

# Diving Deep Into The History of The Tetrpharmakon / Tetrpharmakos

Post by “Patrikios” of November 9, 2025 at 4:00 PM

## [Quote from Don](#)

Diogenes specifically used φαρμακος (6.1 & 2) "[pharmakos] medicine." This medicine metaphor is in keeping with U221 and VS54. It's not a stretch for me to see this extrapolated to use in the Tetrpharmakos.

Thanks, [Don](#) I appreciate your reference to Epicurus as the physician of the mind & soul. This is a good reason to separate Epicurus from other philosophers who provided advice on how to act. Epicurus, the ‘savior of humanity’ teaches us to **feel**, as he provides us with a prudent path to follow nature’s provided feelings (pain & pleasure) to guide us in daily choices and avoidances.

## [Quote from Don](#)

Dispelling those fears that have no justification is what calms the troubles in the mind. That is, by definition and etymology, is **ataraxia**

The more we can calm the mind, reaching a state of ataraxia; modern physiology shows that a calm mind can release chemicals that relax the body, which helps relieve body pains in order to also achieve aponia. ☐☐