

Review of *Chikitsa Chatushpada*

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ABSTRACT

Introduction

Chikitsa Chatushpada described in Ayurveda for cure the *Vyadhi* and maintain the health of healthy person. It includes *Bhishag*, *Upasthata*, *Rogi* and *Aushadh*.

Materials and Methods

This is conceptual type of study. All sorts of references has been collected and relevant material is compiled from various available Ayurvedic classics texts like Bruhatrayi Charak Samhita, Sushruta Samhita, and Ashtanga Hridya and available commentaries on it. Research article are also searched from various websites.

Discussion

In the *chikitsa chatushpada*, *Vaidya*, *Rogi*, *Dravya*, and attendant these are four pillar of the *Chatushpada*. If these four component have their perfect sixteen qualities, then any type of disease can be cure.

Conclusion

The success of the *Vaidya* depends on identifying the *Vyadhi* is the most appropriate way and prescribing the ideal, effective drug. Drug play a key role in the success of treatment. Success in treatment is depends on four components of *chikitsa Chatushpada*.

KEYWORDS: *Chikitsa Chatushpada*, *Bhishag*, *Upasthata*, *Rogi*, *Aushadh*

INTRODUCTION

Ayurveda is the ancient science of world. Many Acharya described number of ways to cure and prevent from the *Vyadhi*, sustain the life. Ayurveda is one of the most ancient system or medical science of the world¹. The aim of Ayurveda is to achievement of four *Purusharthas*, that is *Dharma*, *Artha*, *Kama* and *Moksha*. A healthy body is the basic requirement for the achievement of these *Purusharthas*.² According to Ayurveda, *Dhatu samya kriya* that is maintain the equilibrium stage of *Dhatu*. Equilibrium stage of *Dhatu* is healthy life, the purpose of Ayurveda is cure the *Vyadhi* and maintain the health of healthy person.³ To eradicate the *Vyadhi*, *chikitsa* of imbalance *doshas* is very necessary. In Ayurveda, the success of *chikitsa* is depends on *Chikitsa Chatushpada*. It includes *Bhishag*, *Upasthata*, *Rogi* and *Aushadh*.⁴ All these *chatushpada* with their proper qualities are responsible for cure the diseases, These four element are essential to fulfil the purpose of treatment in Ayurveda. In all four basic factors of treatment,

Bhishaga occupies the most important place, there *Vaidya* has been enumerated first.⁵ each of these four factors have further four qualities; these are as follows-

QUALITIES OF VAIDYA

Acharya charak mention four qualities of ideal *Vaidya*

1. *Shrute paryavadatatvam*- having excellent medical knowledge of text
2. *Bahusho drushtakarmata* – practical knowledge
3. *Dakshya* – Dexterity
4. *Shaoucha* – Cleanliness⁶

According to Acharya Sushruta

1. Well versed in science of Ayurveda
2. *Drushtrakarma* –gained experience by doing practices
3. *Shuchi*, *Laghuhasta*

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4. Brave courageous
5. Fully equipped with medicine surgical instruments
6. *Visharada*⁷

According to Ashtang Hrudaya

1. *Daksha* - Possessing the professional efficiency
2. *Shashthro*- knowledge in Theory
3. *Drushtrakarma* –Vast experience in the practical aspects
4. *Shuchi* – Purity in the acts of mind, body and speech⁸

QUALITIES OF AUSHADH

According to Acharya Charakas

1. *Bahuta*- *Dravya* should be available in large quantity
2. *Yogyatam* – It must be effective
3. *Anekvidha* – Available in various pharmaceutical forms
4. *Sampata* – Richness in efficacy or potency⁹

According to Acharya Vagbhata

1. Bahubalia – formulate in different forms like churna, swaras kwatha
2. Bahuguna – with enormous Acqualities
3. Sampanna – Endowed with virtues
4. Yogy – Appropriate for specific vyadhi¹⁰

According to Acharya Sushruta

1. *Dravya* grows in auspicious place
2. Collected on precious day
3. Endowed with good smell, colour taste
4. Should be effective in less dose, harmless in an overdose¹¹

Qualities of ideal attendant

According to Acharya Charaka

1. *Daksha* - Alert
2. *Anuraga* – Affection to patient
3. *Bhartari* - Loyalty
4. *Shouch* – purity in acts of mind, body, and speech¹²

According to Acharya Vagbhata

1. *Anurakta*- should have utmost affection and service motto towards the patient
2. *Shuchi* - purity
3. *Daksha* – perfect skill
4. *Buddhiman* – must have intelligence¹³

According to Acharya Susruta

1. *Dravya* which is grown in auspicious place, collected on precious day
2. Endowed with good smell, taste, and colour
3. *Dravya* should be effective in less dose
4. 4Judiciously administered at the opportune time¹⁴

Qualities of Rogi

According to acharya Vaghabhat

1. *Bhishakvashyo* –The patient should be under the control of the physician
2. *Jnapaka* – Should have memory power
3. *Satvawana* – should be tolerant both physically and mentally
4. *Aadhyo* – The patient should be financially sound¹⁵

According to Acharya Charak

1. *Smruti* –should have good memory
2. *Nirdeshkarita* – The patient should be follow the instruction of vaidya
3. *Abhiruta* – should be tolerant both physically and mentally
4. *Jnapakatvam* – have good memory¹⁶

According to Acharya Susruta, patient who is

1. *Aayushman* – having long life,
2. *Satvawan* – strong will power
3. *Saadhyo* – wealthy
4. *Astiko* – who believes in a kind and all merciful providence
5. Greedy – control over himself
6. *Vaidyavakyastho* – strictly obey instructions of the physician¹⁷

MATERIALS AND METHODS

This is conceptual type of study. All sorts of references has been collected and relevant material is compiled from various available Ayurvedic classics texts like Bruhatrayi Charak Samhita, Sushruta Samhita, and Ashtanga Hridya and available commentaries on it. Research article are also searched from various websites. All compiled matter is reorganized and critically analyzed for the discussion and attempt has been made to draw some fruitful conclusions.

Importance of Vaidya

Cikitsa chatushpad with their sixteen qualities are responsible for the success in any type of treatment. The clod of mud, the stick, the wheel and thread etc.

are not able to make pot without the help of the potter similarly without the presence of the physician, other three factor of treatment are useless for the treatment purpose. Physician has a important role in treatment¹⁸. As the *Patra*, fuel, fire are contributing factors for the cook by process of food¹⁹. According to Acharya Sushruta Vaidya possessing good qualities alone can save the patient life always, just as the navigator alone can save the boat in water even without other assistant with him. From this statement we can say that physician plays the important role in the process of treatment²⁰

Acharya charak mention the clear picture of different types of Vaidya such as Raj Vaidya, *Pranabhisara*, *Chadhamchar*, *Siddhasadhith*, *Vaidyagunayukta*, and *Murkha* Vaidya.

Qualities of Raj Vaidya

The Vaidya is fit to become Royal physician who possesses the knowledge of four factors. These factors are *Hetu*, *Linga*, *Prashamana*, *Rogaanaam Apunarbhava*. along with this Vaidya must have excellent knowledge of merits and demerits of an object is completely depending on the consumer. As well as knowledge of Shastra, Shatra, *Salil* is consider as vessel. merit and demerits depends on the user of that object.

Acharya also mention the six qualities of Vaidya

1. *Vidya* – knowledge of Ayurveda
2. *Vitarka* – Critical approach, analytical mind
3. *Vijnana* – Insightful understanding, special knowledge
4. *Smurti* – Good memory
5. *Tatparata* – Dedication in cure disease
6. *Kriya* – practical knowledge²¹

PRANABHISARA VAIDYA

Vaidya devoted to these four *Shatra*, *Artha*, *Vijnana*, *Pravrutta* with *Karma Darshana*, such Vaidya is known as *Pranabhisasa* Vaidya²².

ROGABHISARA VAIDYA

This type of Vaidya moves from one place to another place in search of livelihood in grab of physician, once they here about somebody illness, they would surround him and start enumerating their own *Guna* loudly, so that the *Rogi* and their relatives could listen to them. if a Vaidya is already attending on him, *Rogabhisara* Vaidya try to find fault in his treatment again He attends *Rogi*, they also win over the friends of the patient by pleasing manners, after they succeed in winning the patient heart, they look the *Rogi* again and again skillfully trying to cover their poor

knowledge of Shastra. then they are not able to cure the *Rogi*, then they blame that *Rogi* is not having equipment, attendants and self-disciplined etc. at the *Rogi* is nearing the stage of death, then this Vaidya fly away to some other place in some other grab²³.

QUALITIES OF CHADHAMCHAR

Those people who come to be known as physicians simply by virtue of the exhibition of the pots, *Dravya*, and books of medical science. these Vaidya are ignorant of the science of Ayurveda .They are simply counterfeits²⁴.

Siddhasadhith Vaidya

Vaidyas who attribute their association to *Rogi* accomplished in wealth, fame and knowledge also come to be known as physician, though they are not so. this type of Vaidya are to be regarded as feigned Vaidya²⁵.

Qualities of Vaidyagunayukta Vaidya

The Vaidya who well knows the methods of administration of therapies and have obtained success, who bestows happiness to sufferer and who try to protect the life of rogi till he exists .this Vaidya are the real Vaidya²⁶.

Chaturvidha Vrutti of Vaidya

1. *Maitri*
2. *Karunyam Artheshu*
3. *Shakye Pritih*
4. *Upekshanam Prakrutishteshu*²⁷

DISCUSSION

In the chikitsa chatushpa, Vaidya, *Rogi*, *Dravya*, and attendant these are four pillar of the *Chatushpad*. If these four component have their perfect sixteen qualities, then any type of disease can be cure. In other words, four components are responsible for cure the *Vyadhi*. Physician must have practical knowledge, Also pure and clean by mind, body and speech. He should be brave, such expert and light handed for doing act which is necessary for the treatment. Such type of Vaidya is regarded the best Vaidya. The Drug should be abundantly and easily available in required quantity with better quality, also available in multiple form. Medical attendant must possess adequate knowledge of nursing, Attendant who must be affectionate towards rogi, who possess purity of mind and body. *Rogi* needs to follow the instruction to achieve and maintain the good health. A *rogi* should have a long life time, truthful, curable vyadhi; with sufficient money to undergo treatment. Also *rogi* must possess good memory and cooperative. All four pillar must have their specific qualities to achieve the success.

Conclusion

According to Ayurveda *Chikitsa Chatushpad* must have their specific qualities to achieve the success in treatment. Still the physician, by the virtue of his knowledge of Ayurveda occupies the most important position. The success of the Vaidya depends on identifying the *Vyadhi* is the most appropriate way and prescribing the ideal, effective drug. Drug play a key role in the success of treatment. Success in treatment is depends on four components of *chikitsa Chutushpad*.

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