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Relevance of Chatushka Methodology of Charaka Samhita Sutra Sthana

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Abstract

Writing style is the manner of expression of thought. The point of good writing style is to express the message to the reader simply, clearly and convincingly. In Ayurveda also, we can find various methodologies adopted in order to prepare standard and highly scientific texts in the field. One such method adopted in *Charaka Samhita Sutra Sthana* is the *Chatushka* Methodology. Grouping makes easier by sorting in the correct group by their similarities and differences. Thus *Charaka Samhita Sutra Sthana* has been divided into *Chatushka*. *Chatushka* is composed of four factors. It is a comprehensive perspective having a theme and four directions. *Chatushka* methodology is seen only in the *Sutra Sthana* of *Charaka Samhita*. *Charaka Samhita* being a text giving importance to *Chikitsa*, the whole treatment principle is told in *Sutra Sthana* in concise manner within the 7 *Chatushka* and 2 *Sangraha Adhyaya*. *Chatushka* methodology follows a particular sequence, starting from *Bheshaja* and ending with *Annapana*. Thorough knowledge, understanding and application of *chatushka* helps in becoming successful physician.

Keywords – *Chatushka*, writing style

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