

## **IMPORTANCE OF SPIRITUALITY OF THE PHYSICIAN IN TREATMENT OF DISEASES**

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### **Abstract**

Spirituality can refer to an ultimate or an alleged immaterial reality; an inner path enabling a person to discover the essence of his/her being; or the deepest values and meaning by, or which people live. Spiritual practices, including meditation, prayer and contemplation, are intended to develop an individual's inner life. The relationship between spirituality and medicine has been the focus of considerable interest in recent years. Most of studies suggest that many patients believe that spirituality plays an important role in their lives. There is a positive correlation between physician's spirituality which plays an importance role in their lives. There is also a positive correlation between physician's spirituality and health outcomes. The evidence in the Ayurveda medical literature that suggests a strongly believe of spirituality of the physician. In this research paper will be discussed the role of the spirituality of the physician in health care relevant to Ayurveda literature. For this literary study, material pertaining to the spirituality of the physician will be compiled and scrutinizing the existing literature on logical justification.

**Key words:** Spirituality; Saviour of life; Quadruplet.

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## INTRODUCTION

Spirituality can refer to an ultimate or an alleged immaterial reality; an inner path enabling a person to discover the essence of his/her being; or the deepest values and meaning by, or which people live. Spiritual practices, including meditation prayer and contemplation, are intended to develop an individual's inner life. Medical officers and scientists once avoided the study of spirituality in connection to medicine, but findings within the past years have made some take a second look. According to Ayurveda science Catuspada (Quadruplet) is effective only when it is "Gunavat" (has all merits).<sup>[1]</sup>

There are four qualities of a physician.<sup>[2]</sup>

- Excellence of the medical knowledge
- An extensive practical experience
- Dexterity
- Purity

Among those qualities purity in a physicians helps the patient by dint of its spiritual force's he remaining three factors (medicine, attendant & patient) the most difficult disease required to be treated may soon vanish or it may quickly aggravate, depending upon the quality of the physician. By Acharya Charaka physician is identified as "pranabhisara" (saviour of life) by Acharya Charaka if he has qualities like study of the if he qualities like study of the science of medicine, in mastering their science of medicine, in mastering their actual implication, of the therapy & having practical experience is known as the saviour of lifesaving. Patients may involve, spending time with them, holding their hands and taking about what important to them. Patients' value these experience with their physicians.<sup>[2]</sup>

Studies show that religion and faith can help to promote good health and fight disease by spirituality.<sup>[3]</sup> Recent medical studies indicate that spiritual people exhibit fewer self-destructive behaviors (suicide, smoking, and

drug and alcohol abuse, for example), less stress, and a greater total life satisfaction.<sup>[4]</sup>

Much of the research linking spiritual and physical health has involved patients; however, the data offer a glimpse into a possible tie between a spiritual life and good health for people of all. In this research paper will be discussed the role of the spirituality of the physician in health care relevant to Ayurveda literature. For this literary study, material pertaining to the spirituality of the physician will be compiled and scrutinizing the existing literature on logical justification.

## AIMS AND OBJECTIVES

Main goal of this study to present number of ideas about spirituality of the physician in Ayurveda, and secondly these evidences scrutinize observed make an effort to comprehend why spirituality is importance to treatment to the patient.

## MATERIAL AND METHODS

Literary material from Ayurveda about the topic is compiled and analytically reviewed the data to established idea about importance of spirituality of the physician to treatment to the patient.

## REVIEW AND ANALYSIS

There is a main chapter in charaka samhita named Nirdesha chatuskaya (quadruple of basic precepts). Nirdesha chatushka is so called because it contains basic precepts on physician, drug etc. which are necessary equally for the healthy and diseased. In this all the aspects of quadrate, regimen for person possessing normal health have been described. Among these, the four aspects named as chatushpada dealing with the physician, drug, attendant and patient. Accordingly Chakrapani the word pada signifies essentiality of all the quarters as in a metre which can't come in to existence without all the four quarters. The

idea of chatuspada is based on the simile of quadruped animals in which all the four legs are essential for their proper movement. Point of Ayurvedic view is any disturbance in the equilibrium of dhatu is known as disease and on the other hand the state of their equilibrium is health.<sup>[1]</sup> Over and above health and disease are also defined by Charaka as pleasure and pain respectively.<sup>[5]</sup>

As per view of Ayurveda for any successful treatment, not only good moral character is required but also four qualities of a physician; excellence of medical knowledge, a dint of its spiritual force.<sup>[2]</sup> Though quadruped of therapeutics in all, equipped with sixteen qualities are responsible for success in treatment yet the physician, by the virtue of his knowledge, administrative position and by prescribing capacity, occupies the most position among them.<sup>[2]</sup> After distinguishing between quacks and qualified physician by their performance the former have been denounced. Acharya Charaka says the qualified physician is Pranabhisara. He should have adequate theoretical knowledge, practical experience and skill. By analyzing this word Pranabhisara Chakrapani says that brings back the departing vital breath. Medical text vaidyajivani mentioned there should be two spiritual qualities of the physician. These are shuchi, krupalu. Knowledge of the science of medicine is likened to the light for the purpose of illumination; ones own mental faculty to the eye (for the purpose of seeing things). A physician endowed with both of them, that is scriptural knowledge and his own intelligence does not commit mistakes during the course of his treatment of a patient. As the remaining three factors of treatment depend on the qualities of the physician, a physician should all ways try to enrich his own qualities. the physician should be sympathetic and kind to all patients, should be concerned with those who are likely to be cured and should feel detached with those who are towards death.<sup>[6]</sup> According to Ayurveda the teacher (that means the physician who teaches to the medical

students) should be equipped spiritual qualities like pious, free from vanity, envy and anger. Then he should affectionate to the student.

Ayurveda is eternal. It deals with such things as are inherent in nature; and such natural manifestations are eternal. There is no discontinuity either in the living process or in the knowledge of things (conductive to it or otherwise). Living beings who know about the various factors relating to the science of life are also eternal. The knowledge of happiness (good health) and unhappiness (ill health) along with their etiology, symptomatology and therapeutics has a continuity and is without any beginning. This is what is described in the Ayurveda.

So, to be a physician is not a little thing according to Ayurvedic view. It is very important for a physician to have clear and correct knowledge and for this a clear idea of the method of study and how to be a spiritual character should be known. Therefore Lord Danvantari has propounded the chapter shishyopanayanaya. It is clearly mentioned that the medical student should have spiritual qualities like purity, good behaviour, nature (sheela) e.t.c. in this context sheela means moral conduct of the student. Modern sciences really do not know for sure how spirituality is related to health. However, now they believe it seems the body, mind and spirit are connected. The health of any one of these elements seems to affect the health of the others. Patients suffering from serious diseases are dragged towards death by Yama (the god of death). The physician gives them life by cutting this noose of the god death. Therefore, in this world, there is none equal to a physician who can help an individual with both dharma (righteousness) and artha (wealth). There is no other gift which excels the gift of life. Compassion for the living creatures is the dharma (righteousness) par excellence.

A physician, who enters into medical profession keeping this ideal in view,

accomplishes his objectives best and gets happiness par excellence.<sup>[7]</sup> The physician apply his knowledge so acquired for the treatment of diseases with a view to bringing the dhatus to their normal state after determining the stage of the disease, his own ability and the properties of the drugs employed. He is imbued with memory; intelligence theoretical and practical knowledge. His nature cordial feelings exactly like the mother father, brother and knit towards all creatures. Patients having such qualities give life to patients and cure their diseases.<sup>[8]</sup>

Point of Ayurveda view physician is not a person who is cure diseases, Sometimes disease are cured automatically then what is the necessities of qualified physician, he is the bestowed of physical happiness and longevity, he is the donor of virtue. What is the reason talking spirituality about physician? Accordingly Ayurveda therapies are of three kinds viz, spiritual therapy, therapy based on reasoning (physical propriety) and psychic therapy. Spiritual therapies are incantation of mantras, talisman wearing of gems, auspicious offerings, gifts, oblations, observance of scriptural rules atonement, fasts, chanting of auspicious hymns, obeisance to the gods, going on pilgrimage, etc., administration of proper diet and medicinal drugs comes under the second category. Withdrawal of mind from harmful objects constitutes psychic therapy.<sup>[9]</sup>

According to Chakrapani in the case of daivavyapasraya treatment daiva means invisible fate and like incarnation etc. in addition to this he says which alleviate disorders by the medium of the same are included under “daivavyapasraya” treatment or it may relate to propitiation gods who destroy the disorder soon after been satisfied with offering. To do this treatment Physician

should be spiritual person. Physician is the person who advice to the patient practices regarding social relations.<sup>[2]</sup>

## CONCLUSION

Ayurvedic literature shows that spirituality of physician discussed in this research paper can direct to contribute the healing and a sense of well being of the patient. Prevent some health problems and help to cope with illness. So Person who wants to improve health, may think about the spirituality.

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