This paper is focused on the concept of catharsis in classic Greek tragedy. In the first part, it traces historical context of this term particularly through the work of Plato; and later, the main effort is devoted to Aristotle. It looks closely in Aristotle's Poetics and Politics, which are the only works where he mentions catharsis. After research of the Aristotle's texts, the study presents variety of interpretations that have arisen over centuries, examines them and derives an elementary understanding of catharsis. The second part of this work tries to trace catharsis in a sample of preserved tragedies of main Greek dramatists. It investigates tragic characters, plot and tragic emotions (i.e. pity and fear). The scope is to compare the Aristotle's theory and practice of dramatists, who lived one century before the theory had rised. Last but not least the study concludes by bringing forward an evaluation of this approach to the theory of Aristotelian catharsis.