

## A Beginner's Musings

---

Mohit Sharma

House Officer, Department of Psychiatric Diseases,  
Government Medical College, Jammu (J&K).

Why do they trust us, the doctors? Ill and in excruciating pain, suffering the mortification of the flesh, the patients in search of relief and succour, pour out their heart and mind to us. We as the good old doctor prescribe medicines and they swallow the bitter pill in the belief that it will alleviate pain and suffering.

Bang! Went the door of my room and I threw myself on my old study chair feeling a bit depersonalized, thinking of all kinds of unmentionable things in my twisted mental set up as I entered into internship after triumph of obsessive pursuit over formal qualification.

Who cures them? Is it us, the doctors! Or, is it the potent power of the pill, created by chemists in a laboratory, and put together by blue-collar workers in a factory? Or, is it, Nature? But then, we diagnose the pt's illness and in doing so, we prescribe certain tests. He is directed to another man or woman in white, who punctures his skin for a blood sample, takes the other samples too and compels him to loosen his purse strings just a wee bit more. The justification: modern diagnostic tools ought to be used by modern doctors of modern medicine

and aptly applied on modern men and women to determine modern ailments. So what if Indian's rolling millions cannot afford them, not gain saying the fact that in more cases than not, the tests could be bordering on redundancy.

Why then, do the patients rush to the doctor? Why don't they let the nature perform the magical cure? There is an old saying: Trust begets trust. They go to the doctor because they trust the doctor and the medicine our trust worthy doctor prescribes. Now, trust is unequivocally a matter of faith. They came to the doctor because they have faith in a fellow human who has chosen to practice the fine art of medicine.

However, towards the end of my internship-training programme, I realized that "He is the best physician who knows the worthlessness of his own medicine". I realized that a good doctor is one who has a good technical competence, has transparent sincerity towards the patient and stresses only that which will recruit the inner positive thinking of the patient; and I strive to be one. On the negative side, A GOOD DOCTOR DOES NOT MIMIC God!!!

**J K Science Journal of Medical Education and Research announces the introduction of a section on the Reflections & thoughts of our budding doctors in the forum "A Beginners Musing". Interesting write-ups are invited from the interns and resident doctors for this section.**