

# Tsouna's On Choices and Avoidances

Post by “DaveT” of June 14, 2025 at 10:48 AM

[Quote from Bryan](#)

[Quote from DaveT](#)

four cardinal principals

[Quote from Don](#)

Tetrapharmakos

Yes, here is Tsouna on that section:

"The expression τὰ τέτταρα refers to the *Fourfold Remedy*. We suggest that it should be distinguished from τὰ κυριώτατα (1. 8). τὰ τέτταρα are *precisely four* principles originally expressed by Epicurus and later constituting the *Fourfold Remedy*. On the other hand, the term κυριώτατα in its technical sense is intended to cover all the fundamental principles pertaining to a certain subject and enabling the Epicurean student to confront particular problems and to solve them on his own."



Thank you. That is helpful.