IN AND OUT

OF

HOSPITAL



Hazrat Dr. Zahurul Hassan Sharib

Gudri Shah Baba IV, M.A., LL.B., Ph.D.

Head of the Gudri Shahi Order of the Sufis

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Obituary

The S. M offers its condolences to the members of the family of Hazrat Abdul Mannan khan khadmi Gudri Shahi who died in karachi on 8th December 1993.

IN AND OUT OF HOSPITAL

I have come out of the hospital to meet you.

I am so happy to meet you again. Ours is a love-knit society. It is open to all. It is free from the invidious distinctions of caste, creed, colour, community religion or region.

Let me greet you, and extend to you my warmest and sincerest good wishes for a happy and well-directed life.

When we meet next time it will be in the new year.

In a few days time the new year will emerge from hiding, smiling and casting its shadow on our troubled globe. Let us sing with Tennyson;

"Ring out the thousand years of old,
Ring in the thousand years of peace."

Have you planned your life ? Have you any resolutions ? Have you any project which you want to undertake in the new year ? What are the priorities ? First things should come first.

The Society of Mystics is entering the new year with the hope and belief that its message of a good life and good living will enable the people to shake off their inertia and blues. They will be fortified and strengthened to face the realities, to face the future with

determination and courage born of an optimistic outlook and to accept challenges from whatever quarter they may come.

Courage is a weapon given to man.

The right use of courage requires a sense of spiritual discrimination.

To show kindness and courtesy to all irrespective of caste, colour, creed region, and religion is to be a citizen of the world.

To be too much involved in material pursuits is to be deprived of creative thinking.

You may have read the last lecture. It was written before my condition took a turn for the worse. It so happened, one day recently, that I met with an accident. I consulted a doctor immediately after. He took an x-ray and said that there was no fracture but only bruises and superficial injuries. This satisfied me and my family members. The treatment continued but at the same time the pain continued.

I consulted an eminent surgeon–Dr. M.P. Udawat. He, on seeing the x-ray, said that there was a fracture without an iota of doubt. I had to suffer for more than a month for the negligence of the doctor who had said there was no fracture. He betrayed my confidence in him.

Confidence betrayed makes the heart sick. In Persian there is a saying that;

"When death comes, the physician becomes a fool."

Likewise it can be said that when suffering comes the physician loses his skills

I was admitted to the J L N. Hospital, Ajmer, on the 13th of September 1993. Different tests were taken and on the 16th of September '93, I was operated upon by Dr. Udawat. The operation was successful. Dr. Udawat is a skilled surgeon. He knows his job well. His 'Midas' touch gives relief and rehabilitation to the patient.

Two day after the operation I was shifted to a cottage which was quite comfortable. In a few days time I began to walk on crutches. Now I walk for some time every day with the aid of two metal sticks. I hope that within a short time I will be able to walk with the help of one stick.

I hope to be restored to normal health before the end of the year, or even earlier than that.

It was not a new experience for me to be admitted in a hospital. In 1981 I was admitted to M.P. Shah Cancer Hospital at Ahmedabad. In 1993 I was admitted to J.L.N. Hospital, Ajmer.

It I tell the tale of the two hospitals perhaps it may be interesting. In the hospitals I felt myself like a

prisoner. Whatever directions or suggestion were made there were, so to speak, a gospel of truth. I accepted without any hesitation or argument or murmer.

For me it was a period of enforced idleness in both hospitals It is strange that in a hospital a patient is deprived of his own will. He is led and guided by the will of the physician. A patient becomes a mere automation.

But the fact is that a patient is amply rewarded for his submission, surrender and loss of will.

As we surrender ourselves to the will of the physician, likewise we should surrender ourselves to the Will supreme.

Self-surrender to God Allmighty is not only conducive to spiritual development but it may also secure for us the nearness of God. Submission to the will of the physician secures for us recovery from the ailment, Submission to the Will divine secures for us salvation.

A hospital is influenced by the surrounding atmosphere. A hospital is a miniature world in itself. There are currents, but no cross currents. Unlike a city a hospital is not the centre of trade and commerce. It is a place where a person goes to seek relief and rehabilitation. Unlike a city, a hospital is not a chess board for self-seekers or politicians.

The patients have mutual sympathy. There the good of all is one's own good.

A welfare state postulates the welfare of the people in all its aspects and in all its details--economic, social, moral, educational and physical.

Physical welfare implies ample provision for health and sanitation. Adulteration, whether in food or medicine is a crime against humanity. There should be strict laws to prevent the adulteration and strict measures should be taken against those found indulging in the nefarious practice. More stress should be laid on prevention than on cure. Periodical check-ups are another useful device to check and prevent disease.

To be in hospital is to be freed from the cares and fears of everyday life. The worry and anxiety of a patient are taken away by others, whether they be his relations, friends or others attending upon him. A patient becomes self-centred, having his own interest in mind. His sole concern is his quick and speedy recovery and his early discharge from the hospital.

When I was admitted to the J.L.N. hospital in Ajmer, I was in a general ward for three day just before the operation and for two days after the operation.

The atmosphere in the general ward was such that I felt depressed. It was my first experience of being in a

general ward. When I was operated on in the M. P. Shah Cancer Hospital, Ahmedabad, I did not live at all in a general ward but was lodged straight away in a private ward. There the room was quite comfortable and it had all the amenities and facilities.

The general ward requires a better arrangement for sanitation. The general ward is usually overcrowded. There are few beds and too many patients. As a matter of fact overcrowding has become a common feature in hospitals. It may be partially due to the population explosion but it is also due to pollution, disease and dirt.

People become an easy prey to disease because the power of resistance is so low that they cannot resist the onslaught of disease.

A hospital need not be a dark and dingy place to live in. It should be an abode, if not of peace, at least of sunshine, cheerfulness and hope. Hope for recovery and of return to normal life again.

Hope implies optimism.

Optimism is ever hoping for the best.

Optimism is born of belief.

Belief leads to the strengthening of Faith.

It has been said that "Faith removes mountains."

Let us go a step further and say and believe that "Faith can still remove mountains."

The atmosphere in a hospital should be such as to diffuse monotony, depression and boredom. As sea-ships used to have interior decorations, likewise our hospitals should exhibit some decoration which may serve to direct the attention of the patients from suffering and sickness to solemnity and serenity.

There should also be sayings and slogans on the walls, inspiring the patients with the vision of a new life. The sayings and slogans should be such as;

"Come here suffering and go out smiling !"

"A doctor is your friend in need. It is all for the best."

"An orange a day keeps the doctor away."

The doctor and the nurse should come to the patient as messengers of relief and recovery. They should identify themselves with the patients in their suffering. They should study the patient, his habits, his environment, his family back-ground, his likes and dislikes and his mental make-up.

It is of utmost importance that better human relations should be developed between doctor and patient. A doctor need not be a philosopher but what is called for is that he should be a friend and a guide to the patient. He should have the interest of the patient at heart. A doctor is not a trader or a shop-keeper and a patient is not a consumer or a client either. The relations between the two are intimate and based on mutual trust and confidence.

The overcrowding in general wards is appalling. It evokes sympathy for the patient. There are fewer beds than patients. There should be more beds for more

patients. There should also be provision for recreation and amusement. Let there be indoor games so that the patient can play if they so like.

People come to a hospital suffering from different diseases and ailments. Some are serious and some are minor ailments. Occupational diseases are spreading now at a quick speed. Those who work in mines, cotton factories and mills generally complain of T.B. Those who live in crowded houses suffer from respiratory diseases. Due to heavy traffic there are more road accidents.

A hospital is a symbol of humanism dedicated to selfless service. Mutual sympathy brings people together. Here doctor and the patient form a compact community.

In spite of all this a hospital is not a good place to live. It is not a beauty spot. It is not a place for change. It is not a place for recreation. To me it is a place for self-analysis. It is a place for self–awareness. It is a place for self-renewal.

It is a place for introspection. What has caused me suffering ? What wrong have I done ? These are some of the pertinent questions one should ask oneself.

It is a place to know the mystery of suffering Is it self inflicted ? Why is it that the incidence of disease is higher here than in the west ? It may be due to the fact that we do not take preventative measures. People do not act upon the adage;

"Prevention is better than cure."

They do not take precautions. They go to the hospital when they are ill.

People should know the elementary laws of health. Cleanliness, fresh air, clean water, balanced diet, rest, and recreation and proper exercise.

The axiom "prevention is better than cure" can not be applied to accidents. One does not forsee an accident. One may meet an accident at any time and at any place.

The progress of surgery is astonishing, rather bewildering. It marks a milestone in human destiny. Surgery has come to the rescue of the crippled and the handicapped. It has made a great contribution to human happiness.

My admission into the two hospitals at two different times and at two different places was in a way like going to school. What I learned was that human. suffering is inevitable. It comes as a guest. It comes, stays for sometime, and goes away.

Suffering comes in some shape or form at some time. Nobody can escape it. Then why complain of it ? Why not accept it as inevitable ? The more one thinks of one's suffering, the more it becomes intensified.

Mental suffering is greater than physical suffering. Is there any physician who can cure the mind diseased?

Passion is like a kind of suffering. Anger, lust, greed, fear and indecision are some of the shapes and forms of mental suffering. To get rid of suffering Lord Buddha suggests;

"Lead a holy life for the extinction of suffering."

Worry and anxiety are the other types of suffering. The Harley Street physicians can not cure it. Psychi-

atrists find themselves unable to cure it.

One can overcome mental anguish and suffering by one's own efforts Let the person take to regular meditation, contemplation and diversion. Let the person seek the company of the saints, sages and the sufis.

What I also learnt during my stay in hospital is that calm thoughts, slow breathing, a peaceful mind and a tranquil heart are conducive to quick and early recovery. Disturbed thoughts and negative thoughts lead nowhere but to mental suffering.

We should be ever cheerful and optimistic. This is the only way to live better. Thus says Virgil;

"Endure and preserve yourself for better things."
One should believe and believe firmly that;
"All is for the best".

There is an ebb and tide in the life of everyone of us. Life is an interesting tale. It becomes all the more interesting and enervating by struggle and effort. Lord Buddha has described life thus;

"Lo ! As the wind is, so is mental life.
A sob a sigh, a strain; a strife."

When I was in the hospital in Ajmer one great truth dawned upon me. I came to know of what great consequence sleep is. I was not getting sleep. Sleep is said to be the best rest.

It so happened one night that I recalled to memory what Shakespeare has written about King Henry IV, who complained of not getting sleep in these words;

"How many thousands of my poorest subjects,
Are at this hour asleep ! O sleep, O gentle sleep,

Natures soft nurse, how have I frighted thee,
That thou no more will weigh my eyelids down,
And steep my senses in forgetfulness?"
I was discharged back from the hospital on the 8th of October 1993. I was given certain directions, which I am following very carefully.

Since I have come back from the hospital I have not been able to go upstairs to the room where I sit, read and write. My workshop, so to say, remains closed. I do not know when it will re-open. To John Keats "a thing of beauty is a joy forever" To me a library where books are arranged in rows like cypress trees, is a joy both spiritual and mental.

It is not possible to offer my thanks individually. Here I take this opportunity to place on record my deep sense of gratitude to all those, who were in the hospital at the time of the operation, those who came to see me in the hospital, those who were with me in the hospital by my bedside and those who attended upon me. Those who inquired about me on the phone and via trunk calls, telegrams and letters. Also the medical team headed by Dr. M.P. Udawat.

Faiz Ahmed Ferguson and Habib Ahmed alias Hammu are a class by themselves. They acted as nurse and looked after me day and night. To repay them is not possible. I wish them all happiness and peace within and peace around.

I want a peaceful life and want to live in peace with creation.Such a peaceful co-existence with creation is what I look for and eagerly desire.

I feel happy when I say that,

"By the help and grace of God, I am becoming better and better every day."

When I say this it is not a utopian dream, but it is a vision of a better tomorrow.

Zahur Main has received the following verses :-

"Silence
Like water
In a scorching summer day.
Every thorn
Has a rose.
Silence
The perfect sound,
The image
Of a falling flower,
And sweet in essence
Silence
A movement
Without time
Without space
A perfect longing of the soul.
Every thorn
has a rose.
Silence of mute words
Silence : the flow of time.
Silence : the changing of seasons
Silence : the play of moon and sun
Man in the murmer of space and time.
Every thorn has a rose.

(Qamar Uddin Corrado
Trieste, Italy.)

Purify This Heart !

Purify this heart in the well of obedience to Dest-

iny's decree,
Humble this intellect in the dust of "all better are than me",
Draw the spirit on with "let everything given for-gotten be",
Fulfil the secret desire with "from love of Justice we are never free."
Then o perfect Guide, teach this dog to be,
The pet of saints and hunter of the Unseen country.

Jamil Uddin Morris (UK.)

I

We want to honour our beloved by decorating him
With a garland of our gratefulness,
The sweet smelling flowers,
Giving a message,
From our heart and its faithfulness.
Their multi-coloured radiance spreading the news.
Of our happiness because of his nearness.
We know that the colour and smell
Will slowly fade away,
But we hope that the imprint
Of the message in his heart
May stay.

II

You decorate us with the garland of your fondness.
The string of your blessings helps us
In getting nearness.
The fragrance of sweet smelling flowers is temporal,
But your garlands are woven from grace eternal.

Gulnar,
Krimpen (Holland)

The skilled Surgeon who operated Zahur Main, on 16th September 1993 :



Dr. M. P. Udawat

Professor & Head

Department of Orthopaedics & Rehabilitation

J. L. N. Medical Coilege &

Associated Group of Hospital, Ajmer.