> , types of extraction of <i>Shalya</i> , how to extract <i>Uttundita shalya</i> , treatment of faint patient at the time of <i>Shalya niskasan</i> . ^[82]
Justification: In these 4 chapters <i>Susruta</i> has included substances required for <i>Shastra karma</i> . Features of poisoned water, land, <i>Kala</i> , specific treatment for <i>Shalya aharan</i> etc.				
<i>Annapana Chatuska</i>	<i>Dravyavisesvijnaniya</i> Content: <i>Dravya utpatti</i> and their <i>Panchabhoutikata</i> , features of <i>Panchamahabhoota</i> , all the <i>Dravyas</i> having medicinal uses, how <i>Vaman</i> and <i>Virechan dravyas</i> act, definition of <i>Sangsaman</i> , <i>Sangrahi</i> , <i>Dipan</i> , <i>Lekhan</i> , <i>Brimhan Dravyas</i> , <i>Tridoshshamak</i> , <i>Tridoshvardhak dravyas</i> are mentioned. ^[83]	<i>Rasavisesvijnaniya</i> Content: <i>Anyonyanupravista</i> of <i>Guna</i> in <i>Pancha mahabhoota</i> , types of <i>Rasas</i> , 63 types of permutation and combination of <i>Rasas</i> , <i>Soumya</i> and <i>Agneya rasas</i> . ^[84]	<i>Dravadravyavidhi</i> Content: mentioned about <i>Paniya varga</i> , <i>Kshiravarga</i> , <i>Dadhivarga</i> , <i>Ghritavarga</i> , <i>Madhuvarga</i> , <i>Mutravarga</i> , quality of <i>Antariksha jal</i> , 12 <i>Asraya</i> of <i>Antariksha jal</i> , definition of <i>Gangeya</i> and <i>Samudra jal</i> , which type of <i>Jal</i> used in which <i>Ritu</i> , remedy for purify the impure water, remedy for cooling hot water, <i>Satmyata</i> of milk, definition of <i>Takra</i> , <i>Navanita</i> , qualities of <i>Madhu</i> , <i>Ghrita</i> , types of <i>Madhu</i> . ^[85]	<i>Annapanavidhi</i> Content: definition and quality of <i>Shali rice</i> , types of <i>Sastidhanya</i> , qualities of <i>Gourasasti</i> , <i>Sashasasti</i> , <i>Vrihidhanya</i> qualities of <i>Shali rice</i> according to land, qualities of <i>Masura</i> , <i>Mukustha</i> , <i>Kalaya</i> , <i>Kulattha</i> , <i>Adhaki</i> , <i>Til</i> , 8 types of <i>Jangal mamsa</i> , qualities of <i>Jangalmamsa</i> , <i>Anupmamsa</i> , <i>Matsya guna</i> , qualities of <i>Anupana</i> . ^[86]

Justification: As *Charak* included various types of diet, digestion, metabolism etc., in *Annapana chatuska* alike that *Susruta* also mentioned various types of diet, *Jala varga*, how to protect *Anna* from *Visha*, *Ahar matra*, *Panchabhoutikatwa* of drugs etc in these chapters.

<i>Shastra chatuska</i>	Yantravidhi Content: number of <i>Yantra</i> , metal used for <i>Yantra nirman</i> , how prepare the <i>Yantra</i> , <i>Yantra guna dosha</i> , <i>Yantra</i> for <i>Guhra</i> and <i>Drishyasalya</i> . ^[87]	Sastraavacharani yaadhy Content: number of <i>Sastra</i> , how to handle <i>Sastra</i> , <i>Sastra guna</i> and <i>Dosha</i> , 3 types of <i>Pyana</i> , metal used for <i>Sastra nirman</i> . ^[88]	Astavidhasastra karma Content: types of <i>Sastra karma</i> , indication, contraindication of <i>Sastrakarma</i> , types of needle, <i>Kusastra karma</i> , <i>Sastra vyapat</i> . ^[89]	Pranastashalya vijnaniya Content: <i>Nirukti</i> of ' <i>salya</i> ' <i>shabda</i> , features of <i>Salya</i> , <i>Sharirik</i> and <i>Agantuk salya</i> , <i>Salya adhikar</i> . ^[90]
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Justification: As *Susruta samhita* mainly deals with *Shalya tantra*, in these chapters *Susruta* has mentioned number, types, indication, how to handle etc. about *Shastra* and *Yantra*, therefore these chapters are grouped under '*Shastra chatuska*'

<i>Anushastra Chatuska</i>	Ksharapakavidhi Content: superiority of <i>Kshar</i> , <i>Nirukti</i> of ' <i>kshar</i> ' <i>shabda</i> , types of <i>Kshar</i> , <i>Kshar prayog</i> according to <i>Vyadhivala</i> , <i>Guna Dosha</i> of <i>kshar</i> , <i>Aharvihar</i> In <i>Ksharprayog</i> . ^[91]	Agnikarmavidhi Content: <i>Agni</i> is better than <i>Kshar</i> , indication and contraindication of <i>Agni</i> , <i>Twak mamsa sira snayu asthisandhi</i> <i>Dagda lakshan</i> , <i>Plusta</i> , <i>Durdagda</i> , <i>Samyaktadagda</i> , <i>Atidagda lakshan</i> , <i>Dagda chikitsa</i> , <i>Dhumoupahata chikitsa</i> . ^[92]	Jalouka avacharaniya Content: patient for <i>Jalouka avacharan</i> , <i>Vata</i> , <i>Pitta</i> , <i>Slesma</i> <i>Dusta shonit</i> , <i>Raktamokshan</i> by <i>Tumbi</i> , <i>Sringa</i> , <i>Jaluka</i> , <i>Nirukti</i> of ' <i>Jalouka</i> ', name of <i>Savisa</i> and <i>Nirvisha</i> <i>Jaluka</i> , <i>Nivash</i> for <i>Jalouka</i> , <i>Poshanvidhi</i> for <i>Jalouka</i> , <i>Tajya Jalouka</i> , <i>Samyaktvanta</i> , <i>Durvanta lakshan</i> , description of <i>Indramada roga</i> ^[93]	Karnavyandhan vidhi Content: need and procedure for <i>Karnavyadhan</i> , <i>Anyadeshavidha</i> <i>Gyanupaya</i> , <i>Vyapatti</i> and <i>Chikitsa</i> for <i>Durvidha</i> , <i>Lakshan</i> of <i>Samyaktviddha karna</i> , diseases of <i>Karnapali</i> , <i>Lepa</i> For <i>Utpataka</i> , <i>Utputaka</i> , <i>Karnakandu</i> , <i>Sakanduk</i> , <i>Avamanthak</i> , <i>Sandhan vidhi</i> for <i>Chinnaostha</i> . ^[94]
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Justification: As *Ksharkarma*, *Agnikarma*, *Jalukaavacharan* are can be considered as *Anushastra* so these chapters can be grouped under '*Anushastra chatuska*'.

<i>Vrana Chatuska</i>	Vranalepanvandha vidhi Content: Description about <i>Vranalepan</i> , <i>Alepa</i> , <i>Vandhan</i> , <i>Guna</i> of 3 types of <i>Lepa</i> , <i>Vandhan</i> according to <i>Dosavishesh</i> and <i>Sthanvishesh</i> . ^[95]	Vranitopasaniya Content: <i>Agarnirman</i> , land for <i>Agar</i> , <i>Vranaraksha vidhi</i> , <i>Pariharya dravya</i> for <i>Vrani</i> , <i>Aharvihar</i> for <i>Vrani</i> . ^[96]	Vranasrava vijnaniya Content: <i>Vrana vastu</i> , <i>Akriti</i> of <i>Vrana</i> , <i>Suchikitsya</i> , <i>Duchikitshya vrana</i> , <i>Vranasrava</i> according to <i>Sthanveda</i> , <i>Dosaveda</i> , <i>Vrana vedana</i> , <i>Vrana soph</i> . ^[97]	Kriyaakriyavidhi Content: <i>Sukhasadhya</i> , <i>Kastasadhya</i> , <i>Sukharopaniya</i> , <i>Duhchikitsyavrana</i> , <i>Kricchasadhya</i> and <i>Yapya vrana</i> , <i>Suddha vrana</i> , <i>Samyakruhra</i> , <i>Ruhya vrana Lakshan</i> . ^[98]
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Justification: in this *Chatuska*, the chapters mentioning about various *Vrana*, *Vranalepan*, *Vranaraksha*, *Vranavastu*, prognosis of *Vrana* etc. are included.

<p><i>Indriya Chatuska</i></p>	<p>Viparitaviparita Vrana Vijnaniya Adhaya Content: Flower, smoke and cloud are the indicator of fruits, fire and rain respectively likewise 'Arista' is the indicator of 'Mrityu'. It is possible to stop Mrityu if there is Arista. Gandha, Varna rasadi vikriti etc are the indicator of Mrityu. Vata and Pitta prokopjanya achikitsya vrana. Shabda vikriti, Rupa vikriti, Sparsha vikriti janya achikitsya vrana. Chikitsa varjaniya vrana. [99]</p>	<p>Viparitaviparita Swapna Nidarsaniya Adhaya Content: Good and bad prognosis of patient can be determined by observing the 'Duta' or messenger. Features of Subha and Asubha duta. Asasta swapna. Viphal swapna. Prasasta swapna darshan. [100]</p>	<p>Panchaindriyaartha Vipratipatti Adhya Content: Vikriti of Sharir and Manash prakriti is one type of Arista. Hearing of Asamvab shabda by Aatura. Sparsha indriya vikriti. Rasanendriya vipratipatti. Gandhaindriya vipratipatti. Sparshagrahan vipratipatti. Rupagrahan vipratipatti. Agnivikritidarshan. Swachaya adarshan or vikrita darshan. [101]</p>	<p>Chayavipratipatti Adhaya Content: Ristabhoota chaya. Shilavikriti janya arista. Osthadiavayavavikriti janya arista. Danta, Nasa, Jihva, netra, Kasha vikriti janya arista. Shitahastapadaswas adi arista. Sadyomaransuchak arista. [102]</p>
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Justification: in this *chatuska*, the chapters mentioning about *arista*, *mrityu* etc. are included.

Swavabvipratipatti Adhya

content: Vikriti of Sharir avayava is indicator of Mrityu. Bhru, Palak, Osthadigata sadyomrityusuchak arista. Increase of diseases on giving Uttamchikita also then it is indication of Mrityu. [103]

Justification: this chapter can be included in 'Indriya chatuska' but as we have forming Chatuska we should include only 4 chapters, so it is excluded.

CONCLUSION

Ayurveda is mainly based on the 3 classical text, Charak samhita, Sushruta samhita and Astanga hridaya. Charak samhita has divided the 30 chapters of Sutrasthana in 7 Chatuska while Sushruta samhita and Astanga hridaya has not been. In this study, the chapters of Sutrasthana of Sushruta samhita and Astanga hridaya are also been tried to organized in the Chatuska of Charak samhita. This will decrease the effort of the readers in comparing the 3 Samhitas. The chapters of Sushruta samhita and Astanga hridaya which does not fall in the 8 Chatuska are grouped separately. Organising them in Chatuska also makes it easy for studying the Samhita.

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