



## ELIGIBILITY CRITERIA FOR A FORMAL INITIATION OF A PUPIL INTO THE SCIENCE OF MEDICINE OR AYURVEDA ACCORDING TO SUSRUTHA

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### ABSTRACT

In Vedic period Guru Shishya Parampara (Teacher disciple tradition) is the method of education where the Shishya stays with his Guru as a student and gets the education through various ways and means from his Guru. In Ayurveda we get a specific eligibility criterion for a formal initiation of a pupil into the science of medicine. Acharya Susruta given a detail description regarding the qualities of a student who are going to be selected for studying Ayurveda at a 2<sup>nd</sup> chapter called Shishyopanayaniya-Adhyaya in the Susrutha Sutrasthana. Here an attempt is made to interpret the Susrutha view with the contemporary period of medical education system.

### KEYWORDS :

#### INTRODUCTION:

According to our Indian Vedic Tradition, *Upanayan Sanskar* is the ceremonial ritual, here when a child is admitted to Gurukul by his parents, his first *Sanskar* is *Upanayana*, this *Sanskar* is performed by the *Acharya* to the *Shishya* (student) called *Shishyopanayanam*. This ritual prepares the mind of a student to assimilate not only the Vedic knowledge but also make one a person of character. This article gives the knowledge about the eligibility criteria for medical student during ancient Indian times. Even today also admission to medical education is not an easy task for selection so many parameters are mentioned by both private and government institutions, which indirectly give the importance of various qualities of the student required for a selection of the medical course.

Following are the qualities of a student mentioned by *Susrutha* who are selected for *Shishyopanayana Samskara*.<sup>2</sup> Here selection is done on the following criteria.

#### Susrutha also specifies Caste wise reservation for medical entrance:

Student, belonging to one of the three twice-born castes such as, the *Brahmana*, the *Kshatriya*, and the *Vaishya*, can be taken into account.

A *Brahmana* preceptor is competent to initiate a student belonging to any of the three twice-born castes.<sup>3</sup> A *Kshatriya* preceptor can initiate a student of the *Kshatriya* or the *Vaishya* caste, while a *Vaishya* preceptor can initiate a student of his own caste alone. A *Shudra* student of good character and parentage may be initiated into the mysteries of the *Ayurveda* by omitting the *Mantras* enjoined to be recited on such an occasion.

#### Specific Eligibility Criteria's

**Vaya (Age Limitation)**<sup>4</sup>: the student must have appropriate or proper age as of today's scenario we can consider that it may be between 17-24 years, which is suitable for study, neither under age or crossed age limits.

**Sheela (Self-Discipline)**<sup>5</sup>: Discipline is important to study and practice a medicine with respect to behavioural code of conduct toward self, peer, teacher and patients.

**Shoucha (Proper Personal Hygiene In Actions And Thoughts Too)**<sup>6</sup>: practice of personal hygiene example nail,

unwanted hair cutting and trimming, wearing clean clothes, purity in thoughts and behaviours are more important as they interact with patients during training & provide medical care after completion of their studies. Personal hygiene is regarded as one of the most important elements of infection control activities. It alone can significantly reduce the risk of cross-transmission of infection in health care settings.

#### Shourya (Resilience)<sup>7</sup>

A career in medicine is filled with ups and downs. Patients die, attendings yell and meals are missed etc. It is basically the balance between managing the equilibrium of mental state in adverse problems as well as finding a solution to these problems.

#### Acharya (Good Character And Conduct)<sup>8</sup>

Student should be Non-Discriminating in code of conduct towards patient care. The student will not engage in romantic, sexual or other non-professional relationships with a patient or a patient's family and The student will not use alcohol or drugs in a manner that could compromise patient care.

#### Vinaya (Politeness)<sup>9</sup>

Students should treat all patients, faculty, staff, classmates, medical specialties, and health care team members with respect and consideration without regard to gender, age, race, religion, ethnicity, class, or sexual orientation. And should avoid the use of offensive language, gestures.

#### Balavan (Physically Fit)<sup>10</sup>

Student who are physically fit are better able to respond when called to do medical work. Can perform more work with less effort. Ability to perform the essential functions of a medical student is directly affected by your underlying fitness level.

#### Medha (Good Intellectual Power)<sup>11</sup>:

IQ includes reasoning ability, problem-solving ability, ability to perceive relationships with patients and their family, ability to store and retrieve information of medical science.

#### Druthi (Courageous)<sup>12</sup>

In medicine, students are exposed to really tough stuff and circumstances, like in surgery blood and haemorrhage, on-table variation in the vitals, brought dead cases, burn injuries etc. It is basically important to managing the equilibrium of mental state in adverse problems as well as finding a solution to these problems with lot of strength and courage.

**Smruthi (Good Memory)<sup>13</sup>**

Having good memory is a measure of students reasoning ability. It is supposed to assess how well a person can use the information and logic skills to answer the question and make true predictions in diagnosis and treating a disease and patient.

**Mathi (Prediction Power)<sup>14</sup>**

Self and future awareness essential for a medical student's to predict the complication, and outcome of a diseases, and also knowledge of their own strengths, weaknesses, Oral and written communication skills must be excellent for both to share knowledge and to convey empathy during course of education

**Prathipatthi Yuktha :(Interpretation Capacity)<sup>15</sup>**

An act of interpreting or explaining what is obscure is a highly essential for a medical student, because each diseases and each patient are different in medical circumstances.

**The Student Must Be Graced With The Necessary Qualifications Of Thin Lips, Thin Teeth And Thin Tongue, :**

because pleasant Voice, listening and body language all relay information verbally. Medicine is dependent upon the communication of ideas, concepts and orders. Speaking with the correct tone, idiom and language is integral. people with dysarthria have minor speech problems. Others have so much trouble getting their words out and may not be able to understand them very well. aphasia occurs when someone has difficulty comprehending speech.

**Normal Nose Structure Is Essential For Pleasant Tone And Speech,**

verbal communication is difficult for a physician to interact and understand in medical field. Defecte in pronunciation sound may lead to confusion and wrong diagnosis while interacting with the patients.

**Normal Vision With Large, Honest, Intelligent Eyes**

Student should have normal eye sight , because abnormal vision sight may interfere with the theoretical and practical learning, clinical examination with inspection of signs and symptoms of the diseases in patients and diagnosis are difficult if the student had various eye problem .

**Prasanna Chittha Vaak Chesta<sup>16</sup>**

(mentale stability in both the activities and speech) pleasant communication and Interaction skill, deductive reasoning and inferences based on knowledge and experience is essential, because in the medical science no two patients are exactly the same, and although the treatments may be similar, each patient must be evaluated individually. If not, potentially fatal errors can occur.

**Klesha Saham<sup>17</sup>**

(capacity to withstand physical and emotional stress and strain ), skills to cope with stress, an ability to deal with sacrifice and hardship. The journey to become a doctor is a long road. need to be able to keep pushing oneself even when it gets hard. need to pick oneself up after each problem one encounter and move on. if the candidate possessing these qualities should be selected for medical science.

According to *Susrutha* the student who process these qualities are eligible for enter into Ayurvedic or other medical professions and for this kind of Student *Shishyopanayanam Samskara* has to be given.

**DISCUSSION:**

In current scenario also, there are different competitive entrance exams are organised, along with different reservations in the different fields and cota system exists to

enter into a medical education .it summarise the incorporation of ,physical, mental emotional ,and intellectual qualities for the the student to enter medical profession. From above we can say that *SUSRUTHA* had a clear knowledge for the selection of the student for medical education. this field of surgery and medicine not only limited to just doctor patient interactions, it is more to life saving ang protecting profession, at the cost of patient life , small negligence from the part of student or trainer, or doctor is punishable offence, hence *Ayurveda* we get a clear indication for eligibility criteria for the selection of student for medical education.

**CONCLUSION :**

From the above we can concluded that *Susrutha* that being a practical person had a great knowledge about selection of medical student, Main aim of a medical science is to restore the health a diseased, protect the patient from death and maintain the optimal health condition.

To achieve all this student must be physically, mentally and emotionally stable. Otherwise wrong, prediction, interpretation , diagnosis and treatment from the student side after becoming a physician leads to threat to patients life and to his family, hence fundamental edibility criteria's must be clear and specific for a student who appear for medical proffesion and *Ayurveda* too, hence it not only limited for academic percentage and reservation of current contemporary selections through different entrance exams.

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