

Ideal Doctor

(Ayurvedic perspective on the qualities in a Doctor)

Preface

Medical science is advancing by leaps and bounds in the past few decades. However, it is distressing to note that the noble medical profession is gradually getting transformed into a medical business. Medical education has become very expensive. The aim of a modern student is to become a doctor so that he can earn money and live a luxurious life. He is aware of his rights but often forgets his responsibilities. The modern doctor is enjoying the worldly pleasures but is losing the satisfaction derived from the respect and gratitude shown by his patients due to the absence of genuine care and the personal touch.

Every doctor should consider himself lucky as in the pursuit of his noble profession, he can save a life and restore his health. Ayurveda says that the doctor should not be satisfied with just practising in a righteous way and curing his patients. He is often considered as a friend, philosopher and guide by the patient's family. Sometimes he is even respected like God. The doctor should see that by acquiring Divine qualities he lives a life according to the expectations of his patients. It is not difficult to become a good doctor, a good engineer, a good businessman or a good scientist. But it is not easy to become a good man.

This is possible by :

1. Following rules of good conduct
2. Performing his duties as a doctor with perfect skill and knowledge
3. Treating patients with love and affection
4. Educating patients as to how to live a healthy, happy and a useful life
5. Working for the health and welfare of the society without expecting any return, and
6. Performing sadhana as described in Gurukrupayoga (Path of Guru's Grace), which is a confluence of Karmayoga (Path of action), Bhaktiyoga (Path of devotion) and Dnyanyoga (Path of knowledge) under the guidance of the Guru.

The aim of every doctor should be to become an ideal, that is an enlightened man and an enlightened doctor.

This text guides on how to become an ideal doctor as per concepts of Ayurveda. I am sure that this text will also encourage every doctor to appropriately contemplate on his present lifestyle and way of practising medicine. Thus, this text will be useful to all the doctors practising any system of medicine all over the world. - **Authors**

Index

(An asterisk (*) sign has been placed alongside important points)

Preface	12
Unique preface with spiritual terminology	14
Chapter 1 : Ayurveda	17
1. Ayurveda	17
2. Definition of life	18
3. Happy life (Sukhayu)	19
4. Useful life (Hitayu)	19
5. Definition of health	20
6. Origin of Ayurveda	21
7. Scientific approach	22
8. Purpose of teaching and studying Ayurveda	22
9. Guru-shishya (disciple) parampara	23
Chapter 2 : Medical education	24
1. Primary education	24
2. Universities	25
3. Admission to the University	31
4. Hospitals	31
5. Qualities of the medical student	33
6. Stress faced by a medical student	35
7. Fees for education	35
8. Oath of initiation	35
9. Relation with Guru	37

10. Relation with patients	38
11. Study of related sciences	39
12. Expertise in theory as well as practical	39
13. The entire world is a teacher to the intelligent	39
14. Method of study	40
15. Pramanas (Proofs) of the knowledge	40
16. The inner instruments of knowledge	41
17. The teacher	45
18. Final examination	46
19. Convocation address	47
20. Registration	48
Chapter 3 : Doctor	49
1. Doctor	49
2. Consultant (Specialist)	50
3. Yogi doctor	52
4. Royal doctor	52
5. Military doctors and surgeons	52
6. Fees and remuneration to doctors	52
7. Free treatment	52
8. Quacks	54
Chapter 4 : Four Pillars of treatment	56
1. Doctor	56
2. The nurse (Paricharak)	57
3. Specialisation in nursing	58

4. Qualities of a surgical nurse	58
5. Qualities of midwife	58
6. Wet nurse	59
7. Qualities of a wet nurse	59
8. Medicines	60
9. Qualities of good medicine	61
10. The patient	62
11. Success in treatment	62
12. Rasayana treatment	62
Chapter 5 : Limitations of the role of doctor	64
Chapter 6 : Goals of life	66
1. Goals of life	66
2. Dharma (Religion)	66
3. Artha (Wealth)	66
4. Kama (Fulfilling one's desires)	67
5. Moksha (Enlightenment)	68
Chapter 7 : Four stages of treatment	71
1. Four stages of treatment	71
2. Roganashini chikitsa	71
3. Prakrutisthapini chikitsa	71
4. Rasayana chikitsa	74
5. Increasing longevity	78
6. Naishtiki chikitsa	78

7. Who is an ideal doctor	80
Sadguru (Dr) Vasant Balaji Athavale, Author of this Text, conducted His medical practice in an ideal manner !	82