

Universal Health - Perspective of ShataRudreeya

The world, we reside is large from our perspective. However, it is tiny in the grand scheme of Creation. Transit and Communication system have developed tremendously to improve the reach of humans. However, this has become a double-edged sword.

Science and Technology have made it easy to transport the body rapidly to any part of the planet, and even other planets too. Satellite communication can transmit the sounds in real time. In this scenario, how could we benefit in real sense? Are the benefits accruing, are sustainable and equitable?

Science is good servant, but a bad master. It should not be the ruler of the masses, rather service the humans and other co-inhabitants of the world. The tools, we created have to be used properly to alleviate suffering, not impose a suffering. Strife and wars as well as war-like situations debilitate the psyche of not only humans, but also animals, birds, reptiles and marine life. **However, our greed and lust for interim comfort has forced our mind to over-look these subtle aspects of empathy towards co-habitat.**

In this back-drop, hymns of Shata Rudreeya (Rudra Adhyaya of Yajurveda) are apt enough to remind us the perspective of life and a prayer for the Universal Health.

शिवेन वचसा त्वा गिरिशं, अच्छा वदामसि। यथा नस्सर्वमित् जगत्, अयक्षमं सुमना
अस्त्॥ (śivēna vacasā tvā giriśa, acchā vadāmasi. yathā nas'sarvamit jagat, ayakṣmam sumanā asat..)

Oh Shiva! Your abode is Kailasa, the great mountain on the earth. We extol your virtues and capacity by good and splendid words and sentences.

Intention of this prayer is

- Universal Well-being.
- A Universe, which is beneficial to all of us.
- A Universe, which is devoid of Disease and Strife.
- A Universe, which is exuberant of Good-Will and Bonhomie.

Here, the importance of nice, gentle and good speech should not be lost. Just analyse the recent statements of political leaders and trade union leaders. Now observe the media coverage for the same.

When the electronic media repeats the same inciting and aggravating speech repeatedly, emotions of the audience are inflated. Resultantly, people will be provoked to abet, support and partake in carnage.

Even uncharitable remarks about leaders and public at large, would lead to the chagrin of the mighty. Hence, Rigveda warns us Oh God! Let me not anger you, by uncharitable, untrue and rude speech towards anyone.

Listening to unpleasant words would dishearten the listener. Able bodied persons might get excited. Disabled or lesser abled could get distracted and dejected. Wily and wicked mentalities would be easily influenced to find incentive by spreading hatred and violence.

Hence, it is important to stem the rot by choking the genesis of rude and violent speech and thought. **This is the basis of good life without strife and hurt.**

After ensuring the drainage gutter is controlled and does not adulterate water sources, our attention should be directed towards the problems of the body.

Continuation of this prayer in the next stanza, gives us a fine reminder about the approach to remove disease from body as well.

अध्यवोचत् अधिवक्ता प्रथमः दैव्यः भिषक्। अहींश्च सर्वान् जम्भयन् सर्वांश्च यातुधान्यः॥
adhyavōcat adhivaktā prathamaḥ daivyah bhiṣak. ahīnśca sarvān jambhayan sarvāśca yātudhān'yah..

By describing the virtues of Shiva, as the divine and primordial doctor of the world who would destroy all the infectors and amputate the wicked/ incurable factors, Veda gives the important traits of the Doctor.

- First Quality - **Adhivaktaa** - Boost the confidence of the patient.
By observing the mental status of the patient diligently, a doctor could ordinarily find a way to sensitise a patient about his/her ability to cope up with the ailment. This confidence boosting speech would establish a comfort level which in turn leads to better recuperation.
- Second Quality- **Daihya Bhishak** - Invoke Divinity in you to supplement the human efforts, as you represent the God.
- Third Quality - **Sarvaan Aheen Jambhaya** - Create a sterile environment. Prevent the intrusion of harmful bacterium/ virus/ fungus.
- Fourth Quality - **Sarva Yaatudhaaner Jambhaya** - Remove the Incurable factors, that could affect the well-being of the body and society.

- Finally, **prevent the misuse of the apparatus/ medicine** that are introduced to cure a malady.
- Remember, the eternal dictum of our culture.
- अमन्त्रम् अक्षरं नास्ति, नास्ति मूलमनौषधम्। अयोग्यः पुरुषो नास्ति, योजकस्तत्र दुर्लभः। amantram akṣaram nāsti, nāsti mūlamanauṣadham. ayogaḥ puruṣo nāsti, yōjakastatra durlabhaḥ.

There is not a substance, which is not a medicine. Similarly, there is no syllable which is not a Mantra (mode of thought or hymn). Likewise, there is no person who is useless. The situation demands a director or enabler, who would transform each syllable, element or person as useful.

To the contrary, a wicked and feeble mind susceptible to the vices of greed and tyranny could misuse all the above to the detriment.

Hence, prevent the misuse by installing the checks and balances, before initiating the process of medicine. Beware, that a common expectorant (cough syrup) could act as intoxicant in case of excessive consumption. Any drug, which kills the micro-organisms present in the body, could vitiate healthy cells too, resulting in the death.

Conclusion:

- Our prayers to God should reflect a good intention.
- Let us have peace of mind to promote good health. Let the world be spared from the vicious attacks and harmful substances.
- Respect the doctor as the practitioner of a divine duty.
- Om Namasshivaaya