

# Ayurveda Focus on Nirdesh Chatushka

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Received : 9 June 2024

Accepted : 29 June 2024

## Abstract

Each Chatushka explains an individual aspect of medical science and teaching methodology of Ayurveda. The methodology of Chatushka is again the uniqueness of Charaka because in no other Samhita, this method is adopted. Elaboration of the concept and applicability of every Chatushka is the prime necessity for the knowledge of Charaka Samhita in present era. Now the time has come to invest the ancient science for fulfilling the growing requirement of mankind. Each Chatushka is very important in its place but Nirdesh Chatushka (The quadrate of special instructions) offers uniqueness in illumination of scriptural knowledge as well as one's mental faculty

**Keywords** – Chatushka, medical sciences, teaching, methodology etc.

## Introduction -

The Sutra Sthana lies as the nectar of knowledge, which has been stored by Acharya Charaka in very beautiful way i.e. Chatushka methodology. These Chatushkas are as the heart of the text providing the nourishment to rest of the Samhita. The Chatushka are not just presenting a unique scribing methodology but are the evidences of the practical approach of Charaka Samhita as a text of therapeutics. While interpreting these Chatushka, it may be opined that Sutra Sthana comprises both primary aims of Ayurveda and it is described through Chatushka. It contains Nirdesh for each and every step of Chikitsa. Though, every Nirdesh of this Chatushka is of practical utility, particularly Roga Marga has been selected as the special reference. This concept, in spite of being much valuable from clinical point of view, remained in dark and untouched since long. Thus, there is need and ample of scope to explain this concept critically and practically in clinical medicine for better understanding of the disease, with effective management. For its application, a clinical condition Tamaka Swasa, coming under Abhyantara Roga Marga has been selected.

## Aim :

To Study the Nirdesh Chatushka as per Ayurveda classical.

## Objectives-

- To Study the Nirdesh Chatushka as per Ayurveda classical.
- Focus on Ayurveda Review Nirdesh Chatushka.

## Materials : (Source of Data)<sup>1</sup>

- Sushruta Samhita
- Sharangadhara Samhita
- Charaka Samhita
- Vagbhata Samhita
- Dhallan Commentary
- E-Journal

## Methods-

- To compile available literature on Nirdesh Chatushka.
- To compile the importance of Nirdesh Chatushka in appearance of concept. This is literary research study. In this articles all the references from Ayurveda Samhita and

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respective commentaries regarding Ayurveda concept on Niradesh Chatushka

## Review of Literature-

### Etymology<sup>A</sup> -

निर्देश - निर् + दिश् + भावे धञ्

Prefix 'Nir' is for detachment, end, order, overstep, certainty, through, thorough.

Dhatu 'Dis' is for, pointing, indicating etc.

According to the Sans-Eng. dictionary by Sir Monier Williams,

Niradesh means,

- 1) Pointing out, indicating, directing, order, command, instruction.
- 2) Description, specifications, special mention, details or particulars.
- 3) Vicinity, Proximity.
- 4) Certainty, Ascertainment
- 5) Telling, saying, declaring
- 6) Agreement, promise

'Niradesh' word has been also applied in the context of Tantra Yukti in Samhita. (Ca.Si. 12/41)<sup>2</sup>

निर्दिश्यते अभीधियते अनेन इति व्युत्पत्त्या निर्देश!

निर्देश नाम सन्ख्येयोक्तस्य विवरणं!

(च.सि.12/41)

This gives a sense of Amplification, Elaboration, detailed mention, and exposition. Thus, it is clear that though the concepts mentioned in Niradesh Chatushka are in the concise form, they are applied over the whole text and its elaboration or exposition is expected and feasible.

### Synonyms<sup>3</sup> -

Synonyms are the sources to clarify the meaning of a given word from a definite aspect. The synonym for word Niradesh is Vivarana. Vivarana means the lucid description with Causativity and specificity.

विवरणम् सहेतुकम्

### Definition –

"स्वस्थ चतुष्कानन्तरं स्वस्थातुरयोः उभयोरपि

हितत्वेन निर्देश चतुष्को अभीधियते!

स्वस्थातुर हितं वैद्यभेषजादि निर्दिशतीति

निर्देश चतुष्कः !!"चरक)

The utilization and application of various factors and concepts for the benefit of Swastha and Atura has been dealt in NIRDESH CHATUSHKA These various factors includes v]w-B[Pji(d i.e. The Catuspada. Of which, the Vaidya is given the prime place and all the other Nirdeshs are for the performance desirable for Vaidya.

### Place of Niradesh Chatushka<sup>4</sup> :

Niradesh Chatushka is placed rightly at the third position after Swastha Chatushka. Chakrapani comments that for the benefit of both, swastha and Atura, this Chatushka is now being described. How the condition is reached from Swasthavastha to Aturavastha is the principle subject of Niradesh Chatushka. In the preceding Chatushka (Swastha), there was description of maintaining health by observing the rules of Dincarya, Rtu Carya and codes of good conduct. In the Chatushka succeeding the NIRDESH CHATUSHKA lies the elaboration of diseased state. Thus, NIRDESH CHATUSHKA steps into the field of Atura (Pathology) but at the same time not leaving Swastha (Physiology), as the Niradesh is equally beneficial for Swastha and Atura. Thus, this Chatushka is the transitory Chatushka.

### Scope of Niradesh Chatushka:

The scope of a particular literature can be decided by the subject matter narrated within. How does this matter nourishes the rest of the literature and the whole science can be designated as its scope. Scope is the limit line where it can reach upto.

### Different shades of Niradesh :

Niradesh Chatushka is having multifaceted studies imbibed in it. The various shades of Niradesh are,

- 1) Sodasakala Bhesaja / Catuspada
- 2) Roga and Roga Pariksa
- 3) Nidana
- 4) Treatment Procedure
- 5) Pathogenesis and its progress
- 6) Ahara Vihara Niradesh in terms of Trayo Upastambha

### Niradesh Chatushka: (Applied Contrive)

After going through the Tantra - Yojana of Niradesh Chatushka and the specialties of Niradesh Chatushka, a need is felt for the study of its application. As stated earlier, the Niradesh sutras embedded in NIRDESH CHATUSHKA possess the Adhikara over other Sthanas including Chikitsa Sthana. For that some illustrations of application and explanation of some Niradesh Sutras is elaborated in future.

#### **Result & Discussion-**

Contains Niradesh for each and every step of Chikitsa. Though, every Niradesh of this Chatushka is of practical utility, particularly Roga Marga has been selected as the special reference. This concept, in spite of being much valuable from clinical point of view, remained in dark and untouched since long.

#### **Conclusion-**

The Niradesh Chatushka, a small section of this Samhita is one of such pearls, which narrates the best approach to Nidana and Chikitsa, and this approach helps the physician to face the challenge which are originated at the time of Chikitsa.

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