

## ROLE OF NURSING PROFESSIONAL IN MENTAL HEALTH

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**ABSTRACT**

One of the most crucial and fundamental needs of every person in the world is health. A complicated phenomenon, health and its care can be managed by an individual or by medical professionals depending on the circumstances. Numerous healthcare facilities are springing up today, but it is not certain that everyone will receive the type of care they need. The lack of ethics and quality in healthcare administration is the primary cause of this scenario. For the healthcare system to be effective and produce high-quality results, highly qualified medical professionals, paramedical staff, and medicines are required. The goal of *ayurveda* is "*Swasthsya Swasthya Rakshanam*," which means that everyone wants to live a long, happy life free from suffering. *Ayurveda* is a very distinctive Indian medical science and has some unique

qualities in catering the health service and management for the needy, based on the *Chatushpada* (four pillars of treatment) theory. As a result, it is one of the very strong issues in health management in the current materialistic world. *Bhishag* (the physician), *Upastha* (the nursing staff), *Rogi* (the patient), and *Dravya* (medicine). These four elements are interdependent, and their effective application results in a positive *Chikitsa* (treatment). Each of the four variables possesses four characteristics that are necessary for a successful treatment. In absence of any one of these, the treatment may not be successful. In this article we focus on this *upasthata* (nursing staff).

**KEYWORDS:** *Chikitsa Chatushpada, Bhishag, Upastha, Rogi, Dravya, Quality Healthcare.*

## INTRODUCTION

Medicine is a divine field and earlier doctors were recognised as a God. Patients and doctors had a very honest relationship, and people used to pray for doctors' humanitarian efforts.<sup>[1]</sup>

In the current era, healthcare administration has multiplied materialistically and developed into a complex system. The management of healthcare falls into two primary categories: both clinical and nonclinical. Medical and paramedical staff management, hospital infection control, patient drug quality, and management of diagnostic procedures are only a few examples of the hospital management areas that are directly tied to the health of the patient. However, nurses are essential to the healthcare sector. Giving the patients care and performing positions of leadership in hospitals, healthcare systems, and organisations. And they work on the front lines of healthcare and frequently serve as the only point of contact between the patient and the doctor. But there are several causes of intrinsic stress in these caring professions that constitute occupational hazards for nurses.<sup>[2]</sup> Other sectors covered by it include pharmacy, inventory management, biomedical waste management, and medical record management. However, the entire management is involved in maintaining the system, this advancement frequently compromises the patient's treatment. One of the oldest medical sciences in the world, *Ayurveda* places a strong emphasis on both the preventative and therapeutic aspects of treating a variety of ailments.<sup>[3]</sup> Its major goal is to preserve the health of healthy people and to cure patients' illnesses.<sup>[4]</sup> In this case, appropriate *Chikitsa* (therapy) is essential to both eradicating the illness and restoring balance to the *Doshas*.<sup>[5]</sup> In general, *Chikitsa* is a management process that incorporates multiple stakeholders and issues. However, in *Ayurveda*, the four variables known as *Chikitsa Chatushpada* are primarily responsible for *Chikitsa's* success. In this group of *Chatushpada* are *Bhishag*, *Upastha*, *Rogi* and *Dravya*.<sup>[6]</sup>

### *Chatushpada of chikitsa*

#### **1. Guna of Bhishag (Qualities of Physician)**

Ancient Indian literature praised a physician (*Vaidya*) like a god. The same literature defined a physician as “one who studied medicine with extensive practical experience at the same time able to cure the diseases and save the life of the mankind in all conditions”.<sup>[7]</sup> *Acharya Sushruta* has mentioned qualities like a physician should be firm, brave, possessing all equipment and drugs required, to be intelligent enough to manage any situation, ingenious, skilful, well-versed (in precepts and practice), adhering to truth. *Acharya Sushruta* while

describing *Chatushpada* has given great importance to the physician. *Acharya Charak* has also explained about four ideal qualities which every physician should possess as mentioned below.<sup>[8,9]</sup>

a. *Shastra* (knowledge about science)

A doctor should be well-versed in both theory and practise regarding the numerous ailments that exist as well as the methods used to cure them.<sup>[10]</sup>

b. *Drishtakarmata* (Skills)

It implies that a physician should have a lot of practical experience in their field.<sup>[11]</sup>

c. *Dakshya* (Alertness)

A physician needs to be skilled and observant. He needs to evaluate the progression of the illness and its ongoing therapy critically.<sup>[12]</sup>

d. *Shuchi* (Purity of Body and Mind)

The doctor needs to be remarkable for the patient to feel confident enough to seek treatment. Purity might convey this in numerous ways. Individuals must maintain their personal hygiene and dress appropriately; otherwise, doctors risk contracting an infection or becoming a source of it. Hospital acquired infection control has received a lot of attention in current practise around the world to stop them.

2. ***Guna of Upastha*<sup>[13]</sup> (Qualities of medical attendant/ Para medical staff):** According to *Acharya Charak*, the attendant attending the patient should possess following four qualities.

a. *Buddhiman*: *Upastha* ought to be intelligent enough to comprehend the doctor's advice and follow them.

b. *Daksha*: *Upastha* should be aware and engaged in order to communicate any patient concerns and observations to the doctor.

c. *Anurakta*: *Upastha* should be attentive and have affection or attachment for the sufferer.

d. *Shuchi*: *Upastha* must be pure in body and mind, which is crucial when caring for patients.

3. ***Guna of Rogi*<sup>[14]</sup> (Qualities of Patient)**

As stated below in the classics of *Ayurveda*, the patient is the centre of any treatment, and a lot depends on the nature of the patient.

a. *Gyapaka*: The patient needs to have good memory so that he can keep in mind everything relevant to his disease as well as the *Vaidya's* recommendations. The *Lakshanas*

(symptoms) of the patients are used to make a clinical diagnosis of any ailment. It is difficult for a doctor to diagnose a patient's sickness accurately when they fail to describe their symptoms and course of illness. It could lead to an increase of pointless investigations, extending the course of the illness and raising total treatment costs.

- b. *Bhishagvashya*: Being obedient to one's doctor entails taking medication as directed and according to the doctor's recommendations.
- c. *Satvavaan*: A patient should be physically and mentally well in order to tolerate illness and therapy. It is advantageous to have a courageous and fearless patient.
- d. *Aaddhya*: A patient should be financially able to cover the costs associated with their medical care. Some diseases require expensive management, and failing to cover the costs results in unsuccessful treatment.

#### 4. *Guna of Aushodhi*<sup>[15]</sup> (Qualities of medicine)

Any doctor's success depends on using high-quality medications. A doctor without high-quality medications is as useless as a fearless worrywart without arms. Therefore, even if a doctor is an expert at identifying and treating any condition, he is powerless in the absence of high-quality medications that work. The *Aushodhi* that is to be given to the patient should have the following four perfect characteristics, according to Acharya Charak.

*Bahuta*: A drug should be readily available in large quantities.

*Yogyatam*: A medicine should be effective and well tolerated by patients.

*Aanekvidha Kalpana*: The best medicines are those that come in a variety of medicinal forms and have numerous applications or indications.

*Sampat*: A *sampat* drug is having richness in efficacy or potency.

## DISCUSSION AND CONCLUSION

Successful treatment of the various diseases is largely dependent on efficient healthcare management. This primarily involves skilled, semi-skilled, or unskilled individuals. The four treatment pillars serve as the base for managing hospital service quality, with the doctor serving as the system's chief executive and the patient at the centre of attention. Any ailment can be successfully treated with the help of medicine, the efforts of skilled medical professionals, paramedical workers, and the sincere qualities of the people they were able to treat. However, nurses are essential to the healthcare sector. Giving the patients care and performing positions of leadership in hospitals, healthcare systems, and organisations. The

lack of nurses is a problem that affects the entire world. It is a problem that might significantly affect offering high-quality medical care. To increase the quality of services in the health sector, particularly in developing nations like India where resources are scarce, it is crucial to place more emphasis on these four fundamental aspects (limbs). This will help to build the relationship between patients and healthcare providers and assure the quality of services provided by the health sector.

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