

Absolutism in the Medical fraternity

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Received: 19th December 2020; *Accepted:* 18th February 2021; *Published:* 01st April 2021

We Don't Know

Medicine Man of the West or the Vaidya of the east. A thing common among them is Absolutism. Their Ideas Come from the Burden of Knowing one carries on their head. Its not to say anything demeaning. But knowing is always limited. Either from a book, either by cutting open cadavers, either by something somebody else has said. Either by references and experiments. Its Always limited. Now after ages some doctors are discovering new Glandular organs [1]. This is to say how little we know about the Human Body.

How much does it take to come to "We Don't Know". Yes, We Don't Know. Let us take our all time favorite medicine Aspirin. Now after Ages of it being available like a chocolate that most physicians handout, we now have some studies to show its not recommended [2]. So that is to say again someone picked a few people and fed them the chocolates and found something else. These Challenging times has Brought Us All closer to the We Don't Know.

Looking beyond the Symptoms

Allopathy mostly is Symptomatic Treatment. What Physicians Are really doing is looking at the External symptoms , processing that data from the Books they read or Similar cases they saw [These days Its called Uptodate In the west], And coming up with Probable diagnosis and then Outlining Treatment Strategies.

Here Comes Artificial Intelligence In medicine [3]. What If a Robot and artificial Intelligence [AI] could take over medicine in the next 25

years. Several Physicians are also helping make the AI technology in the west better. Since it can store all the data from all the books and Interpret it better and can outline the diagnostic and Treatment Options without the Human Glitch of having to remember all the stuff. We also know about the robotic surgeries which could likely be conducted from a different place.

So we would be Jobless. Yes, we like to say, we add the Human Touch! But Do We?

The Solution would be if we could look beyond the Symptoms .This has been explored In the East for centuries and various other systems have stemmed out from this understanding, including Ayurveda or Siddha. One essential thing in these sciences was the individual who dispensed these medications had ample understanding of the human system from within. This has been Lost over the ages due to commercialization of medicine. Given the Health Expenditure of America (3.6 Trillion Dollors / year), which speaks for itself that Health is something that this country is struggling with. Now our age old fable, of the Monkey and his Copying ! The world seems to have caught on copying the west and the west looks to the east for answers.

Health An inside Job !! And Do we really Want To know.

Right now, when the world is facing a situation like this, medical professionals must be in the best state of mind and body. Chronic workplace stress causes burnout and reduces

professional efficiency [4]. Our bodies function best when we are in a state of well-being. So before we treat others we must look at ourselves. For the truth is Nobody Really wants to die. Neither the Soldier on the field and neither the physicians, our nurses and the ward boys. No matter what one feeds himself in the mind [Morals and duties and national interest], even the ant will fight for its life when threatened. So a solution would be to explore our sciences which could Strengthen Us. For the only Way out is IN.

This year the Noble prize in Physiology was awarded to people, who helped reveal the mechanism with which cells in the body adapt to oxygen availability. Did we not know that this body needs oxygen and the plants need carbon dioxide. Are we not drinking carbonated Drinks due to social influences and expecting to be healthy. Do we really need some discovery in the west to teach us what we already know.

The era of evidence based learning

Let us start with the Important stuff that the west is exploring .Yoga .Yes, An age old science of

strengthening the system from within. It gives you the liberty to experiment and know. No books required. Yet we wait for somebody in the west to tell us what works !!!

These sciences have been manipulated and twisted around in such a way that they seem to be unrecognizable these days. They have been in rage in the west since there is scientific data now. From being able to cause 242 percent neuronal regeneration in 3 months, to producing endocannabinoids [5-7]. Also increasing oxygen consumption by our cells [8].

Moving forward we may encounter several Pandemics where our evidence based medicine may have no more evidence. In such situations the reliable parameters can only come from within. Only in exploring from the inside will we be able to tackle what is thrown at us. For before we touch other lives, its of utmost importance that we touch our own precious life. And we ourselves firstly become an epitome of health and vitality.

Financial Support and sponsorship: Nil

Conflicts of interest: There are no conflicts of interest.

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Cite this article as: Khaira H. Absolutism in the Medical fraternity. *Al Ameen J Med Sci* 2021; 14(2):83-84.

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