

Village India **and** **Health Services**

A Choice
before
Medical Students

Sponsored by

The Ecumenical Christian Centre
Whitefield, Bangalore, India

THE ECUMENICAL CHRISTIAN CENTRE, WHITEFIELD, BANGALORE, ORGANISED A CONFERENCE ON 'VILLAGE INDIA AND HEALTH SERVICES', FROM 8 TO 11 MARCH 1977, ATTENDED BY 94 STUDENTS FROM 9 MEDICAL COLLEGES IN SOUTH INDIA. THIS WAS AN EXPOSURE TO THE CHALLENGES OF RURAL INDIA. DOCTORS FROM RURAL AREAS SHARED THEIR EXPERIENCES WITH THE STUDENTS. THEY DISCUSSED, THEY VISITED RURAL PROJECTS. THE VILLAGERS AND THEIR PROBLEMS HAVE LEFT AN INDELIBLE IMPRESSION ON THOSE YOUNG MINDS.

VILLAGE INDIA AND HEALTH SERVICES

For many of them it was the first realisation of the hardships of people who live and of doctors who work in rural India. As someone put it "Yes, in that a lot of us people had our eyes opened *only* now—how disillusioning our studies have been!"

There were 94 of them—young and enthusiastic medical students officially sponsored by 9 medical colleges in South India. They spent 4 days at the Ecumenical Christian Centre attending the Conference on Village India and Health Services, 8-11 March 1977.

They discussed, fought and definitely thought a lot. They were exposed to the realities of rural India and health services needed by people in rural settings. They talked and discussed with people like Dr. A. K. Tharien of Oddanchatram, Dr. S. A. Jeyaram of Gandhigram, Dr. Sophy George of Hoskote Mission, Dr. Daleep Mukarji of Rural Unit for Health and Social Affairs, Christian Medical College and Dr. Sara Jacob of Christian Medical College who are all in their own way involved in rural and community health services. They also had field trips to the remote villages of Sivvannapura and Oblahalli.

Broken words.....sentences.....articulated during discussions and visits to villages are reproduced in this booklet. These expressions are evidence of their flat frustrations and distant hopes.

TO THE VILLAGES

Remarks and comments heard during the visit to the village.

- Walking in silence was an experience to me.
- I cannot stick to this place for more than a day.
- It is impossible for a doctor to attend on one patient and keep quiet during the rest of the day.
- Without proper transportation a doctor in these villages will have to spend most of his time in running from one place to another.
- If I live in this village I will begin to look like them in some years.
- First time I am visiting a village and it has no toilets and no running water facilities.
- Men can manage but women doctors cannot manage to live in such joints; especially the village elders will not accept a young lady doctor.
- There does not seem to be water anywhere.
- “I wonder how they manage to drink this junk? Why cannot they boil it?” “What will they boil it with?” “Well I guess with firewood”. “They don’t even have enough wood to cook their food.”
“Well I guess they better use a kerosene stove”. “I see”.
- You know what is fascinating about this place, it is not the romance of country side but the challenges it poses.
- Don’t think these village children are drawn to you because you are doctors. They have

come to see your colourful Bruce Lee tee shirts, your flare ups and the works of it.

- You mean to say this is not a poor village?
And they say it is developed too!

SIVVANNAPURA

Here is Dr. Sophy George's small house in this little village of Sivvannapura.

- Groovy joint man! (referring to the small village house).
- "Where do you think the kitchen is?"
"Look for where the fridge is". (Believe it or not some did search for the fridge in the kitchen).

That day ended with the students walking five miles back to the bus wondering:

- Why cannot the villagers or the government build better roads so that we could avoid this tedious walking?
- Why the villagers cannot improve their lot?
- Why life seems so dull in these places?
- Why are they so filthy?
- Why don't they deepen their well?
- What motivates some doctors to go to these places and work with these poor people?
- What kind of social philosophy should one evolve for the overall upliftment of these people?
- How do you improve their social and health conditions?
- How do you help them plan their families?

It certainly was a tiring day.

STRUCTURES ?

Now they are back at the Centre, they started talking about their curriculum.

- Expose us to the realities of rural India.
 - We need some more satellite centres and peripheral hospitals.
 - Our education is too much disease oriented.
 - Do something. I mean do *SOMETHING*. I mean.....bust the jokers.
 - The 5% jokers must be busted. Those are the guys who determine the curriculum we have to study.
 - They want specialists so they train us to be specialists.
 - Well, you don't teach somebody swimming by drawing a diagram on the black board. You straight away dump him into water and there he learns it. So dump the medical education right into the rural set up.
 - **Our training is irrelevant to the realities of this country.**
 - There is too much imbalance between quantity and quality of care.
 - Facilities in the village should determine the training and not the other way round.
 - Listen and learn from today so that we can prepare for tomorrow.
 - **Until and unless there is social & economic up-liftment, medical care alone will not help.**
 - **Raise their standard of living and they will reduce the number of children.**
 - **Change in curriculum does not change society but change in social order brings about curriculum changes.**
- Do not look for romanticism in the rural set up. Search for challenges.**

They went on discussing their curriculum idealistically believing that they will be able to influence the 5% who would eventually change the curriculum to suit the health service needs of rural India.

BETWEEN THE TWO WORLDS

They shared their hopes and fears too.

- Why not our friend from Mysore join politics?
- I wish somebody will motivate our teachers. We very often tend to follow their pattern of lethargy and comfort.
- I want to settle in life peacefully after studies.
- But will I be peaceful and successful in a village, if I were to venture into one?
- Charity begins at home, so I guess I should pay my parents the amount spent on me and earn money for my family. It is true the community has spent Rs. 65,000/- on my education but that is nothing compared to the sacrifice that my family made to educate me.
- In spite of the $4\frac{1}{2}$ inch foam mattress I could not sleep peacefully after Dr. Tharien's talk.
- What motivates people like Dr. Tharien and the Aroles to do the type of job they are doing?

Where did they find the initial money to start the project?

- So Dr. Tharien got only Rs. 5/- as pocket money to start with!
- What the hell will I know immediately after graduation without any experience?

- Must I go? What about the other ideas I had?
- I found my conscience pricking at the end of it all. I want to change. I am patriotic. Yet I do not want to be the one to make the sacrifice. Probably with some more motivation I may change.
- But today I am not sure what I am going to do.

Statistics is not the best thing to quote to evaluate the outcome of a Conference of this nature. Still it was encouraging to note that 83% of the participants agreed that doctors should be agents of social change. 90% felt that they would like to spend two years in a rural area soon after graduation. When asked what they prefer to do with their lives, 27% felt they would like to work in a rural area atleast for a short period. 18% would like to join a big teaching hospital and 17% would like to work in a Public Health Centre. 8.5% would prefer private practice in a rural area with a population smaller than 15,000. 4% would like private practice in cities and 5.7% would like to settle abroad.

But it is clear that atleast a few students were motivated to re-think as to whom they should serve and where they should work. They certainly were made to realise that medical education and practice should not be looked at in isolation from the socio-political and economic realities of India.

It certainly was a rewarding experience for the staff of the Centre to have the fellowship of these young and idealistic people who are hoping to take up responsible posts in the service of the nation.

COLLEGES REPRESENTED

Goa Medical College
Gulbarga Medical College
Bellary Medical College
Mysore Medical College
Bangalore Medical College
St. John's Medical College, Bangalore
Medical College, Pondicherry
Madras Medical College
Christian Medical College, Vellore

STATEMENT ON THE HEALTH OF THE INDIAN PEOPLE

Report on the

Joint Panel

of

The Indian Council of Social Science Research

The Indian Council of Medical Research

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India achieved independence in 1947 after over two centuries of foreign rule. The then appalling state of people's health was reflected in the life span of 27 years. A quarter of those born died within the first year of life and another half before reaching the age of 10 years. About two lakh women died annually from causes associated with childbirth and, 100 million suffered from malaria, two million of which died of the disease each year. The medical service based on the Western model was equally appalling. This was stated by the Bhole Committee in their report, 'Health Survey of 1946'. Following this detailed study, they recommended a plan for improving health and medical care based on a decentralised but integrated Primary Health Care concept based within the local community and involving the people. Although based on the Western concept of health, it was the first, 'Health for All', document aimed at providing basic preventive, supportive and curative services to the 'tillers of the soil' who then comprised 92 per cent of the population. This plan was adopted by the Government as the blueprint for the health of independent India. A major shortcoming of this report was that it was based on the assumption that the leadership of the key unit, the Primary Health Centre, would be provided by the doctor trained for five years in Western style medical colleges of our country. It also failed to appreciate the age-old health culture and health practices of our people as also the well-established indigenous systems with their emphasis on physical and mental health rather than mere medical care. A dissenting note by two Indian members of the Committee stated, "No doctor trained for five years in an urban medical college would live and serve in a village PHC except under conditions of duress". They recommended continuation of the three-year Licentiate Medical Practitioners course that was, unfortunately, disbanded. Ignoring

this, in what was otherwise a useful plan, has been a major factor for the failure of our existing health system.

There has been substantial improvement in the health and quality of life of our people since independence, even though the total population has more than trebled in the last 50 years. The literacy rate has increased from 18 to 62 per cent, the birth rate has decreased from 40 to 25 and the death rate from 27 to 9 for every 1,000 population. The infant mortality rate, a good indicator of the overall health status, has shown remarkable improvement from 134 to 72, while the life expectancy has increased from 32 to 63 years.

Nevertheless, these figures should be compared not only with the low base line but also with the achievements of countries like China, Sri Lanka and our own state of Kerala during the same period, as they also started from a similar base line. China that spends only 3.5 per cent of its GDP on health, as against 5 per cent spent by India, has an overall health status which is superior to ours with an Infant Mortality Rate of 48 as compared to 72 of India and a life expectancy of 72 years, while it is 63 in India.

Kerala with a per capita expenditure of less than US\$25 on health has an infant mortality rate of 16 as compared to 9 of the USA expending over \$5,000 per capita, demonstrating that the cost of health cares has little relation to its effectiveness and, that good health care is remarkably cheap. Like Germany, Kerala has a population growth that is below the replacement level.

Despite a fourfold increase in the production of food grains since Independence and having 40 million tons of excess stored

in Government godowns, half of our children continue to suffer from malnutrition. About 36 per cent of our population continue to remain below the poverty line even 53 years after gaining independence.

The dramatic improvement in health following independence must be seen not only in the context of techno-managerial medical achievements, but even more so, in the context of the overall social, cultural and economic improvements, however limited, as in education and nutrition. Underlying this was a strong political, professional and bureaucratic will to reach the benefits of Independence to all those who had participated in the independence struggle and not merely to the elite. Small pox was eradicated, malaria reduced from 100 million to less than 1,00,000 cases with no deaths, and endemic cholera and plague brought under control. This was achieved on a countrywide scale within a decade and a half, despite limited financial and medical resources using the same knowledge and technology previously restricted to the cantonments of the British rulers. Unfortunately, this has not received its due recognition, not only internationally but even in our own country.

And yet, by the 70s, the rate of progress of these early achievements had slowed down despite considerable increase in financial resources as well as medical knowledge and technology. India became a signatory to the WHO Alma Ata declaration of 'Health for All' in 1978. This was due to the erosion of political and professional will which was reflected in the entire mode of development of our nation guided by a new elite that had gained control of the centralised levers of power and, looked to the West as their role model. As a consequence, the emphasis gradually shifted from Health,

Education and Welfare for All to the urban industrial form of economic development to suit the requirements of select few.

As a result of the inability of the medical profession to provide the necessary leadership, public health services were taken over by the bureaucracy at the Centre and state levels. Even though health was a state subject, the direction and control became over-centralised in the Ministry of Health and Family Welfare in Delhi which looked up to international experts for advice and guidance rather than to our own, such experts were unable to appreciate the entirely different social, cultural and economic conditions in which the health system had to operate. This also disrupted the integrated PHC concept of the Bhore Committee that was replaced by a variety of vertical 'specific' Primary Health Care Programmes to be achieved as 'targets' set by a hierarchical bureaucracy. The major thrust was on the control of the population under the title of Family Planning, later to be euphemistically termed as Family Welfare supported by supplementary vertical programmes like Child Survival, an expanded programme of Immunization, Maternal and Child Health and Reproductive and Child Health. The target pressures of these and other National Disease Control programmes together with constant 'transfer' of staff has alienated the PHC and its staff from the people without attending to their immediate curative felt needs.

The major health and medical resources have been increasingly concentrated in both quantity, and even more so in quality, in the more affluent urban areas. The over-production of doctors in 106 Government medical colleges and their specialist hospitals at public expense has failed to provide the necessary services or leadership to the rural PHCs. They now

serve in the rapidly expanding profit-oriented curative private sector or emigrate to greener pastures abroad. The lucrative nature of private medical practice has been revealed by the establishment of a large number of private medical colleges charging capitation fees.

It was at this juncture that a joint panel of the Indian Councils of Social Science and Medical Science Research (ICSSR/ICMR) was appointed in 1978 to study the then prevailing problems of health and medical care of our country. Its landmark report, 'Health for All: An Alternative Strategy', of 1981, was discussed by a Parliamentary Consultative Committee. This report differed from all previous reports by visualising both physical as well as mental health in a far wider perspective, resulting from an interplay of social, cultural and economic factors such as nutrition, education, female status, water, sanitation and environment, with medical care as a supportive service, not in the reverse. Also, that this in turn would depend on the political will of a democratically elected government. This political will needs to ensure that the basic needs of the vast majority who live in the six lakh villages and urban slums must receive priority over the more exotic needs of an affluent urban minority.

This report expressed its deep concern about the change of the mode of development of the country from a predominantly village based agro-industrial labour intensive country with limited financial resource, to an urban capital intensive form of development mass producing consumer goods for export and for the local elite. This Westernised mode of development implemented *ad hoc* was entirely different from the basic, social, cultural and economic requirements of the vast majority of our

people as was recommended by Gandhiji.

The rapid economic development of all socialist countries like the USSR and China was preceded by social development of all its citizens rather than waiting for the hypothetical 'trickle down' effect of economic development which in a non-egalitarian society is invariably a 'trickle-up' phenomenon with increased polarisation of society. This report, hence, emphasized the role of primary education especially of women and children, employment for all at adequate wages, improvement in the status of women as also of Scheduled Caste and Scheduled Tribes. Improvement in nutrition was to be ensured by increasing the purchasing capacity as well as through better housing and environment in both the rural and urban situation.

In the field of medical care, it demanded a radical change in medical education in keeping with the prevailing pattern of communicable diseases and a balance of health manpower in favour of paramedics and village health workers rather than the existing inverted ratio of doctors and nurses. All these should be provided a wider education in the epidemiological, socio-economic, cultural and political aspects of health rather than mere medical technology. Even the orientation of the Preventive and Social Medicine Department has been essentially of a Western technological nature ignoring all other systems of health and medical care that are a part of our indigenous health culture and practices. A major recommendation was for radical decentralisation of health and medical care to the great extent that it is feasible. Based on the barefoot doctor experience of China and several experiences in our own country, the report stated that about 80 per cent of all basic health and medical care can be best undertaken at the village level with locally

trained health functionaries, and that about 95 per cent of all health and medical care can be undertaken within the 1,00,000 population (Taluka/Block) level with the support of a Community Health Complex including a Hospital with broad based specialist services, under the financial and administrative control of the local community at each level.

These distortions of the health and medical scene were reiterated in the preamble to the National Health Policy of 1983 as follows: "The demographic and health picture of the country still constitutes a cause for serious and urgent concern. The high rate of population growth continues to have an adverse effect on the health of our people and the quality of their lives. The mortality rates for women and children are still distressingly high; almost one third of the total deaths occur among children below the age of 5 years; infant mortality is around 129 per thousand live births. Efforts for raising the nutritional levels of our people have still to bear fruit and the extent and severity of malnutrition continues to be exceptionally high. Communicable and non-communicable diseases have still to be brought under effective control and eradicated. Blindness, leprosy and TB continue to have a high incidence. Only 31 per cent of the rural population has access to potable water supply and 0.5 per cent enjoys basic sanitation. High incidence of diarrhoeal diseases and other preventive and infectious diseases, especially amongst infants and children, lack of safe drinking water and poor environmental sanitation, poverty and ignorance are among the major contributory causes of the high incidence of disease and mortality. The existing situation has been largely engendered by the almost wholesale adoption of health manpower development policies and the establishment of curative centers based on the Western models,

which are inappropriate and irrelevant to the real needs of our people and the socio-economic conditions obtaining in the country. The hospital-based disease, and cure-oriented approach towards the establishment of medical services has provided benefits to the upper crusts of society, specially those residing in the urban areas. The proliferation of this approach has been at the cost of providing comprehensive primary health care services to the entire population, whether residing in the urban or the rural areas. Furthermore, the continued high emphasis on the curative approach has led to the neglect of the preventive, promotive public health and rehabilitative aspects of health care. The existing approach, instead of improving awareness and building up self-reliance, has lent to enhance dependency and weaken the community's capacity to cope with its problems. The prevailing policies in regard to the education and training of medical and health personnel, at various levels, has resulted in the development of a cultural gap between the people and the personnel providing care. The various health programmes have, by and large, failed to involve individuals and families in establishing a self-reliant community. Also, over the years, the planning process has become largely oblivious of the fact that the ultimate goal of achieving a satisfactory health status for all our people cannot be secured without involving the community in the identification of their health needs and priorities as well as in the implementation and management of the various health and related programmes."

That 36 per cent of the population still continues to live below the poverty line, 70 per cent of women in the child bearing age suffer from anaemia, and 85 per cent of our population continue to live in six and a half lakh villages and burgeoning urban slums under conditions of poverty and ill-health 50 years

after independence is a severe indictment of those who have controlled the reins of power and authority during this period. The recommendations of the ICSSR/ICMR report and of the Government's own National Health Policy have been ignored. It is not surprising that under the circumstances there is now a re-emergence and resurgence of diseases of poverty such as tuberculosis, malaria, water-borne diseases, acute respiratory infection of children, filariasis, dengue, Kala azar, encephalitis and sexually transmitted diseases. The underlying cause of all these lies in the increased polarisation of our society and resultant increase in poverty despite a vast increase in overall wealth. A major cause of this lies in the Structural Adjustment Policy imposed by the IMF in the 90s as a result of extensive international borrowing from the World Bank during the 80s for a form of development that has excluded 85 per cent of our population from its benefits. To blame this on population increase is unjustifiable in view of the experience of our own state of Kerala.

Structural Adjustment Policy has also enforced a 20 per cent reduction in the Government budget for health including water and sanitation which has further marginalised the poor and perpetuated the diseases of poverty. The answer to this does not lie in vaccines and further vertical programmes for individual diseases, but in a policy that does not accentuate but reduces poverty. Experience even in the West shows that most of these diseases disappeared with minor egalitarian type of socio-economic improvement associated with widespread basic education. Unfortunately, we are now offered large 'safety net' loans by the same World Bank for those who have been thrown by them off the cliff. This can only perpetuate the vicious cycle of poverty and its diseases. Loans for facetious

programmes like DOTS for tuberculosis, impregnated bed nets for control of malaria and for population control and its adjuvant programmes under the guise of Family Welfare. Much of the extensive loans for improving Primary Health Care have been utilised for buildings and equipment but not for improving the service component of the PHCs as almost 80 per cent of recurring PHC expenditure is on salaries. This can only help perpetuate the vicious cycle of indebtedness by seeking further loans and consequently increasing conditionalities imposed by the IMF.

Another major cause of deterioration of the health of our people is the encouragement and support provided to the purely curative and profit-oriented private health sector by the Government at the cost of public health services which have to provide preventive and supportive care to the entire population and also basic curative services to the poor who cannot afford the private sector except under duress. The exploitative nature of the private sector is demonstrated by the fact that the rich are dangerously over-investigated and over-medicated in five-star hospitals, the middle class pauperised in imitating the rich, and over 20 per cent of the meagre household expenditure of the poorest is being diverted from food to doctors and drugs chiefly of the wrong variety. Privatisation of public health services and the demand for health insurance by the World Bank and IMF can only further compound the problem and deny even the few modest services that exist for the poor. The production of 60,000 drugs and formulations, while WHO estimates that about 350 can serve all medical requirements, denotes the extent of the nexus between the medical profession, the private sector and the burgeoning health industry which is permitted by a democratically elected government even when

over 36 per cent of the population still lives below the poverty line. About 70 per cent of women in the child bearing period continue to suffer from severe anaemia, 100 million children do not attend school, 19 per cent of the population is without access to safe drinking water, 71 per cent without sanitation and malnutrition is on the increase due to removal of food subsidies.

The silver lining lies in the enactment of the 73rd and 74th Amendments for decentralised governance as a result of an increasingly awakened public provided with universal adult franchise by the founder father of the nation at Independence who probably anticipated this scenario.

In the field of health, the ICSSR/ICMR report provides the basic strategy for implementation of a people-based and people-operated system Panchayat and Nagar Palika systems. The intervening years have also provided us more information of the technical and financial feasibility as well as the ability of the people to operate such a decentralised socially and culturally acceptable bottom-up approach to health. It is evident that the non-medical component of health like nutrition, education, water, sanitation and environment are primarily within the realm of the people's own efforts, both directly and through their political system. What is increasingly evident is that the preventive, supportive and even curative aspects of medical care lend themselves admirably to such a decentralised village and Taluka/Block based service operated by locally trained female health functionaries with the aid of a graded supportive paramedical and professional structure. Specialist, doctors, nurses and health professional are now readily available for such People's Hospital and Health Center at the Taluka/Block township though not at the village Public Health Centre. The

latter can be replaced by a large number of specifically trained local village based paramedical female functionaries supported by a well-integrated Community Health Care system. The ICSSR/ICMR report has stated that this would enable almost 95 per cent of all health and medical problems to be adequately undertaken in a humane, readily accessible, culturally and socially acceptable and highly cost-effective manner. This would leave only a relatively small load for super-specialised hospital care at the district and city level.

Such an effective system for 1,00,000 population would cost about Rs.200 per capita per annum at 1989-90. This can be readily met by a combination of reallocation of the skewed urban-rural allocation of the present public system together with charges levied from patients which presently amounts to over Rs 400 per capita per annum. This would also reduce the excessive expenditure borne by people on private medical care due to better and more effective services provided by the people's own sector at a lower cost. Unlike the Public Sector all staff in the PEOPLES SECTOR would be recruited and paid by the Panchayats at each level, and hence, function under their administrative and financial control. This would ensure accountability to the local people rather than to a distant bureaucracy at much lower cost. This would also prevent the poor from expending almost 20 per cent of their meagre household expenditure on medical care which is only next to dowry as the cause for rural indebtedness. Health is one of the 29 subjects that are directly under the purview of the Panchayats. It is estimated that appropriate health and medical care can be made available to all citizens of this country at almost half the present cost of Rs. 80,000 crore per year which is equivalent, to 5 per cent of the GDP.

This will also help to re-establish the age-old doctor-patient relationship while simultaneously providing useful employment to millions of women within their own village at the local level of remuneration. This would also enhance their social status in their community and society.

This will also ensure effective control on the production in number, type and training of professionals for serving the requirements of the People's Sector which would be far larger than the combined Public or Private Sectors. This will also control the production of drugs and other medical requirements in conformity with the people's actual requirements. It would also regulate the size, quality and pricing of the private sector which no legislative or penal action can hope to achieve. With the enactment of the 73rd and 74th Amendments, Panchayati Raj now provides the opportunity to implement the health and medical care envisaged in the ICSSR/ICMR report of 1981 in both rural and urban areas. It would also prove to be the most effective means for population control in a more personalised and humane manner.

The time is opportune for the implementation of our own ICSSR-ICMR report to achieve Health for All our citizens and correct the distortions defined in the National Health Policy in 1983.

The transition to the PEOPLES SECTOR as the major sector in health, will no doubt be opposed by those who have a vested interest in maintaining the *status quo* in this field. Unfortunately, the very inefficiency and excesses of these sectors leave no alternative. The joint panel of the ICSSR/ICMR can play a useful role in this process as follows:

1. Examine the effect of the Structural Adjustment Policy on the large underprivileged sections of our society, especially women, children and Scheduled Castes and Tribes.
2. The crucial outlays on health, water, sanitation and nutrition for the poor.
3. Regular assessment of priorities based on epidemiological considerations.
4. Study the development of people's organisations at the village, block and district levels and their impact on health.
5. Study the social, cultural, cost and effectiveness of the People's Sector and its interaction with the existing health and medical structures during the interim phase of change.
6. Establish four or five model research institutions for studying, overseeing and supporting this People's Sector during this period of one or two decades.
7. Provide relevant information to the people and their organisations for participation in this process of change.
8. The people should be encouraged to develop their own methods of self-reliance in keeping with their own requirements to the extent possible such as self-help health co-operatives.

We conclude by stating that the decentralised Community Health Care system as described by the ICSSR/ICMR in its 1981 report offers a simple yet humane and cost-effective means

for rectifying many of the problems of the existing Health Care System. It can ensure greater accountability in the Public Sector and better ethics in the Private one. It can help to correct the distortion in the production of professional and paraprofessional personnel in both quantity and quality in keeping with the actual health and medical needs of the country. Also, the quantity, quality in the production, distribution and use of drugs and other medical instruments and supplies in keeping with actual needs. All this without resorting to punitive and/or legal measures which have generally failed

This would also provide a highly cost-effective means for control of escalating costs in a marketised commodity, in a field where consumer resistance is at its lowest. It would ensure a better balance between the non-medical as also the medical supportive, preventive and curative aspects of health.

This can be achieved only by creating mass awareness among the people at large and demonstrating the effectiveness of this model. This would be a part of the overall decentralisation process under the 73rd and 74th Constitutional Amendments.

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MIXED BAG

Bangalore's blushing blossoms

GARDENING

Laeq Futehally

WHEN the gliricidia tree flowers it stands out clearly from a distance — long, thin upward-stretching branches covered with blossoms all the through. From a distance the flowers look off-white with a pinkish tinge and, considering everything, the tree looks quite beautiful; a worthy component of the Garden City.

I speak in this unenthusiastic manner because, the gliricidia has not been a great favourite. My association with gliricidia began in Boinbay where the flowers had a grey and haggard look. If ever a flower could be called grey, I used to think, it was the gliricidia. As I saw it, it had two virtues. Its leaves composted very quickly — so that if you dug a pit under it and allowed the leaves to fall in, you got fine quick compost. In fact the tree is known as the manure tree — or "gobas gira" in Bangalore. The second virtue was that it produced thin but useful stakes, and just pushing one into the earth would produce a new tree.

After seeing the Bangalore version of the tree, my attitude

towards it softened. In Bangalore that grey look becomes a fresh and pretty blush; in short, the magic air of Bangalore turned a grey flower into a pretty one.

Outdoing the gliricidia, at the moment, are the *tabubeia argentias*, with their dense compact yellow heads. These *tabubeias* contribute little to the compost heap, neither do they give us useful sticks; but everything is forgiven because, for a couple of weeks they become unbelievably gorgeous and this exempts them from being useful. Actually I have just learnt that there are in fact two different species of these *tabubeias* which look so similar that only a botanist can tell them apart. I got this piece of information from Mr. T.P. Issar's recent book *Blossoms of Bangalore*. To add to our confusion, I suspect that this *tabubeia* is called *Tecoma unguolata* by some people. But

what's in a name, as long as you know what you're talking about?

The two indistinguishable *tabubeias* (or *tecomas*) are not the only yellow flowers out at this time. The much inferior species *Dalichondron* is also showing some yellow flowers in a timid half-hearted way; my own impression was that this tree flowered in the monsoon, but on referring to my new bible (i.e. Mr. Issar's book) I find that they do also flower, off and on, whenever they feel like it. I suppose the Bangalore seasons are so unclear, they run into each other, that we cannot blame the trees for becoming confused.

Apart from the gliricidia and the *tabubeia Argentina* lining the

The magic air of Bangalore gives a fresh glow to the grey gliricidia flowers

roads of Bangalore are still showing many *spathodia* flowers on those tall, dark and handsome trees. The large orange flowers look like a stylised Rajasthani painting — the canopy dotted with bright single flowers.

Our real season of the big guns begins with the bluey-mauve and

the pinky mauve blossoms of *jacarandas* and the *tabubeia roseas*. Unlike the preceding yellow ones, these trees are tall and dignified and they have presence, so that they do not have to depend on their flowers in order to draw our admiration. Again, the layman has a right to be confused about these pink *tabubeias*. There seem to be three distinct kinds which we lump together as *roseas*. There is the one with large wads of shocking pink; there is the mauve-pink, less shocking one; and there is a third which produces plenty of leaf and only pale single flowers. The one with dark pink bunches is called *tabubeia avellanedar*, and the pale one is *t. leucoxylon*.

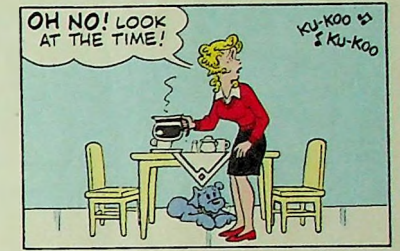
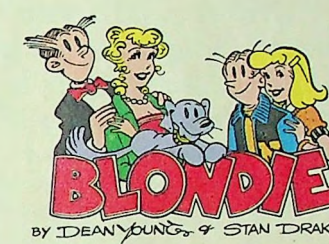
The pink *cassias*, too, are separated into three kinds. *Cassia grandes* is the one with flowers all along the branches; *c. renigera* is the one where the flowers grow in

bunches; while the third, which has darker and smaller flowers, is *c. nodosa*.

are concerned, it remains the *gultmohar*, and there is no mistaking it.

Compared to the pink *cassias* and *tabubeias*, the yellow *cassias* are easy to recognise. The *cassia fistula* or Indian laburnum is unmistakable, the yellow flowers hang down, hiding the trunk of a small, leafless tree. The *cassia siamea* and the *c. spectabilis* are similar, but the latter is so much better-looking, with its upward

pointing spikes that there is no excuse for mistaking it for its inferior relation. This inferior relation, though, has one great virtue. It will grow anywhere and anyhow. There are many growing on some of the Bombay pavements; and the story goes that stakes of the *siamea* were put in to support other saplings planted by the Corporation. While the original saplings died, the stakes flourished, and became the City's roadside trees.



CRYSTAL VIEW

Tiny

you will receive tomorrow. Your well-earned holiday is a time for reflection upon what you might do to ensure a more profitable future for you and your loved ones. Be extra nice to older people. Important dates: 10, 12, 15.

LIBRA

APRIL 9 TO 15

Introducing Rasna V with vitamins.

Quacks in the doc

THE Concise Oxford Dictionary of English has this definition of a quack: "ignorant pretender to skill especially in medicine or surgery; one who offers wonderful remedies or devices, charlatan." To play the quack is to "puff or advertise extravagantly (cure etc.)."

The Chambers says a quack is the short form of quacksalver who is a "boastful pretender to knowledge and skill (esp. in medicine) that he does not possess. According to Webster's New World Dictionary, he is "an untrained person who practises medicine fraudulently" or "any person who unscrupulously pretends to have knowledge or skill that he does not have in a particular field, characterised by pretentious claims with little or no foundation, dishonestly claiming to effect a cure."

And "quack" is almost always used to define a fraudulent or incompetent practitioner of medicine. The American Heritage Dictionary says a quack is a person who pretends to be a physician and dispenses medical advice and treatment. The Collins Cobuild Dictionary says a quack is one who promises a magical cure.

The Longman Dictionary of Contemporary English says a quack is a person dishonestly claiming to have special, esp. medical, knowledge and practising a skill he does not have: a quack doctor. Quackery, according to Longman, also involves medicine, remedies, methods and practises sold by such persons.

A charlatan according to Chambers is a "mere talking pretender, esp. one who claims to have medical knowledge."

So there isn't much to choose between a quack and a charlatan. Unluckily, in India we have a plentiful supply of both quacks and charlatans and hundreds of eager-beaver consumers to keep them in business.

Sadly, this brief history of both quacks and consumers reveals that the former are as persistently and pestilentially active as the latter are gullible geese. Thanks to

DAKSHA HATHI reports on the business of quacks, whose false claims allure millions of gullible consumers, to mark World Health Day on April 7.

our lax laws and monitoring machinery, which is as limp as old elastic.

Where would quacks be without gullible consumers? Nowhere. But there are gullible consumers willing to believe that someone can cure their balding scalps, or melt off their excess fat, or cure their painful arthritis in a 'magical,' 'painless' and 'quick' way. A sharp look at both the species reveals that while quacks want quick money from their prey, consumers want quick results from their predators. And in spite of the Monopolies and Restrictive Trade Practices Commission's (MRTPC) well-meaning announcements and pronouncements, both go on gravitating towards each other like the moth and the flame.

But there is something that many consumers don't know — which is, that the very same quacks who had cheated them the last time, may be the ones who are doing so again in a new garb and guise, under a new name and racket. And with a fresh bunch of promises, claims, cures and remedies.

Consider some of our most famous or rather infamous "ignorant and boastful pretenders and charlatans" who earned MRTPC's ire as well as severe strictures from some of the consumer courts. The Maharashtra State Commission for Consumer Grievances Redressal was recently obliged to use the same words as the Webster's New World Dictionary when it passed strictures on the TAFE Treatment Clinic (which offers cures for arthritis, spondylitis and many other 'itis' you can think of) and found it guilty of "prescribing bogus medicine" and defrauding the complainant by "posing as experts in the line."

These 'experts' it may be recalled had dispensed "liquid chillie medicine" to the complainant who alleged that these medicines produced swellings on both her legs and she developed "unbearable pain." Moreover, a Bombay-based journalist who visited the clinic has said that his enquiries revealed that the person overseeing the clinic, a Ms. Ginwalla, introduced herself to him as a doctor, but wasn't really one.

Consumers in many cities are swarming to the consumer courts with complaints against TAFE (Bangalore's District Forum itself is hearing more than a 100 complaints, while the MRTPC has made TAFE return money to angry clients). But what is interesting is that before TAFE was launched, its top people were running another business all over the country, known as the Medical Hair Centre (MHC) and, wonder of wonders, this too attracted the ire of the MRTPC!

The Medical Hair Centre, launched in Bombay in 1987, snared thousands of balding persons when it claimed to have a "revolutionary cure for baldness, scanty and falling hair." What it did not tell its eager clients was that it was using Minoxidil, a drug known to have dangerous side-effects. Now guess who was one of the Directors of this MHC? None other than Ms. Persis Ginwalla, who is now the Director of the TAFE Treatment Clinics!

Initially, baldies of every shape, size and colour, rushed to the MHC which charged them fees ranging from Rs 3,750 to Rs 6,750. But slowly, the bald truth about the MHC was exposed. One of its advertisements said, "The treatment involves high-frequency scalp steaming (whatever that means) and scalp stimulation. But who got really steamed up was a



Collage by Stephen David

certain Captain Salaria, who got a bald patch after a spell of treatment at the MHC!

But when he went to get his money back, the directors (Rustom and Persis Ginwalla) would be invariably missing! Play-back singer Suresh Wadkar saw no improvement in his receding hairline after treatment.

Sunil Vazirani, a businessman, found no improvement but lost 20 per cent of whatever hair he had! Only when the Consumer Guidance Society of India was ominously mentioned by them, some consumers' money made an about turn from the MHC's coffers.

The MRTPC had the last word: "It will be seen that most of the claims made in ads and brochures are either half-truths or not true at all... Patients who were lured by the advertisements find at the end of the treatment that their hopes have been belied." The MHC

(which had four clinics) was also pulled up for its 'tall claims' and for creating "an aura of mystique." But by then several consumers were poorer in cash and some in hair too!

A clinic going by the weird name of Clinic 2000 was also pulled up by the MRTPC for "tall, false and misleading claims" which promised to arrest falling hair, wrinkles, pimples, migraine and excess weight!

Quacks and the fat ones: Many fat persons yearn for a magical shortcut to slimmness, a yearning which quacks are quick to exploit by offering cures ranging from the absurd to the truly dangerous as proved by Sheri Louise. In Calcutta, Sheri Louise closed down after several clients complained of side-effects from their slimming programme. The Consumer Education and Research Centre (CERC), Ahmedabad, ap-

pealed to the MRTPC for an enquiry after several clients complained to it.

The company was directed to pay Rs 37,234 to CERC and Rs 5,000 to the MRTPC to cover costs. It also had to promise to issue corrective ads once a month for three months in the newspapers as its previous ads were false and misleading. It also agreed to stop claiming that it could cure or relieve asthma, joint pains, drowsy etc. as it had done previously.

Sheri Louise also got into trouble when the CERC charged that Sheri Louise, while claiming to use no drugs, used amphetamine in its meal supplements. One client had developed giddiness with high fever while undergoing the programme and had left. Another gentleman developed breathlessness and chest pain and was rushed to Nanavati hospital where he later died.

Another complainant, Manju Santolia, was admitted to a Bombay hospital in March 1984. She had discontinued the treatment following attacks of convulsion. She later went into a coma and died. Another charge against the institute was that of "false representation".

An advertisement in a June 1984 periodical quoted a Dr N.P. Mathur on the effectiveness of the slimming programme. But the ad did not mention that Dr Mathur was a regular employee of Sheri Louise. Sounds familiar?

Even more severe trouble was in store for Sheri Louise. In May 1990 the MRTPC held that a Ms Neera Gupta of Delhi was entitled to a payment of Rs 5,02,450 from the Sheri Louise Slimming Centre of Bombay which gravely dam-

Medical Council of India has said that the body wrap is not a recognised therapy to lose weight.

Body Wrap (which had 100 branches in the country) too had the inevitable encounter with the MRTPC which restrained it from making false claims and "thereby fleecing the public." The five-page order also accused the company of having indulged in 'unfair trade practices.' In the Commission's opinion Body Wrap causes dehydration and constriction of blood circulation. Since then it has ceased to advertise.

Very recently, the MRTPC has rapped an ayurvedic pharmaceutical firm in Kerala for claiming that its Kamilari medicine was a sure shot cure for jaundice and gall bladder stone ailments and anybody who proved that it was

"Consumers are fooled into believing there's a magic cure for balding scalps, excess weight or a painful arthritis..."

ed her health. The severe diet inflicted on her by the centre made her head spin, she could not walk properly, felt heavy, and her work suffered. She became very exhausted and an ulcer developed in her oesophagus, which was a direct result of her starvation. Subsequently, Sheri Louise was forbidden to open any new outlets by a court injunction.

The Sheri Louise-Body Wrap link: After the rise and fall of Sheri Louise another wonder slimming programme appeared on the market. It was time for Body Wrap to make a killing out of fat people. And no wonder of wonders, its director, one Narendra Garodia, was none other than the former director of Sheri Louise! Body Wrap claimed to take off from five to fifteen inches after the first full body wrap (in women) and three to eight inches from an average man.

Body wrapping has been used in the US under many names including Swiss Trim, Insta Trim, Suddenly Slenda etc. But the US Food and Drugs Administration (FDA) has described the wraps as 'frauds' and has taken severe action against some promoters of wrapping devices. It has warned that users of wraps and sauna suits may suffer from personal injury, from circulatory constriction or cardiac accidents (from exercising while wrapped). Even the

not so, would be awarded Rs 1,00,000! The Commission called it an unfair trade practice and ordered the New Udaya Pharmacy and Ayurvedic laboratories of Cochin to cease and desist from issuing such advertisements. A client had in fact taken all the tablets in the pack of medicine bought by him for a gall bladder ailment but did not get any relief!

Modus operandi: Quacks come in all sizes, colours and shapes. Hundreds of quacks abound in India, mushrooming everywhere: the moment one is lopped off, another springs up. And they continue to flourish, thanks to consumers whose memories are short. They eagerly swallow claims, taller than the Qutb Minar, and promises that are phonier than Gulshan Grover's wigs!

Quacks meddle around in the same patterns — offering magical cures, instant relief, and testimonials of 'satisfied' clients wearing silly smiles of contentment and who are more often than not, either related to the quack firm, or are employees of it. These 'happily cured' folk are always 90 per cent or 95 per cent better, as if a miracle of heaven has enclosed them in its blissful aura.

Continued on Page IV

Quacks in the doc

Continued from Page I

In the case of TAFE, many such testimonials have later turned out to be either phoney or mistaken. But do consumers learn? They don't want to.

Charlatans always bring in the foreign angle — parading an 'expert' Australian, or an 'expert' Korean, or an 'expert' Japanese or whoever, to impress the poor gullible locals, who don't know that these foreigners may have rather murky backgrounds in their own countries.

Quacks also have a mean, belligerent and bullying streak to them when they are exposed and the deceived consumer starts whining and shouting, depending on his supply of grit. Most sinister of all is the quacks' total disregard for the consumers they fleece. Their callousness about the harm they inflict through their half-baked knowledge, untested devices, eerie medicines, pastes, ointments, dangerous drugs etc., is shocking.

Sadly, the MRTPC — in spite of its unceasing vigil — has no teeth. The punishment given to quacks is comically inadequate except in rare cases, such as in Sheri Louise versus Ms. Gupta. The Health Ministry should empower the Medical Council to curb quackery, especially the leaking and oozing of foreign quacks into our country, who are used by locals to sell phoney treatments, phoney devices like magnetic mattresses, magnetic pillows and the like for painful ailments, endangering life and cheating people. The Drugs Controllers of every State should be more responsible instead of adopting their usual 'live and let live' attitudes.

In Bangalore we have a responsible and reliable body to provide information about health — the Community Health Cell. Telephone No. (080) 5531518.

So the next time a quack looms up on your horizon with his '99 per cent' cures, his greasy, slimy, phoney smiles, his pseudo-medical jargon and sly promises to tone up your sex life and decrease your wrinkles etc., consult a responsible doctor or phone up the Cell. But don't cough up your money for a charlatan.

ACCESS TO HEALTH CARE

→ REASONS FOR POOR ACCESS TO HEALTH CARE FOR WOMEN :

- ANY PROBLEM RELATED BEYOND REPRODUCTION IS NOT A PRIORITY
- REDUCING POTENTIAL INFERTILITY THROUGH PREVENTION / EARLY TREATMENT OF DISEASES IS NOT CONSIDERED
- STATE'S UNDUE EMPHASIS ON FAMILY PLANNING
- LOCATIONS OF PHC S' / TRANSPORT FACILITY
- TREATMENT IS EXPENSIVE AND IRRATIONAL OR UNETHICAL
- FAMILY NEGLECTS THE WOMEN'S ILLNESS IF TIME AND MONEY IS MORE
- LOW SELF - PERCEPTION OF WOMEN
- NO EMOTIONAL / PHYSICAL SUPPORT FROM MEDICAL PERSONNEL
- ONLY DISEASES ARE TREATED, OPPRESSIVE MEN - WOMEN RELATIONS ARE NEGLECTED

THE TREND TO DECREASE WOMEN'S ACCESS TO HEALTH CARE —

- MATERNITY BENEFITS BEYOND THE II CHILD IS NOT CONSIDERED —
- LITTLE ACCESS TO TRAINED MEDICAL SUPERVISION AT THE TIME OF CHILD-BIRTH
- UNTOLD MISERY CAUSED DUE TO REPEATED ILLNESS
- INDIGENOUS KNOWLEDGE OF HEALTH CARE HAS BEEN MARGINALISED/LOST
- MEDICALISATION OF WOMEN'S' BODIES AND FUNCTIONS

————— x —————
POPULATION OF WOMEN (15-49) IN KARNATAKA

1981	8.6	MILLION
1991	11.9	"
2001	14.8	"

WOMEN HEALTH AND DEVELOPMENT

SEX RATIO - THE NUMBER OF WOMEN
PER 1000 MEN

YEAR	WOMEN	MEN
1901	971	1000
1971	931	1000
1991	929	1000

○ REASON FOR HIGHER MORTALITY AMONG WOMEN:-

→ DENIAL OF ADEQUATE NUTRITION AND MEDICAL ATTENTION

IN TERMS OF
PREFERENCE OF SONS TO DAUGHTERS
[RURAL & SEASONAL WORK OF MEN TO SEASONAL AND PERENNIAL WORK OF WOMEN
AREAS]

○ MARRYING OFF THE DAUGHTERS AT YOUNGER AGES

OTHER AREAS OF INEQUITY :-

→ SERVICES OF WOMEN ARE NOT REWARDED

→ MOBILITY OF WOMEN IS RESTRICTED

DIVINE HEALTH AS WEALTH



MULTI DIMENSIONAL FACE
OF HUMAN HEALTH

for CHC-
JW
15/3/04.

Dr. ANITHA KIRAN M.B.B.S., MD (AM)

DIVINE HEALTH AS WEALTH

EDITORS NOTE :

This is my maiden attempt to bring social awareness on the importance of health in human life.

The common proverb says :

WHEN WEALTH IS LOST, NOTHING IS LOST.

WHEN HEALTH IS LOST, SOMETHING IS LOST.

WHEN CHARACTER IS LOST, EVERYTHING LOST.

This is very true picture in the present day wordly miseries.

As a medical doctor, I have realised the soaring costs of treatment to set right problems in health. My intention is to remind people one and all to live in tune will nature's boundless love provided to all living beings. I hope by almighty's grace the information reaches to one and all and everyone benefit in some way or other for leading perfect life filled with joy and happiness.

Dr. ANITHA KIRAN M.B.B.S., MD (AM)

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Bangalore - 560 009

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080 - 3696 3831

DIVINE HEALTH AS WEALTH

CONTENT	PAGE
1. Heavens Grocery Store	1
2. O ₂ of life	3
3. Life a treasure beyond measure	3
4. Understanding zero values in existence	6
5. Competition	10
6. Divine health is wealth	11
7. Body is the temple of God	18

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HEAVEN GROCERY STORE

As I was walking down - highway many years ago
I came upon a sign that read "Heavens Grocery Store".
When I got a little Closer, the doors swung open wide
And when I came to myself, I was standing inside.
I saw a host of angels. They were standing everywhere.
One handed me a basket and said "My child shop with care".

Everything a human needed was in that grocery store
And what you could not carry you could come back for more.
First I got some PATIENCE LOVE was in that same row.
Further down was UNDERSTANDING, you need that
everywhere you go.

I got a box or two of WISDOM and FAITH a bag or two.
And CHARITY of course, I would need some of that too.
I couldn't miss the HOLY GHOST, it was all over the place
And then some STRENGTH and COURAGE to help me run
this race.

My basket was getting full but I remembered I needed GRACE,
And then I chose SALVATION, for salvation was for free
I tried to get enough of that to do for you and me.
Then I started to the counter to pay for my grocery bill.
For I thought I had everything to do the Master's will.
As I went up the aisle, I saw PRAYER and put that in,
For I knew when I stepped outside I would run into Sin.
PEACE and JOY were plentiful, the last things on the shelf.
SONG and PRAISE were hanging near, so I just helped myself.

Then I said to the angel. "Now how much do I owe? "
He smiled and said, "Just take them everywhere you go".
Again I asked, " really now, how much do I owe? "
"My child " he said, "God paid your bill a long long time ago".

O₂ of Life

The element O₂ is the fundamental thing needed by all living beings. With its presence in the living organisms we are alive without it we are dead that next moment. It is stating the obvious that nature is the provider of this substance in a proportional ratio of 20% in air. We breathe in this vital element O₂ along with an inert substance called N₂ to make up the volume of inspired Air. This O₂ in combination with an element iron embedded in haemoglobin molecule is the fundamental basis of life in higher animal life. The right combination and the proper circulation of this element in human beings determines truly the safety in individual human beings. The moment this simple step is forfeited for e.g. in blocked arteries the individual suffers myocardial infarction commonly known as heart attack. If the block is complete and not immediately attended to, the individual stops living. This simple fundamental principle in human beings is akin to another facet of human existence

Money is the need of all human beings right from birth to death. Even a freely conducted baby delivery in a Govt. hospital set up still requires a fundamental material called scissors which needs to be purchased with money by someone or some agency. Similarly at death we need at least a pile of wood to burn the corpse and a minimum money for burial or funeral charges. In between life and death we require money for substance of life namely, food, clothing and shelter. This provision is widely different for different varieties. On deep analysis of human life it is realised that to be born as human being is a wonderful gift of nature. People have scientifically proved the evolutionary existence of mankind and religions have documented the birth of human life as occurring after a process of 84 lakhs births in the forms of existence. So to be born as human being is the greatest gift of nature and what we offer back to the giver of this existence is the way we lead our life. Most of us are born in miserable, unfortunate

circumstances brought upon a multitude of influential factors and finally make in our life before we leave this bodily existence as human beings.

Now the discussion is brought to light about the other aspect of existence the money part of it named material existence. Certain human beings have migrated into forests and meditated upon the divine within and emerged out with higher truths proving that the spirit within is not necessarily dependent on material existence. The world famous example being Lord Buddha. He did penance 8 years and attained Nirvana or Enlightenment. In modern day life we have to live in this world look after the needs of our life by giving what we have and get only that is destined for us. I have certain good proposals to balance the material aspects of life in an integrated fashion. The human link chain is a basis of it and sustained by it. Even for pregnancy outcome expenses in terms of delivery charges or operation charges, sometimes which go beyond our capacity to pay is a great psychological burden on the respective individual. Hence I request you to co-operate in the avenue plan for second income opportunity also.

LIFE - A Treasure beyond measure

I have decided to indulge into concepts of life from various angles and arouse a common feeling among brotherhood of humanity. When the I component of existence gets into the body, are called as living beings and out of death the final moment in this life as out. This simple truth reveals to us that we are outsiders of this body and temporarily occupy in a life time process.

We are the tenants of this body and simply the owners who has given this permission to enter this particular body. Very simple - our parents. Of all human-beings our parents occupy a significant role of our lives by hiring part of themselves for our existence. The next question arises are our parents the same always in all births According to Hindu concept theory of Karma and never ending

processes of life and death, the parents are not our own. Whenever there is something to be given by us and something to be taken as exchange process we are born into that particular womb. To illustrate this point, I've heard of a story. In the good older days where traditional beliefs and systems existed in absolute purity, an old Brahmin religiously used to do his sandhyavandanam three times morning, afternoon, evening in a regular manner. On one particular day, his slippers broke in the mid afternoon session and he had to walk bare footed on hot sun upto river point for offering the prayers. On his journey back, he somehow surprisingly found a cobbler who repaired his slippers and the Brahmin deeply felt gratitude for his timely rescue. The cobbler was happy to provide relief to the aching burning feet for the pious Brahmin offering Gayathri Sandhya Vandanam.

After few years both of them left this temporal existence. The Brahmin had to clear the debt of repayment of cobblers job and so had to take another birth. Hence he was born into another Brahmin family. He was the only son to his parents who brought him with extreme love and care. For 20 long years, they lived very happily. On one parricular day, the house caught fire and the son quickly evacuated along with his parents all the belongings of the house outside. When the proces was over he quickly entered the house closed the door and uttered to his present parents, revered parents I adore you for unbounding love and affection showered on me. Hence I have done my duty to protect all your valuable even at this unexpected moment of our lives. I've finished all my jobs for this life along with the gratitude I vow to you.

In my last birth I was a pious Brahmin. You were the cobbler who helped me at desperate moment of life's journey. Since I was so much body conscious not able to bear scorching feet in hot sun, I accepted your help and hence had t take on another life to clear all debts to existence. I pray to you to disown me from this moment, since I no longer belong to you, once I'm burned in this fire as ashes.

I leave this temporal body and existence to my eternal home

and reach my beloved parents waiting for me eternally. So saying the pious soul got submerged in fire and remained no longer in this world. This story depicts the essence of so many truths in life. It is to be realized with one's own heart. All of us truly belong to one divine spirit called the ultimate. A famous saying says - Life is a gift of God and what we do in life is our gift to god.

Hence I conclude with this saying that life is a treasure beyond measure. What we get in life is entirely our business and depends on what we give as offering. Charles Darwin in his famous theory propounded the concept of "Evolution of Species" and the struggle for existence for choosing the best of species to be chosen for the next level of existence. A biology student knows the classification of different kinds of existence. The ultimate culmination of this existence of Life on planet earth which is the only evident truth to most of us is the evolution of Life force into Human body.

Now the Religious teachings of different faiths give importance to this Human Life as a very noble and highest form of existence of all Life forms in existence. The present Human Life is supposed to have come into existence after passing through 84,00,000 (84 Lakhs) of Yonis - means sexual reproduction. The Human Life is the evolutionary culmination of nature's forces. There is superiority in existence compared to all life forms.

We as human beings are privileged to come from Zero point existence upto the present level. We are endowed with thousands of blessing in the form of intelligence, skills, knowledge learning capacity, performing arts and innumerable countless capacities and other divine qualities like caring, loving, sharing, kindness, helpfulness, guiding others lives, cheerfulness, courage, covetousness, humility, shrewdness and devotional. We are endowed with highest mental facilities, wisdom discrimination.

All the dualities in life we experience are merely due to illusions of ourselves and ignorance of our environment we have come with nothing and unto there we go with nothing. The question arises what are we holding onto in our life. The truth shines very

brightly. We are holding on to our non-selves and hence become non sense. The present day urge is to bring to light this fundamental truth in terms of reality. According to my Guruji Revered Master Shri Raja Gopalachariji of Chennai, President of Shri Ramachandra Mission, we have taken existence in human form but die in animal existence. The statement may be shocking but on introspection of one's own life will confirm the truth. The reference to competition in modern day life is to Highlight this aspect of Human existence. The competition should be transformed from rat race in existence to expression of divinity in us. I have observed this aspect of expression in many common man's lives and hence moved in my heart to spread this message as the key word in competition.

To transform competitiveness in our existence to competitiveness in expression of Divinity in man. According to the truth expressed by my Guruji in his exponential talks in various parts of globe, He reveals, "The Divine being has taken up a role in human existence. We have taken up this birth to fulfill human values as an expression of Divine being residing in our hearts as the very heart beat.

The heart beat is the same in all human beings. The purpose of life is the same in all human beings. According to original truths, in the beginning there was nothing in existence. The ultimate in this nothingness, decided let me express myself in many ways. The initial thought that descended into creation was let me become many or become infinite in my expression.

Understanding - ZERO VALUES IN EXISTENCE

The symbol Zero '0' is a fundamental central concept in the field of mathematics. The other side of the value of this symbol it represents the letter O in the English language - representing one of the letter vowel. The letter when gone into deeper meaning, signifies the concept of circle. The definition of God they say is - He represents himself as a circle with his centre anywhere in the

universe and circumference no where. By this definition, everyone of us represents a central point of his existence in ourselves with circumference upto infinity. We are born into life with zero aspect, we have nothing to claim as our own even existence in the womb, we bring nothing with ourselves. We are added on value by way of mother's blood to form as a completely developed body at birth into human life.

Delving deeper into this aspect of our life even a mother cannot claim as her blood going into child formation as she herself has come from similar process herself. A common saying says : That the creator was so busy himself that he sent the mother on his behalf. The question now arises to take care of life where does all this process start from. The truth shines out in this aspect very clearly that deep within ourselves we have the creator hidden. He unfolds his divine energy in the form of matter that we in our consciousness are able to perceive as with our sense. Now the deeper truth reveals itself still further. The divine energy in our existence is fundamentally the same in all of us.


To understand this much better. All of us called living creatures arise out of one common back ground called Divine Energy. The base of this entire living existence starts from a non-living platform called Zero. The non living base of our bodies is formed out of five elements of nature.

The Sun
The Ether
The Earth
The Water
The Air

NATURE

All the elements are called Pancha Bhutas. We can now once again focus on the aspect of human existence. All the five elements of Nature are blended in a perfect way to form a Living Body by the processing of love. We lead our lives using this body.


This body and its sources the Life force exist in mutual dependence during the existence on this planet earth. AS LIFE FORCE is also coming from a single common source say the Zero Point of existence where nothing exists. At the point of nothing neither Life exists nor body exists. A truly dynamic process is set into motion at this Zero point where in life force and body culminate into a unified existence for LIFE. This dynamic process is truly possible only by one divine aspect of Life called LOVE.

The word LOVE can be expanded in the light of truth as **Learning ourselves the value in Existence.** 

So at the beginning point of our existence all of us have a Zero point where we are nothing neither alive nor having anything. By the process of LOVE, we begin our journey in life first as unicellular organism.

What is it that we should hold on to.

Very simple - ourselves, What is this ourselves - SOUL - Expansion of soul - seeing ourselves universally with LOVE. This one guiding star called LOVE is the fundamental part of our existence. We ourselves deny this aspect because of our ignorance of ourselves.

From the quotations of Bhagavad Gita - Lord Krishna finally reveals to Arjuna - Remember Oh son of Kunthi - I am the self of all. It is from me the entire existence emerges and unto me existence merges ultimately. Anyone who offers even a tiny drop of water, a leaf or a flower with love and devotion I accept it with all my heart as my true devotee. 

Now ultimately the goal of human life is clearly explained with this profound explanation as to living in love with the one common creator of our existence with the spirit of reverence and devotion, offering whatever may be possible with reverence and devotion. So Life takes a circular turn starting from nothing and going back into nothingness with the infinite happenings to

ourselves and life in between. I conclude with Swami Vivekananda's famous quotation throughout the world just reminding ourselves -

**"Oh ! Brother & Sisters !
Arise, Awake, Stop not until the goal is reached.**

The purpose of Human Life is to become united with the creator who united with us in bringing ourselves into existence. According to my beloved Master the ultimate goal of Human Life is to reach the ultimate.

May I name this narration as "LIFE, LOVE and INFINITY"

Seeing ourselves in this infinite existences with LOVE - **SOUL**
This process of self-realization can be achieved and also simply understood by a simple form of meditation taught in Shri Ramachandra Mission.

For a **BETTER YOU** - It is best to follow this Meditation.

A message of **LIFE IN OURSELVES**

SELF MARRIAGE

Trust is start of it.

Faith is part of it.

Love is the end of it.

Let's learn to love ourselves by ourselves.

By Self love - we are Loving the creator in all of us. -

We do not know his existence.

We do not know his whereabouts.

We Live with our selves - In conformation with the fundamental truth expounded in Bhagawad Gita, I am the self of all - We Love him by our Self - Love.

Self - Love is different from Selfishness.

Self - Love seeing ourselves in all Life forms.

COMPETITION

In this vast world with unlimited millions of population, competition is the key word for success in any matter to prove the theory of "**Survival of the Fittest**" as enunciated by the famous scientist in biology Charles Darwin.

He was a doctor on ship and conducted world travel to various islands and continents and took down notes of various life forms on planet earth. After his successful voyage and tour he hit upon the idea of evolution of species from the simplest unicellular organisms to the complex multicellular organisms that ultimate product of nature's creation the Human being. He propounded the theory that there is a general pattern in nature's creation in all life forms. The simple observations made by him is applicable to the stresses of modern day life.

1. Life forms are interdependent on each other for their survival.
2. The fittest of the species in survival is chosen to exist normally.
3. There is a gradual selection of the species to the next order of existence to exist in higher form or phylum as termed in biology.
4. The ultimate evolution of life forms is the human being.
5. Religious and all spiritual organisation stress in all direct and indirect ways the importance of human birth.

It has been found with specific research and authority that to come into existence in human form - Life transforms itself gradually from unicellular organisms through various births in different species amounting to not less than 84 lakhs forms. The importance of human birth has been stressed through times immemorial, as being formed in the image of God. The conclusion that if we are the image, the reality is truly God. How many of us have axis to this fundamental aspect of human existence. The present day humanity has to wake up from its slumber to achieve the goal of ultimate. According to famous Vivekananda quotation :

" Arise, Awake, Stop not till the goal is reached "

The humanity at large has to extend its co-operation in various spheres with various spirit of competitiveness in divinity. All these profound truths can be brought to light and realized by the process of self-realization achieved by meditation on the heart.

Shri Ramchandra Mission was founded in 1945, by our Adiguru Shri Ram Chandraji of Shahjahanpur. He developed modified Raja Yoga as designed by Patanjali Asthanga Yoga system.

In this form of Meditation the Sadhak is directly placed on 7th Step of Patanjali Yoga System. Let me enunciate the eight steps of Yoga as designated by Patanjali. There are eight steps involved in Ashtanga Yoga to reach ultimate truth in one's own life.

- | | |
|---------------|----------------------------------|
| 1. YAMA | 5. DHARANA |
| 2. NIYAMA | 6. PRANAYAMA |
| 3. ASANA | 7. DHYANA |
| 4. PRATYAHARA | 8. SAMADHI (Merger with reality) |

The goal of Dhyana is to achieve Samadhi - union with God residing in our hearts as the very heart beat.

Without the heart beat we no longer exist in life. So let's get tuned to finer human values like love, care, duty, affection as fundamental basis of our existence and transform competitive spirit in us in the direction of divinity.

Divine health is wealth

I had suddenly developed the idea of conveying to all human beings some of the secrets of my knowledge in life. The best medium to express was to communicate through letter writing. This is the eternal medium which has sustained even Bhagvadgitha

and all holy scriptures through eternal ages and ravages of time immemorial. A common saying says that a secret between two is a secret and a secret between three is a secret of all. Precisely using this old wisdom I wish to convey the secret to become the secret of all. There is a life long motivation within me to reach to all human beings in some form and serve to purely enrich their lives with betterment, wisdom, health, wealth AND HAPPINESS.

On the other hand as a doctor in medicine for professional qualification I have to fulfill something on my part towards achievement of the national goal "HEALTH FOR ALL BY 2001 AD". Now the goal is postponed to 2020 AD and probable to be achieved with spiritual understanding of Life processes. I racked all my brain searched all means of knowledge and experiences of life by me and all others whom I came across, to intimate the secrets of life to one and all.

I'VE REALISED THAT I CAN GIVE A PRODUCT TO HUMANITY ONLY FROM MY OWN KNOWLEDGE, QUALIFICATION AND EXPERIENCES.

So delved to convey to people the importance of health in human life. I AM trying to give insights to people to convey the message that true divine wealth is hidden in ones normal existence and is the self same to all human life.

I want to convey in a very simple manner the entire information regarding divine wealth in health. In these days, when common man doesn't even think of God in the Business of life, its difficult to percieve even the word Divine. Let me first conclude and summarise what is meant by Divine. We see animal life, plant life and human beings in life forms. Beyond all these forms and controlling their birth nourishment and death is a higher plane from which energy flows into all living forms and entire existence that we live, feel knows comes out.

THIS DIVINE LIFE ENTERS NONLIVING MATTER CALLED BODY AS A LIFE FORCE AND GIVES EXISTENCE TO LIFE..

To understand in simpler terms..... WE ALL KNOW, AT LEAST MOST OF US WHO HAVE SEEN OR WITNESSED DEATH OF RELATIVES, THAT WHEN LIFE FORCE LEAVES THE BODY THEY DON'T EXIST ANY MORE.

So first of all we should know that we are living by the grace of the creator with the life force given to us. This is invaluable for without it we don't exist any more in this body. This is the Fundamental divine wealth bestowed on us by Almighty god. The value of this life force cannot be equated with all the crores of rupees available on earth. This life force cannot be put back to body even with the best of medical advances even investing crores of rupees. So every human being is endowed with life force that has got more value than crores and crores of rupees put together. I have witnessed thousands of deaths in the role of a doctor or heard of millions of deaths all over the world in the form of natural disasters, like earthquakes volcanoes, floods and man made world wars. I HAVE SEEN THE DISPLAY IN KG ROAD BANGALORE, THAT EVERY SECOND AN LIC POLICY IS BEING PAID AS A SURVEY NEWS..

The recent threat to human existence by way of nuclear war is also known to most literate human beings, with the knowledge of the truth perceived by my own self. I Realise that life is precious. It is truly a gift of god given free of cost out of sheer love to us. Hence the truly beloved of all of us is the only creator who offered a precious thing out of his divine treasures called life force in all our lives. This life force is dependent on two subtle forces called breath and HEART BEAT FOR REGULATING life activities and are called vital parameters in Human life.

A doctors job is to deal with human beings until life parameters are maintained and all professional training has been developed

to make them function until the last moment of breath. Examples of latest developments is the heart transplantation techniques when patient own heart cease to exist.

Now the fundamental question arises why does man want to extend his existence on planet earth when his term called life period is over, IT IS because man realise in the nick of movement that LIFE IS PRECIOUS and all life's collection called money matter is much more inferior to the spiritual manifestation called life. Once back to life he can again earn Money, but this lifetime with all intricacies and goodness are deprived the moment. Life is out of the body.

In ancient traditional beliefs they rightly say shiv left from body become shav or dead body. This simple truth known to all human beings is the fundamental information needed to understand the basis of humanity.

Shiv or life force is the existence of the lord himself in all our hearts and no barriers created either by nationality, caste creed, sex, religion can separate between human beings in this regard. This is the basic truth which I discovered after a long research as a doctor as well as human being.

TRUE LOVE OF THE LORD is to manifest as life force and takes care of all life activities. THIS LIFE FORCE is the divine treasure beyond measure.

THE BELOVED OF DEATH IS LIFE
THE BELOVED OF LIFE IS SOUL
THE BELOVED OF SOUL IS GOD
LIFE IS DETERMINED BY INTERPLAY OF POSITIVE
AND NEGATIVE FORCES.
THE BALANCING POINT OF BOTH INFLUENCES
DETERMINE THE QUALITY OF INDIVIDUAL LIFE.

The price we have to probably pay is to serve all mankind with the talents, capacities, skill learning and knowledge we are able to access in our lives. Let me summarise at this juncture the meaning of life.

This life force operates on a very subtle fundamental element of Nature called O₂. The presence of it in existence is not visible but the absence of it just for a second can turn to death of the body. Hence doctors are trained in all emergency care of critically ill patients to provide O₂ AND LIFE LINE TO MAINTAIN FLUID AND ELECTROLYTE BALANCE.

This critical care is really a very expensive and involves dedicated efforts of doctor team members. HENCE THE INDIRECT message of divine wealth the lord himself takes care of existence on planet earth by his invisible manifestation called divine love in life manifestation in general. This maintenance of life is carried by the lord in the form of nar narayan which is work at life forces from various angles. Right from functioning of various systems in our human body called circulatory system, respiratory system, nervous system., gastrointestinal system, endocrine system, muscular system, skeletal system, excretory system, cuticular system.

THE PROPER BALANCING OF ALL SYSTEMS OF HUMAN BODY DETERMINE THE STATUS CALLED HEALTH AND THE IMBALANCE IN ANY ONE SYSTEM MANIFESTS AS ILL HEALTH. SO FAR IN EXISTENCE NO ONE HAS TRUE KNOWLEDGE TO AVOID ILL HEALTH AND TO REMAIN IN PERFECT BALANCED HEALTH, EVEN MODERN ADVANCE IN MEDICINE IN BITS AND BYTES CANNOT ASSURE OF PURE HEALTH totally or free of cost. This health maintenance determines our types of survival on planet earth.

OUR KNOWLEDGE OF DIFFERENT DISEASES AND TREATMENT COSTS GIVE AN INDIRECT VALUE OF OUR EXISTENCE.

LETS US START FROM CIRCULATORY SYSTEM.

The heart as long as it functions without our knowledge or interference has no true value. The moment there is trouble to heart in the form of myocardial function, instant death can occur. The modern medical advance for the past few decades have made it possible to make the tick tack back to heart after an expensive angioplasty involving several lakhs of rupees. Now the indirect divine treasure to entire mankind free of cost is several lakhs of rupees.

Hence truly vedic Maharishiyogi has shown in TV that Lakshmi is residing in the hearts for every minute the heart is ticking free of cost worth crores of rupees, without any demand to pay urgently the crores of rupees that we really owe due to its function. Since Lakshmi is the beloved of Narayan it doesn't feel separate from beloved. HENCE THE ancient wisdom Namarayan holds good even to this day. Human LIFE IS LAXMINARAYAN MANIFESTATION. THIS IS DIVINE WISDOM AND CANNOT BE PERCIEVED BY ORDINARY HUMAN BEINGS THE TRULY BELOVED to all of us is one and only one named almighty force or the ultimate. Hence man has to rise above all his petty desires, limited knowledge of religious faiths, slash all religious bigotry and rise up as one force called humanity,.

This humanity should be in tune with nature. Man is a product of nature and life force.

IN NATURE ALL DROPS OF WATER EITHER FROM SEA OR RIVER ARE ONE AND THE SAME.

IN AIR ALL MOLECULES ARE BASICALLY OF SAME NATURE.

IN EARTH ALL PARTICLES ARE BASICALLY SOIL THOUGH COLOURS, TEXTURES, PROPERTIES ARE DIFFERENT IN DIFFERENT GEOGRAPHIAL PORTIONS OF THE GLOBE.

THE SUNSHINE IS BASICALLY THE SAME WHEREEVER IT SHINES. It does not discriminate different regions of earth. ONLY

THE DISADVANTAGE OF EITHER FACING towards the sun away from sun we have polar regions where sunshine penetration is difficult.

Our human body is basically formed as a composite product from all these sources of nature mixed with a very precious element called divine love emerging from the creator himself. So in diverse manifestations of human life with different nationalities, cultural belief, religions, faiths, superstitious beliefs, certain commonness exists in all human life. The common denominator of all human life being originating from same spiritual source called creator by his divine will, same products of nature called pancha boothas, same processes called life and death common to all human beings. In spite of all diversities in each individual human life, there is unity in diversity in true sense, not by faith. It is my observation that who ever has true love for life or creator has better prospects in life. I want to spread this silent message to all human beings, This is the true secret I wish to delve for one and all. After this brief introduction to fundamental aspects of life, I WANT EVERY ONE TO REALISE THE DIVINE RESOURCE FOR ALL LIFE MANIFESTATIONS.

I HAD THE RARE PRIVILEGE TO WITNESS HUMAN BEINGS OF 6 MONTHS PREGNANCY trying to gasp for life and also several elderly men or women gasping for life force called air before death. I had also witnessed in prestigious hospitals like Apollo and Vijaya health centre in Chennai, comatosed patients of different colours of bodies of different nationalities lying in the same state of coma struggling to live, They have a desire to live but are helpless and totally dependent on nursing staff and specialist doctors for their ultimate survival. There are various true incident of life where human beings have come out of deep comatosed state to perfect life after extreme care of their bodies being handled by specialist doctor and nursing staff. This brings to light the next facet of divine wealth, divine love and care taking care of every aspect of life and body for proper functioning.

THE BODY IS THE TEMPLE OF GOD.

I am informing here at this stage, the information given 10 years ago by a physician Dr. Rajesh Vishvanathan in an article in Tatvaloka magazine. He was a general practitioner in a medicine with a keen interest in spirituality and culture. The topic being Human body is a temple of God. The relevance of treating body ailments in relation to the mind is gaining greater acceptance among doctors. Contributions of ancient systems are therefore coming into focus now. Holism is a medical philosophy that entails consideration of the whole body in a total environment the corporeal body, the mind and the soul each influencing the other. It believes that the body, mind and soul must be in harmony with one another and the spirit is the force that gives meaning and direction to life and also inner and sustained happiness.

HISTORICAL ASPECTS :

Holism in the form of ayurveda is known to us in India since the early vedic period. Holism was known to Hippocrates as is evident in his writing. However, in the 1650's the cartesian concepts of life propagated by the Rene descartes went against holism and body and mind were regarded as two separate entities. Then came the spectacular advances in anatomy, physiology, pathology, Biochemistry and Pharmacology.

Then came the dawn of antibiotic era and man was able to conquer the microbe with the advance of allopathic concepts, holism went into oblivion. In addition, giant strides were made in sanitation hygiene and preventive medicine and life expectancy of modern man rose rapidly.

REVIVAL OF HOLISTIC MEDICINE

However in recent time, while many physical disorders have been eradicated, new disorders have sprung up, namely the stress

related diseases. These diseases defy the current orthodox treatment. Stress today is, perhaps the greatest single underlying factory that causes the manifestatin of various diseases. Of late, there has been a heartening revival of holism. Even the world health organisation has recognised the complementary systems of medicine. Many orthodox allopathic medical practioners have started incorporating Ayurveda, Yoga and relaxation techniques into their treatments.

ORIGINS OF AYURVEDA

Ayurveda was first known from Brahma, Prajapathi received it. Then it went to Aswinidevas and from them to lord Indhra.

Lord Indhra taught ayurveda to Dhanvanthri, who in turn, taught it to Susrutha and other sages. According to charaka, it is said that Lord Indhra taught Ayurveda to Rishi Bharadwaj from whom it spread to other sages. But it is certain that the original authors of ayurveda were divine beings endowed with extraordinary powers of intuition and vision. THEIR KNOWLEDGE OF HUMAN AILMENTS AND REMEDIES WAS PERFECT.

The original texts of ayurveda consists of eight parts, they are salya or surgery; Salakhya or Urdhvanga, which pertains to the surgery of the ear, nose, throat, Bhuta Vidya or demonology, Kaumara, bhtyakala or paediatrics, Agadantra, USAGARAVAIRODHIKAPRASMANA OR TOXICOLOGY, Rasayana or elixirs, Vijikarana or Aphrodisiacs and kaya chikitsa or general therapeutics.

AYURVEDA TODAY

Ayurveda has come a long way today from vedic times. Many orthodox medical practioners are again showing a keen interest in ayurveda and are applying the modern scientific methodology to investigate the many drugs in ayurvedic pharmacopoeia.

Unfortunately there is bias among people for the complementary systems of medicine. Besides, there are very few competent scholars who can properly interpret the sankrit texts. A lot of authentic Ayurvedic texts have been lost because of foreign invasion and also by ravages of time. The extensive urbanisation and deforestation have destroyed several herbs of rare medicinal value. In addition, chemical pollution by fertilizers and the atmospheric pollution have had a telling impact and the herbal flora is fast disappearing. In spite of all this, Ayurveda is being recognised as a holistic systems of medicine which holds that the body is the foundation of all wisdom and the source of all supreme Kaya chikitsa or general therapeutics. Ayurveda uses herbs, trees, spices and alcohol extracted from animal origin. Traditional ayurveda also believes magical formulae, the use of gem stones, amulets talisman and mystical methods to treat the patient.

INSPITE OF ALL THIS, Ayurveda is being recognised as a holistic system of medicine which holds that the body is the foundation of all wisdom and the source of all supreme objectives-DHARMA, ARTHA, KAMA AND MOKSHA. Ayurveda is perhaps the only field of medicine where the mind the body and soul of the patient are taken into consideration during treatment.

Towards the proper stability of the temple of god, different systems have been allocated with different powers. They are from within without, CIRCULATORY SYSTEM- For circulation of oxygenated blood to all parts of body.

LYMPHATIC SYSTEM - Drainage of tissue fluids from inter cellular spaces. RESPIRATORY SYSTEMS- Delivery and interchange of gases like O_2 and CO_2 FOR METABOLIC FUNCTIONS.

NERVOUS SYSTEM- To activate all parts of body rightly called master of the body.

GASTROINTESTINAL SYSTEMS- To receive food materials and provide energy source for all body parts.

ENDOCINE SYSTEMS, Regulating all functions of the body from growth of the body from infancy to old age and maintenance of all vital parameters for the body.

SKELETAL SYSTEM - Main supportive frame work providing stable placement of all vital organs like brain, heart, lungs and locomotion of the body.

MUSCULAR SYSTEM- Voluntary movements of the body.

RETICULOENDOTHELIAL SYSTEM- Formation of blood and defence systems in the body.

REPRODUCTIVE SYSTEMS- Continuation of the species

CUTICULAR SYSTEM FOR Protective covering of all internal organs in a compact manner.

The smooth governing of all these powers requires proper balance of mind and stability in changing circumstances of Life. The mind can only be stable when it is firmly fixed in soul consciousness. The Soul state of human life is the basis of origin of life itself. The entity of soul is peace, happiness and prosperity. The soul of all beings are bound to one source called the "PARAMATMAN".

Hence loving all living beings in particular human beings is actually loving the ALMIGHTY himself. The Famous adage "LOVE ALL WHOM HE LOVES" is to be adopted as a true source of wealth for all human beings.

The purpose of human life is actually to love the creator with a heart full of wisdom and intelligence. He brought forth the entire existence with a mere divine will out of just nothingness. I would like to summarise the true divine treasures that anyone can easily discover in the light of modern costly treatment availed to those in needy.

Consider one aspect called consciousness this is freely available to all human beings. The moment this is deprived, such as in coma states countless lakhs of rupees and continuous dedicated humancare is essential to artificially sustain life activities. THIS SIMPLE TRUTH BRINGS TO LIGHT THAT THE VITAL FORCE OR LIVING FORCE WITH WHICH HUMANBEINGS ARE ENDOWED IS WORTH COUNTLESS CRORES OF RUPEES IN THE BANK.

Any human being can realise in his life force that the moment this life force is withdrawn from the body even countless crores of rupees will not enable any doctor or genius to put it back to body even with best of efforts. In history there have been episodes of certain human beings surviving the battle of death by intense treatments by doctors by way of resuscitation measures. Few have survived the tales of the other world they were transported to after death. Those are Rare circumstances brought on by almighty himself once again surely by divine will.

An ancient wisdom quotes saying that the lifetime on planet earth predetermined and is merely the allotment of count of breaths in one's life time. Just like petrol deprived vehicle cannot be moved one single inch by the best car driver in the world sitting in the best car model in the world, similarly the body life force determines the duration of stay in planet earth. Hence breathing techniques like Pranayama have been practised by many yogis in India, utilising this knowledge. They have brought down count of breath from average 16-22 minute to 2-4 minute and sometimes have lived upto 250 - 300 years in rare circumstances.

Next I would like to inform the value of circulatory system in human life. The ticking of heart beat is the only common factor to all human life. Who is this performing the job ceaselessly without charging a single paisa from anyone living. I believe it is the common factor called ultimate or pranasya prana giving life to all living beings.

The moment heart beat stops, the best of medical treatments involves right from heart transplants involving several crores of money and also a condition to accept it from another living dead human being with compatible blood grouping and tissue typing his to compatibility. Other instances like rhythm disturbances involving artificial implants are also expensive and involved with risks.

So those human beings deprived of money should feel happy about the possession of invaluable life with themselves by negative comparisons. Coming to congenital defects like thalassemia, involving life long blood transfusion to maintain life involving lakhs of rupees, people without this problem should feel happy, they are not bothered to spend such huge amounts for maintenance of life. Coming to function of lungs, they are abused in the national diseases like tuberculosis and pollution effects with proliferation of lung cancers.

There is no replacement for function of lung even with countless crores of rupees. WHO has contributed a massive plan to eradicate tuberculosis out of the globe but patient noncompliance, ignorance and non-co-operation have put bars to this wonderful health project to save mankind from global disaster. With continued unabated AIDS spread, inspite of all education measures & massive launches globally to eradicate the same which might be the same, which might be the powerful weapon to wipe off most of human life from planet earth. The twin combinations of AIDS victims susceptible to tuberculosis and emergence of resistant strains to anti tuberculosis drug. It is high time human life has to wake up from slumber, remove ignorance in everyone's life and install proper values to one's own life.

Now coming to liver, cirrhosis of liver commonest problem can ultimately lead to coma and death. Recently an article was published in "Life positive magazine of a lady lawyer being rescued from the doors of death by liver transplantation spending huge sums of money.

Indirectly all those human beings with good liver function should feel grateful that they are living happily without having to spend huge sums of money for their survival. Coming to skeletal system, those people who sustained fractures know that without internal stability by skeletal system, no action is truly possible. Some patients have to spend lakhs of rupees for problems like hip replacement, or total knee replacement. Everyone must now be familiar with our honourable Prime Minister Vajpayee, who had undergone knee surgery for his arthritis problem. Coming to endocrine system, pituitary deficiency leading to dwarfism can be corrected at young age by spending 2-3 lakhs of rupees to get human growth hormone injections available to their lives.

Take the function of WBCs in human blood; any disorder at any time can lead to leukemia or blood cancer. The treatment involves several lakhs of rupees and sometimes life is not guaranteed. With the brief mention of several human systems doing their job to promote life force under pure divine will, I urge all human beings to wake up in true sense to pure love and devotion to almighty God, who is providing freely without any charge assigned to them when human beings take charge of controlling their lives; it involves several crores of rupees and sometimes is without proper results.

The love of God boils down to "Work as Worship". For all human life is interdependent for various aspects of life in present day world. We have full-fledged human beings serving perfectly entire humanity with wonderful services. Every human serves within the range of his mental capacity and self-confidence. Farmers, milkman, bus driver, auto drivers, pilots, railwaymen, postal services, computer professionals, merchants, servants, doctors, lawyer's, scientists. All categories of service are beneficial to one another. Let's learn to respect every human being who serves and let's develop an attitude of servicing the divine being in everyone, who ever serves.

In present day modern life all human beings are put to stress in one form or another either directly or indirectly. The stress levels

in one's life is beneficial up to certain levels. Scientifically it has been categorised assigning numbers 1 to 300. Scores upto 150 are essential to ordinary human life. Beyond 300 levels, people give way to a host of diseases and complicating problems of life. So it is essential to get assessed of the stress levels in one's life by an expert doctor or counsellor.

Stress-related diseases are increasing day after day. The manifestation is dependent on the weak areas in one's life. In some people it manifests at physical level in the form of Blood Pressure, peptic ulcers, diarrhoea, heart attacks. In some people the manifestation is poor memory, lack of concentration, mental depression etc. In some people the manifestation is at spiritual level resulting in lack of interest in life, aversion to duties of life or even to suicidal tendencies. Once again a health checkup is needed to get assessed of one's defects in health and at which level they manifest by an expert doctor. After evaluation it is advisable to get the problem corrected to the best possible solution. Certain destressing programmes might give a temporary relief. Permanent solutions can be achieved by the process of meditation.

At present with the problems of over-population and stressful life, entire humanity has to unite in the spirit of love of one another in the form of pure services, caring, sharing and nurturing to manifest the ultimate dream of nature from whom we emerged our lives namely UNITY IN DIVERSITY. All life is a manifestation of natural resources available in the universe. The Pancha Bhutas or five elements of nature blend in a fashionable way in individual life by a processing of the factor called love. The five elements of nature are sun, air, water, earth and ether.

The sun gives warmth and light without which life can perish any moment. Nature of sun is only to give, not expecting anything back. Hence sun exists eternally backed by creator's divine energy that never gets depleted. Scientists have specifically calculated

the survival of sun and the formation of new suns. the period extends for billions of years. So the first law of nature backing the principle of life is give and only give never get back. You only continue to exist to give. I have observed several lives of people and found they implemented this principal of life and have achieved marvellous heights in life.

I can quote the sayings of a great noble soul who departed from this planet earth, Paramachari Shankaracharya of Kanchi Kamakshi Peetam. He declared about his uncle who guided his initial steps in spiritual life and discovered that certain souls are born just for the sake of other's life. Their existence is like the sun for planet earth. Astrologically the sun is placed in the heart region of human body. Hence the truth shines clearly that unselfishness in one's life is the true divine wealth that can prevent myocardial infarction and ultimately death.

Now I shall discuss the aspect of air. Air is a mixture of several gases and invisible and lighter. The only gas element essential to all life is Oxygen. The air by itself has no real value. The association of air in our life systems gives tremendous value. The moment O_2 is deprived to our life we exist no more in this body. Hence in all critically ill patients in Hospitals O_2 is administered and the maintenance of this single element in comatosed patients runs to several lakhs of rupees. The problems of euthanasia have originated because of this factor.

Now the true picture that life is really precious has to emerge in all human minds. The preciousness is the same to all individual human beings. Just like O_2 of Air is vital to life the association of individual soul to the ultimate soul is really a great necessity. Without that connection life cannot really manifest. Every minute life is renewed with fresh supply of O_2 and any moment this process ceases for whatever reason, death in the present body is imminent. The continuous supply of this element is given freely by nature. We

have to offer a spirit of love in our heart for this ceaseless effort of nature to make us alive.

Now coming to the element of water. Water is the circulating medium for the processes of life. In almost all living organisms, 60% of mass is filled with water right from unicellular organism until human life. The depletion of normal reserves results in various low energy states. Hence modern medical science first resorts to providing life line and O_2 to all ill patients requiring such treatments.

Water molecules are the same composition namely H_2 and O . The quality differs depending on source of origin. Sea water is different from river water. Water of life force in internal working is compared to money resources in human life. Human Life is dependent on finances. Depletion of this commodity leads to miseries, poverty and lack of quality in human life. So all human beings have to lead a balanced life with both spiritual welfare as well as material welfare.

Spiritual welfare is taken care by almighty himself. He distributes the same quality of divine love for existence on this planet earth. Material welfare is dependent on man to man co-operation and understanding. The imbalances of human life in material plane needs to be corrected immediately if quality of life is to be assured to all human beings. This is the real task that every individual human being has to undertake to better atleast four other people life other than their family members especially those people privileged with lots of money. At this juncture I have to bring to light that all the material riches whatever be the amount will be left behind at the moment of death. This moment may be any predetermined time in one's life. The good deeds done with money alone will be carried forward to next birth in cases of reincarnation.

Man has to awaken to hold on to real treasures like the soul which is the basis of all life and learn the attitude of only utilising

material wealth for fulfillments of life. Now coming to the element of nature called earth. Earth is a silent bestower of stability in everyone's life. Whatever be our status in life the gravitational pull, scientifically discovered is the one tethering back to ground plane in all our movements. Earth offers food to all living beings. No one can imagine life without earth. Earth is the solid component namely body in our life.

The geographical boundaries are different, types of soils are different but the gravitational pull on earth's surface is basically same, without which we would be sent flying off the surface. What can we offer back to earth is at least plant a few trees to prevent soil erosion and prevent deforestation.

Now coming to ether, it is actually nothingness giving space for the shapes of one bodies. Perhaps it is the channel we go back from this life once at death all elements are dissolved from individual bodies back to resources. The element is a constant reminder that we came here with nothingness and go back empty handed once we leave this life from existing body. The reminder of nothingness is a great necessity to ease the problems of present day's existence.

Having discussed in brief a cursory view of delicate balance of human life on various factors interdependent on each other. Now I shall discuss the aspect of soul. Soul is the source of life. Soul is the real driving force behind all activities of life. Souls are backed by the ultimate creator. Soul is immortal and body is mortal. So there is constant struggle between the immortal being and the mortal being. This constant stress can only be destressed by merger of soul ultimately into the immortal spirit of the ultimate. Until this purpose is fulfilled, life and death is a constant encounter in a soul's existence. Hence the ultimate goal of human life is to submit the soul within back to its source the ultimate by a process of inward journey. To achieve this process we have to maintain an outward journey of existence in this body and do all the needful for

its survival on planet earth.

The noble souls who lived on this planet earth have exemplified by their deeds the true purpose of human life. Famous personalities like Swami Vivekananda, Lord Buddha have remained immortal since they achieved the true purpose of human life. Let me quote at this juncture.

LIVES OF GREATMEN REMIND US
TO MAKE OUR LIVES SUBLIME
AND LEAVE FOOT PRINTS ON THE SANDS OF TIME.

To achieve this end we have to begin with the famous prayer in our hearts -

" ASATOMA SAD GAMAYA
TAMASOMA JYOTHIRGAMAYA
MRITHYORMAM AMRITHAM TAMAYA "
"OM SHANTHI OM SHANTHI OM SHANTHI"

The above sanskrit prayer says ;

Lead me from unreal to real
Lead me from darkness to light,
Lead me from death to immortality"

Let there be peace within myself
Let there be peace within my vicinity.
Let there be peace in the whole universe.

It would be very relevant to quote the recently published article in Times of India December 31st 2000.

Shri Basaveswara a famous social reformer of his times in 12th century reverberates his inner feelings of heart in the following stanza crystalizing exactly my view points expressed so far. "Make this body of mine the body of the veena. Make my heart the gourd of it on which it rests. Make my nerves the strings and my fingers the tuning sticks play the music through me O ! Lord Kudala Sangama strike your music on this musical instruments of my body.

It all began years ago, when the swamiji moved by the suffering of people around him, climbed the hill and meditated in a cave in the solitude of forest.

"I shall fill my words in the nectar of your name".

I shall fill my eyes with the beautiful form, O Kudala Sangama Deva.

I shall fill myself whole and entire in Thy lotus feet"

The Swamiji cries out ;

Those who have build a temple to God
in the form of humanitarian services but what can a have not like me do ?

My legs are the pillars of the temple,
that I am going to build
my body itself is that temple.

Listen O Lord, the temple built of brick and mortar,
temple down in decay but this moving temple of there known is no rain. To all who seats, hew quotes basava ;

The power of knowledge destroys ignorance.

The power of light dissipates darkness.

The power of truth is the foe of the untruth.

The sarana's experience of god is the
sole cure for worldiness.

I conclude for one and all this last message the sure cure for all worldly and human problems is to seek to god in one's own heart and find him there.

Relations on the self & soul

The wise should surrender speech in mind.

Mind in the knowing self.

The knowing self in the spirit of the universe.

And the spirit of the universe in the spirit of peace

