

# 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**

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

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<b>Sadguru (Dr) Vasant Balaji Athavale, Author of this Text, conducted His medical practice in an ideal manner !</b>	<b>82</b>