

# Tuesday, 12 November 2024

## 4 pillars of Treatment

भिषग्द्रव्याणि उपस्थानं रोगी पादचतुष्टयम्।

*(Bhishag Dravyani Upasthanam Rogi Padachatushtayam)*

*The physician, medicines, assistants, and the patient constitute the four essential pillars of treatment.*

The four pillars are like the legs of a table: if even one is missing, the table cannot stand, and the treatment will not succeed. Each pillar is equally important.

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### 1. Qualified Physician (Bhishak):

A qualified physician is at the foundation of successful treatment. The qualities of such a physician include:

- **Medical Skill:** The ability to diagnose and treat correctly.
  - **Authentic Knowledge:**
    - Must have studied under a respectable master, learning science through authentic scriptures.
    - Training under an experienced master builds confidence, eliminating the need for experimentation.
  - **Purity:** Physical hygiene, mental purity, and a sattvic (balanced, pure) nature are crucial.
  - **Experience:** A physician who has seen and treated enough cases develops deep insight and competence.
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### 2. Medicines (Dravyani):

Medicines form the second pillar and must have the following qualities:

- **Adaptability:** Able to be processed into various forms, such as oils, creams, powders, or pills.
  - **Effectiveness:** Must act positively on the intended target with minimal side effects or contraindications.
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### 3. Assistance (Upasthanam):

Assistants such as nurses and therapists play a critical role in the healing process. They must be:

- **Compassionate:** Offering care with a heart full of love and compassion.
  - **Pure and Skilled:** Maintaining cleanliness and being adept at their duties.
  - **Wise:** Supporting the physician with understanding and intelligence.
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### 4. Patients (Rogi):

The patient is not just a recipient but an active participant in the healing process. Their qualities include:

- **Mental Strength:**
  - Courage to confront reality, acknowledge the problem, and make necessary changes in life.
  - Healing requires a willingness to change attitudes and habits.
  - As my guru said: "The disease is in the mind. If you are not ready to change your attitude, nothing will change."
- **Openness and Trust:**
  - A patient must communicate honestly about their condition.
  - Healing requires trust and surrender to the process.
  - Those who resist or remain in denial block their healing energy.
- **Belief in Transformation:**
  - Healing cannot be "bought." It is not a transactional process where you pay and expect to be healed.
  - Healing happens from within, supported by the environment provided by the physician, medicines, and assistants.

*"There is something which brings you people from different countries to this place. It's not me. So if the true calling for help is there. And if somebody is able to sit with a true intention to help. It's fascinating. There is a magic that happens. With the right intentions and surrenderance, without identity, healing has happened in that moment. It only still has to manifest..."*

*Some people fight - karmically people are blocked. But, if you decide to go, then go with complete trust! And if you have to do research because of doubt, you have to do it before."*

If any one of these four pillars is disqualified, the treatment will not succeed. The patient is a participant and partner in the healing journey, and the process requires dedication, courage, and trust. Together, these components create a cocoon in which healing can unfold.

