



FLIGHT MODE : Call of the time for doctors : healers *Let's change and of course, we can.*

Medical Science

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KEYWORDS

LETSSTEPBACK :

We have been hearing the line : “Time is a great healer”. It is often taken as a statement to help us with the grieving period. But, this statement can now be applied to the medical fraternity as a “tool”.

The world's first surgeon, Sushruta, had said –“ The greatest medicine of all- is to teach people, how not to need it.”⁽¹⁾

In an era of Artificial intelligence, increasing workload and accountability, physical and emotional burnout on our healthcare brethren; is there anything simple which can help us to improve the “milieu interior” without asking for more “artificial intelligence”

The practice of traditional healing in parts of world like Asia and Latin America had been appreciated by the world. The healers of that era did not have the “clinical evidence” or the “evidencebased practices”, but their practice was acknowledged as the healing touch. Sushruta had designed instruments which were used for surgeries, and to be mindful, it was not approved by any regulating bodies, but his healing conveyed an important culture of “faith”, amongst his fellows and patients.

THE ARTIFICIAL ERA:

The human being remains the same, but the difference is in the overuse of available resources. It's time we switch to *flight mode* while seeing a patient, discussing a medical problem or trying to plan a treatment for a medical issue. The flight mode of our system(human body) . The mode where we are only left with inbuilt tools of diagnosing a disease and solving any mystery : our brain – to think and our hands – for clinical examination.

The communication skills of a doctor is declining. There is lack of patience and the list would continue. There is a sudden surge of violence against doctors, even grievous injuries.⁽²⁾⁽³⁾⁽⁴⁾

The mob is usually seen attacking the doctor on duty in a hospital.

Is there a time to introspect on our basic human skills, rather clinical skills. We are repeatedly failing in the skill of -patience and humility. This is a high time when we should consider training the new students who are joining the medical world, the training of being a “ healer”.

THE TRICK OF MINDFULNESS :

We can follow simple things to reorganise ourselves and rest will fall in place . While driving a vehicle at night, we can see things what our night light shows us, but we keep on moving on the road chosen, with faith. We don't leave the journey and forget our destination just because its “dark”.

Similarly, if we have a dream of becoming a doctor, we should not abandon it because of the rising “concerns”. Circumstances around us can change, but first an individual must change; as quoted by Mahatma Gandhi: "Be the change you want to see in the world." ⁽⁵⁾

In the clinical practice, it can be judged with the years of experience that a medicine will work best for a patient or healing words will be more powerful in alleviating most of the symptoms.

What can be done ?

1. Develop the art of “listening”.
2. Meditation for the doctors and for the patients can be of great help. A most powerful drug available free of cost is : meditation. Know the correct technique and prescribe it to the patients. It's a wonder drug.

3. Go to roots of medicine : History taking and clinical examination. It will take us nearer to our diagnosis.
4. Improving the communication skills.
5. No bad words against our fellow/their treatment/failed surgery.

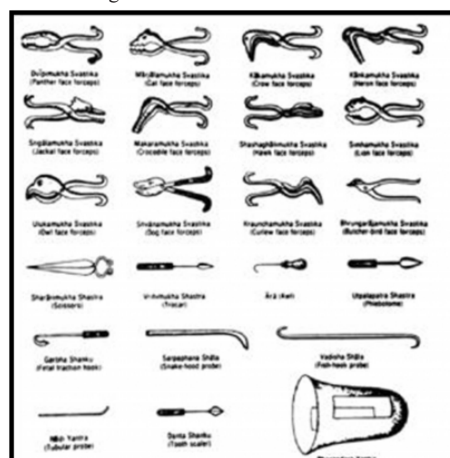


Figure 1 : Ancient instruments designed and used by Sushruta ⁽⁶⁾⁽⁷⁾

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