

# Tsouna's On Choices and Avoidances

Post by “Don” of June 14, 2025 at 11:07 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."

This is very helpful, [Bryan](#) !

So, if I'm understanding the excerpt you cited:

τὰ τέτταρα literally means The Four Things (and *only* four things)

τὰ κυριώτατα literally means The Principal Things (as in a collection of things)

The word for "doctrines, principles" is implied in both in context.

From this here, τὰ τέτταρα is an alternative term for the Four Remedies that form the most basic, pared down, fundamental "things" on which Epicurus' ethics is built? I still think that the ethics is built on the physics, to be clear; but The Four is what one has to get right before "moving on" to details or to keep firmly in mind at all times?

Thoughts?