



### Review Article

## IMPORTANCE OF SWASTHA CHATUSHKA WITH SPECIAL REFERENCE TO CHARAK SUTRASTHAN

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Article Received on: 29/01/2018

Accepted on: 15/03/2018

### ABSTRACT:

In Charak Samhita Sutrasthan the four chapters are arranged in each of the Chatushka. There are seven chatushka of 28 chapters & last two are sangrahadwaya. Among them the swasthachatushka contains the matrashitiya, tasyashitiya, nvegandharniya & indropkramniya adhyayas.

The main aim of Ayurveda isto maintain the health of the healthy person which is perfectly achieved by the upkramas explained in the swasthachatushka. Swastha is defined as equilibrium state of dosha, dhatu, mala, agni along with fresh condition of mind, aatma and indriya. This swasthacan be easily achived by swasthachatushka.

Aahar or food is the basic reason for the formation of diseases due to ahitasevan & in improper quantity. Hence it is very essential to have proper food habits which are described in matrashitiya adhyaya.

Nowdays life is too faster &competative causing unhealthy condition of person. The new challenges of life affects on the physical & mental health of the person. Due to intake of oily, Junk or fast food, the incidence of obesity are increased which further shows heart diseases, hypertension etc. complications. In such situation the activities described in swasthachatushka are very useful. They provide us the good health & long life along with the respect in society.

**KEY WORDS:** Swasthachatushka, swasthavrutta, rutucharya, sadvrutta, adharniyavega, dharniyavega.

### INTRODUCTION:

The swasthachatushka is essential to study in present days as need of time Bad hygiene is one of the major cause for the formation of diseases. So, hygiene is very important to maintain the health & can be achived by the practicing the daily activities described in matrashitiya adhyaya. Also there is description of benefits of intake of matrapurvaka ahar playing important role in good health. seasonal activities of tasyashitiya adhyaya will help in maintaining equilibrium state of dosha. Due to depression of adharaniyavegas the differentdiseases will produced as described in nvegandharniya chapter. It also explain about the treatment of these diseases & about the exercise which play important role in the fitness of person desctiption about indriyas&sadvrutta is found in indropkramniya adhyaya.

By all above description we come to know the

essntiality of the topic for the study. For the protection of health the matrapurvak aahar, personal hygiene is important. Chakrapani explained matra as quantity of food which should not harm the person. It must increase the bala, varna & oja also should be the rutusatmya. The atiyoga, ayoga & mithayoga of indriyas will creat the vikruti.

Nowadays good conducts that is sadvrutta is also essential as there are increased incidence of violence, crime etc. Our Acharya explained the detail about good conducts which give the respect & fame in the society.

From all these point of view it is the important chatushka having the main role in the health, long life & fame of the person.

**MATERIALS & METHODS:****Review of Swastha Chatushka.**

- Dantadhavan with katu, Kashaya, tikta Rasatmak drugs which have antibacterial properties will remove the foul smell of mouth & creates ruchi in aahar.
- Kaval, gandush will produce the drudhata of danta & hanu, prevents cracking of lips.
- Due to Abhyanga skin becomes soft & beautiful, body will be firm. Person becomes eligible to tolerate the exertion .
- Snana will remove the mala, sweat & tiredness from body & increases Strength, also do the ojovrudhi. Body becomes pavitra & nirmala.
- The clean cloths will produce the freshness, long life, reputation in the people
- Similarly gandha, mala, ratnadharan, kesh prasadhan etc. will increases life, soundarya etc.
- The malamargas should always maintain clean to avoid the infections.
- Dandadharan will save from falling & from animals.

- **Hemant rutu :**

Aahar :

Snigdha, aamla, lavana rasayukta padartha should be taken. Mansa of Aanupadesh animals is indicated. Also dughajanya padarthas prepared from ikshurasa are advised.

Vihar:

Abhyanga, udavartan, murdhatailadhup sevan are advised Maithun should be done depending upon strength.

Apathya: One should avoid vatavardhakaahar - Vihar

- **Shishir rutu :**

Aaharvihar is similar like that of the hemantrutu

Apathya:

Katu, tikta, Kashaya rasatmak padartha, vata vardhak shital annapan should be avoided.

- **Vasant rutu :-**

Aahar:

meat of sarabha, rabbit lava, kapinjala, diet consisting of barley & wheat. Dosharahitsidhu & madhavik are advised for drinking.

Vihar:

Vyayam, udavartan, dhupan, kaval etc. are indicated

Apathya:

Guru, Snigdha, aamla & madhura padartha &

divaswapn is avoided. kapha collected in hemantrutu gets liquefied due to sunrays of vasantrutu & jatharagni becomes manda creating jwaradivakar Hence, for the Kaphashodhana, vamana, dipana-pachana karma is advised.

- **Girshma rutu :**

Aahar:

Madhurshita ,drava & snigdhaannapan is useful Mansa of Jangaladesh animals are advised.

Vihar:

chandanlepa on body is advised. Maithun karma should be avoided

Apathya:

Lavan, Katu, aamla, ushnabhojan & exercise should be avoided.

- **Varsha rutu :**

Aahar:

Aamla - lavan rasapradhan snigdhabhojan is advised one should use food & drinks mixed with honey. Person should eat old barley wheat & rice, mansa of jangaladesh animals.

Vihar:

Lepa of sugandhit dravya after snana, udavartan for wearing light cloths are advised.

Apathya:

Diwaswapana, exercise, maithun karma are contraindicated

- **Sharad Rutu :**

Aahar:

Madhur, laghu, gunayukata, shitaviryatmak, tikta rasayukta annapan is advised which will do pittashaman.

Vihar:

Snana with hansodak is advised.

Tiktagrutapan & virechan, raktamokshan are advised to perform.

**Dosha Sanchaya- Prakopa-Prashama Chart:**

Dosha	Sanchaya	Prakop	Prashama
Vata	Grishma	Varsha	Sharad
Pitta	Varsha	Sharad	Hemant
Kapha	Hemant	Vasant	Grishma

- Adharniya vegas are mutra, purisha, shukra, apanvayu, chardi, kshwathu, udagar, jrumbha, kshut, pipasa, bashpa, Nidra & shrama. These vegas should not suppress.
- Dharniya vegas are lobha, Krodha, Bhaya, shoka, abhiman, hinsa, steya etc.

- Vyayam produces lightness in body & increases strength, jatharagni, body becomes firm.
- Person is prevented from diseases by aaptopadesh
- If dadhisevan rules are not followed then there will be creation of jwar, raktapitta, visarpa, kushtha, pandu, bhrama & kamala roga.
- In sadvrutta one should follow the friendly relations, donation etc. & must avoid the hinsa, steya etc. These all is dectibed in the swasthachatushka.

#### OBSERVATION & RESULTS:

- The swasthachtushka will help in the prevention o diseases as prevention is better than cure.
- One can achive the various benefits by following the upkrama described in swasthachatushka mostly the dincharya&rutucharya.
- Due to changing life style the swasthachatushka is more useful in the future
- Ayurveda is getting popular due to awareness of side effects of modern medical science. The people are more excited to follow Aayurvedic therapy to become fit & healthy. For this purpose the swasthachatushka must be studied & practiced in daily life as it gives the right guidance to people for maintenance of health which is described very beautifully & in very easy way by our Acharyas.

#### DISCUSSION & CONCLUSION:

- The dandadharan form ancient time will be compared with the helmet wearing in present days for the protection as there is increased incidences of road accidents.
- The abhyanga is practiced for the firmness & softness of body. Also it prevents the akala vrudhappya or ageing .Drushti becomes improved.
- In obesity one should follow the exercise as described in swasthachatushka
- The sadavrutta upkramas will help to reduce the violency in society. Also it has prime importance in medical profession where doctors are coming across with different types of peoples. They face various public in day to day practice so his behavior with patient & public should always good. The rules & regulations must be followed by person as mentioned under sadavrutta. It will give the respect in society.

#### Conclusion -

The swasthachatushka is helpful for the maintainance of good health, & to achivelong life & fame in the society.

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#### Cite this article as:

Varsha V. Magdum, S. G. Kulkarni, Importance of Swastha Chatushka with special reference to Charak Sutrasthan, ADJIM 2018: 3(1), p. 36-38.