



**SRIMAD
BHAGAVAD GITA
AND
THE MEDICAL PROFESSION
REFLECTIONS IN MODERN TIMES**



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Mr. S.S., his family, his village persons and whole hospital staff, came to me with simple flowers to show their gratitude. I was deeply touched.....

Kindness is like butter; it works best when you spread it around.

{XXI} CASE REPORT

FAITH, KARMA AND HEALING - DR. ANAND AMBALI

A 50 years old lady was brought to me, having been bedridden for nearly a month. She was having fever, decreased appetite, pain in abdomen, weight loss and generalized weakness.

She had consulted three clinicians before seeking advice from me. Possibly because of frustration, they requested me to treat this patient. They also stated they are willing to accept any outcome. I admitted her and started the treatment. The previous doctors had investigated her extensively and she was diagnosed having secondaries in peritoneum as shown in Computed Tomography of abdomen. Her family members were informed that she is suffering from cancer which has spread all over body and will not survive and advised the relatives to take her home.

On examination, she had swelling of abdomen and feet. She also had severe anemia.

I decided to try a course of anti-tuberculous drugs for her along with supportive treatment like correction of anemia and psychological counselling of the patient and family members, because it was my sixth sense that was telling me that she could be suffering from tuberculosis of abdomen.

It has been recommended by senior physicians in India, that a person with fever, and weight loss should receive anti-tuberculous drugs and observe the response, even when the cause is not identified despite extensive investigations.

After five days of initiating the anti-tuberculous drugs, the intensity of fever started reducing and gradually there was improvement of appetite. From the 15th day of admission, the swelling on legs subsided, appetite improved and on 20th day she started getting up from the bed and moving around. On 25th day she was back to near normal activities with no fever and improved appetite. I discharged her after 25 days of stay in hospital. The total treatment for six months was advised.

The faith and confidence of her family members encouraged me to do my best. The caregivers were very cooperative.

On her 60th birthday the lady came to my hospital with family members and honored me. She sat next to me, immensely thanked with tears in her eyes and she said that during last eight years, she has fulfilled all her family responsibilities like education and marriage of children and just last week retired from her service in bank. She could fulfil all her family responsibilities only because she got new lease of life from me. I am eternally grateful for the love and faith bestowed in me and my professional skills.

CHAPTER 5 VERSE 10, CHAPTER 5 VERSE 26 AND CHAPTER 18 VERSE 6

ब्रह्मण्याधाय कर्माणि संगं त्यक्त्वा करोति यः ।

लिप्यते न स यापेन यद्वापत्रमिवांभसा ॥१०॥

Lord said - He who performs actions offering them to Lord and abandoning attachment is not tainted by sin as a lotus leaf by water.

कामक्रोधवियुक्तानां यततीनां यतचेतसाम् ।

अभितां ब्रह्मनिर्वाणं वर्तते विदितात्मनाम् ॥१६॥

Absolute freedom (instant liberation) on all sides for those who are self-controlled, self-disciplined and abstain from all forms of indulgence-free from desire and anger, who have controlled their thoughts and who have realized the Self.

एतान्यपि तु कर्माणि संगं त्यक्त्वा फलानि च ।

कर्तव्यानीति मे यार्थं निश्चितं मतमुत्तमम् ॥१६॥

Acts of charity, sacrifice and austerity purify the hearts. O' Arjuna these actions should be performed leaving aside attachment and the desire for rewards. This is my certain conviction.

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ABOUT THE AUTHORS



Dr. S. Ramnathan Iyer is a postgraduate in General Medicine (1978) and a Fellow of Royal College of Physicians (Glasgow). He was trained in Sleep Medicine in USA and is a Fellow of Indian Sleep Disorders Association. He is also the Fellow of Indian College of Physicians, Geriatric Society of India and Indian Society of Hypertension. Dr. Iyer has to his credit, many scientific publications both in National and International journals. His research areas include Diabetes, Sleep Medicine,

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