

Review article**Focus of Ayurveda on Yojana Chatushka in Samhita**Mahesh K. Ghugari^{1,*}, Kailas Khandelwal²Professor¹, Associate Professor²Department of Samhita Siddhant^{1,2}¹Ahinsa Institute of Ayurveda, Dondaicha, Maharashtra, India-425408²SMT KC Ajmera Ayurved Mahavidyalay, Dhule, Maharashtra, India-424002*** Corresponding Author:** Dr. Mahesh K. Ghugari, **E-mail:** drmaheshghugari@gmail.com

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ABSTRACT:

Each Chatushka is very important in its place but the Yojana Chatushka offers uniqueness in conjoining all of them, though placed at 6th place. It presents draft of Yuktivyapasraya Chikitsa and states the Roga Bhesaja Yojana and hence acquaints the superior position as in context with Carakastu Chikitsa. This aspect of revealing the significance of Dusya along with other miscellaneous factors which are necessary parts of Chikitsa are dealt in the Vidhisonitiya Adhyaya so it gain a special attention.

KEY WORDS: Yuktivyapasraya Chikitsa, Carakastu Chikitsa, Vidhisonitiya**INTRODUCTION:**

The application is nothing but Yojana Chatushka fulfils this meaning as it comprehences and deals with the different aspects of Chikitsa. The Yojana Chatushka implying Yukti includes the four chapters

1. Astauninditiya
2. Langhanabrmhaniya
3. Santarpaniya
4. Vidhisonitiya

This whole Chatushka reveals the two types of etiopathogenesis and the treatment Santarpana and Apatarpana possessing the footings in the nativity of Agnisomiya Siddhanata, which is the Sarvatantra Siddhanata of Ayurveda Sastra. The Sadupakramas are also included under the umbrella of these two Upakramas and all the Dosaja Vyadhi could be explained and treated on this basis, but still one group of diseases remain which needs special elaboration and those are Raktasrita Vikara.

Aims & Objectives-

Aim- To study the yojana chatushka as per Ayurvedic classical texts.

Objectives- Conceptual study of yojana chatushka and focus on Ayurvedic review of yojana chatushka.

MATERIALS & METHODS-**MATERIALS-****Source of Data-**

Brihatrayi Samhita
Laghutrayi Samhita
E-Articles

METHODS-

To compile available literature on Yojana Chatushka as this is a literary research study. In this articles all the references from Ayurvedic Samhita and respective commentaries regarding – “Ayurveda focus on Yojana Chatushka in Samhita” are collected.

Review of Literature-

The synonyms applied for Chatushka in the text itself are-

Chatuspada

Adhikara

Adhyaya

Dasa Prakarana and Chatushka-

Prakarana Chatushka Sarira – an amalgamation of pancamahabhuta it is dealt in Annapana (Yajjapurusiya) Yojana (Astauninditiya)

Vritti - Nutritional and behavioural pattern. It is dealt in Nirdesa, Annapana, Swastha, Chatushka.

Hetu - Aetiological factors of diseases, mainly dealt in Roga, Yojana.

Vyadhi - Imbalance in the dhatu paralence, mainly dealt in Roga, Yojana.

Karma - A curative procedure, mainly dealt in Kalpana Yojana

Kala - Kriyakala and in goveal the 6 seasons, mainly dealt in Swastha (Matrasitiya)

Karyam - Regarding health and robustness of patient, mainly dealt all over the sutrasthana.

Karta - The vaidya himself, mainly in Nirdesa and Yojana.

Karana - The medicine, mainly in Bhesaja.

Vidhi - The dictation regarding stepwise preperation and application of medicine, mainly in Yojana.

Definition -

The Roga Bhesaja Yojana is stated in Yojana Chatushka. The utilization and application of Bhesaja (drug) on disease with respect to Kala

Prakrti etc. factors is Yojana. So one can pick the quotation of Cakra Ca. Su. 4 as the definition. Thus the word Yojana has much more broader aspect as it is used as the synonym of Chikitsa. Thus Yojana possesses Adhikara to all over the science.

Trikala Sadhakatva of Yojana Chatushka -

In Ch. Sa. 1/8612 the 'Yukti' used to state the broader scope of 'treatment' covering all the 3 stages of time (Past, Present, Future) can be utilized in proving the 'Trikalatva' of

Yojana Chatushka.

The treatment of future coming disease is the prevention aspect which is maintained by Swasthavrtta. The topics dealt are:

(i) Swapna Varnana - Nidra which is amongst one of the Upastambha is elaborated here (Ca. 8421).

(ii) The importance of Visuddha Rakta¹³ and need of maintaining its state as Visuddha is explained in Vidhi-sonitiya thus covering the preventive aspect regarding Dusyas also.

(iii) The 'Pathya' is explained for eg. Will prevent the recurrence of disease.

(iv) The Yogas and Kalpas explained here are also having the action of increasing 'Bala'

Roga Yojana

Regarding diagnosis of disease, the 3 things which are ought to be known are emphasized by Granthakara (Ca. Su. 18/46).

- (1) Prakrti
- (2) Adhisthana
- (3) Samutthana

The different Shades of Yojana

Thus the Yojana is a complicated process having many multifaceted studies embibed in it.

Yojana can be of various types and can be based on various siddhantas.

- (1) Drug - Disease Yojana as stated in previous pages
- (2) Drug - Anupana Yojana
- (3) The Catuspada Yojana
- (4) Sarira - Ahara Vihara Yojana
- (5) The Astatrika and Yojana Chatushka

RESULTS & DISCUSSION:

If we are able to understand the Yojana Chatushka properly. Thus the proper knowledge of Yojana Chatushka helps in understand the process of manifestation of Concept. Also the knowledge of Yojana Chatushka is helpful for getting the knowledge of Yukti in everything.

CONCLUSION:

The proper knowledge of the Yojana Chatushka helps in understanding the process of manifestation of Concept. The knowledge of Yojana Chatushka is helpful for getting the knowledge of Yukti in everything.

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