

Ethics for Medics

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Introduction

It is a critical diagnosis whether the world is going to survive the plethora of destructive consequences of man's own contrivances or whether it is going to decline and collapse. That several species manage to survive natural catastrophes prove that they made every possible effort to adopt themselves to change which is nature's favorite game, but today we find ourselves victim of man-made changes for the sake of change through greed, misused scientific research, terrorism, atmospheric pollution and deliberate debasement of the dignity of a man.

This, obviously is the result of forgetting the fundamental reality that we are all too interdependent — man, animals and plants — because our existence owes itself to the same land, light, air and water. This is underlying fact which produces the ethical concept. What is ethics if not a sincere, conscious effort to separate world virtues from the world vices with an awareness of preferring long-term rewards over short-lived pleasures?

Such an ethical concept concerns every man and woman in every walk of life, in every art and profession. Its significance for medical people is clearly evident from the fact that they are directly concern with the welfare of man who not only has a physique but who is essentially a combination of body, mind and soul. A set of universal norms for medical people is therefore the basis of this book.

Survival is the essential thing. The diagnosis indicates that the revival of ethical norms is the only guarantee of human survival on this planet and medical people, in the context of health, are destined to play an important role.

First Words

Few people will deny that the universe is the product of an intelligent design which is essentially calibrated for the existence and continued sustenance of life. The system that governs the business of life is nature which keeps the quality and the balance of things true. For his greed and love for speed, and to satisfy his desire for change for the sake of change, man often upsets the fine-

ly tuned balance of nature, but the fact remains that nature always wins in the end and it is man who suffers.

A rather fascinating example of the work of nature is given by George Bernard Shaw in one of his prologues to the play "Heartbreak House" (1919). He wrote:

"Nature's way of dealing with unhealthy conditions is unfortunately not one that compels us to conduct a solvent hygiene on cash basis. She demoralizes us with long credits and reckless overdrafts, and then pulls us up cruelly with catastrophic bankruptcies. Take, for example, common domestic sanitation. A whole city generation may neglect it utterly and scandalously, if not with absolute impunity, yet without any evil consequences that anyone thinks of tracing to it. In a hospital two generations of medical students may tolerate dirt and carelessness, and then go out into general practice to spread the doctrine that fresh air is a fad, and sanitation an imposture set up to make profits for plumbers. Then suddenly nature takes her revenge. She strikes at the city with a pestilence and at the hospital with an epidemic of hospital gangrene, slaughtering right and left until the innocent young have paid for the guilty old, and the account is balanced. And then she goes to sleep again and gives another period of credit, with the same result."

Very many good lessons can be learned from this single paragraph which was written when ecology was not severely threatened and people were not reckless about their bank credits and overdrafts.

The World Medical Association had to wait for nearly thirty years to adopt the 'Declaration of Geneva', and the heavens of tranquility were not seriously disturbed to put the environmental activism on the alert.

Earth-bound people, Mr. Shaw pointed out, owed their existence to nature, and nature demanded strict adherence to the rules of conduct or ethics in the business of living.

Right here lies the dignity of a man as the noblest of creatures. A dignified living warrants mutual love and respect and not the battle for the 'survival of the fittest'. This phrase invented by Herbert Spencer is biologically wrong. If it were correct, flesh-eating animals would have long cleaned the jungles of all the weaker signs of life.

We are living in the age of Technology which is subjugating mankind to mechanical whims and fancies. It is machines that are now determining the speed of living. Faster the speed of the machines, faster the rate of society's movement. Man has no option but to follow the dictates of mechanical contrivances which he himself designed and created. Naturally, moral and ethical problems keep creeping up every now and then, taking on new dimensions. Medical people have a need to appreciate them in order to grapple with these problems for the healthy continuation of life which they are avowed to respect.

Man's innate greed and his love for speed, have eventually resulted in a cornucopia of social, economic and environmental dilemmas which seem to threaten life. It can be easily seen that the technology progress does not necessarily mean moral progress. For true progress, one must recognize the truth that the man is the measure of all things, and so he must always be treated, come hell or high water. The best plan and programs will go into tail-spin if these plans and programs overlook the importance of man as the measure of all things. This is precisely where ethics steps in.

Ethics is a moral philosophy which deals with the nature of man's conduct. It examines what makes an action right or wrong. It is the kind of conduct approved by civilized societies all over the world.

Ethics is a positive force which subdues one's feelings and passions to reason with every emphasis on right action at the right time. An absence of ethics would mean a capricious and willful deviation from the natural order of things.

Historically we are aware of idealistic ethics of Plato and the natural ethics of Aristotle. Then every religion has its own and well-reasoned code of ethics and there are ethical codes of every profession. An ethical attitude must override a professional attitude in the modern world where science has become the instrument of social change.

A practical overview of medical ethics will help medical students and practitioners to make their decisions in critical issues with confidence keeping in view the social norms and the cultural and economic background of their place of work.

These decisions may concern issues like:

- Allocation and priority of available resources
- Assisted death in advanced stage of cancer
- Assisted reproduction
- Assisted suicide in terminal cases
- Bioethics
- Brain death
- Cessation of treatment
- Children's rights
- Confidentiality
- Consent for invasive procedures
- Contraception
- Death with dignity
- Embryo research

Eugenics

Euthanasia

Genetic diseases

Handicapped people:

Mental cases

Sterilization

Human rights

Informed consent

Intensive and terminal care

In vitro fertilization

Medical issues

Medical reports for insurance, police, and judicial cases

Non-resuscitation

Occupational health

Organ transplant

Patients rights and responsibilities

Physician-patient relationship

Physician's duties

Physician's obligations

Prenatal gender determination

Referrals

Research on children

Research involving patients

Reproductive medicine

Surrogacy

Terminal care etc.

Some hospitals have their own ethical committees to make decisions on cases involving ethics. This is an excellent practice and it needs to be encouraged at every level. But ethics and its practical relevance to the practice of medicine is an important subject for all medical practitioners everywhere.

The many instances mentioned above cannot be dealt with individually in this small book. Here you will find general outlines and an overview

of the ethical horizons. Keep in touch with journals, books and conference reports even after you have completed your medical education and training. Professional people in medical field must keep themselves abreast of the times.

The Basis of Medical Ethics

Medical ethics is not new. Physicians and surgeons of yore felt a need for it hundreds of years before the birth of Christ. History records Hippocrates of Cos (about 430 B.C.). He was a physician of Greece who established a medical school in Athens and who is known to be one of those ancients who strove for the separation of medicine from superstitions and witchcraft. History remembers him as one of the finest example of physician. His writings exist no more.

But the Hippocratic Oath survives to this day. It is the earliest code of medical ethics, and doctors must take this oath before entering the profession. It reads:

“I swear by Apollo the physician, and the Aesculapius and Hygeia, and Panacea, and all the gods and goddesses, that according to my ability and judgment, I will keep this Oath and this stipulation—to reckon him who taught me this art equally dear to me as my parents, to share my substance with him, and relieve his necessities if required; to look upon his offspring in the same footing as my own brothers, and to teach them this art, if they shall wish to learn it, without fee or stipulation, and that by precept, lecture and every other mode of instruction, I will impart the knowledge of the art to my own sons, and those of my teachers, and to disciples bound by a stipulation and oath according to the law of medicine, but to none others. I will follow that system of regimen which according to my ability and judgment, I consider for the benefit of my pa-

tients, and abstain from whatever is deleterious and mischievous. I will give no deadly medicine to anyone if asked, nor suggest any such counsel, and in like manner I will not give to a woman a pessary to produce abortion. With purity and holiness I will pass my life and practice my art. I will not cut persons laboring under the stone, but will leave this to be done by a man who are practitioners of this work. Into whatever houses I enter, I will go into them for the benefit of the sick, and will abstain from any voluntary act of the mischief and corruption; and, further, from the seduction of females, or males, of freeman and slaves. Whatever, in connection with my professional practice, or not with connection with it, I see or hear, in the life of men, which ought not to be spoken of abroad, I will not divulge, as reckoning that all such should be kept secret. While I continue to keep this Oath unviolated, may it be granted to me to enjoy life and the practice of the art, respected by all men, in all times. But should I trespass and violate this Oath, may the reverse be my lot!”

When the World Medical Association was set up in 1947, its first task was to modernize this Oath. It was known as the “Declaration of Geneva” and it read as follows:

“At the time of being admitted as a member of the Medical Profession;
 “I solemnly pledge myself to consecrate my life to the service of humanity;
 “I will give to my teachers the respect and gratitude which is their due;
 “I will practice my profession with conscience and dignity;
 “The health of my patient will be my first consideration;
 “I will respect the secrets which are confided in me even after the patient has died;

“I will maintain by all the means in my power, the honor and the noble traditions of the medical professions;

“My colleagues will be my brothers;

“I will not permit considerations of religions, nationality, race, party politics or social standing to intervene between my duty and my patients;

“I will maintain the utmost respect for human life from its beginning even under threat and i will not use my medical knowledge contrary to the laws of humanity;

“I make these promises solemnly, freely and upon my honor.”

The Supreme Healer

The universe is an intelligent design. Its designer must be a permanent and unchanging reality to explain a world which is constantly changing and which is impermanent. Man, endowed with a thinking faculty, is aware of the vastness of the universe. He can think independently and make decisions which no other creature can do and, therefore, he has the distinction of being the noblest of creatures.

Man not only has the faculty of thought and of expressing his thinking in language, but he also has a feeling heart, a guiding conscience and an uplifting soul. With these exclusive faculties he can differentiate between what is good and what is bad.

At this point we can talk about the health of the body and the health of the mind. With health as a quality of life, it is not difficult to appreciate the role of medicine in the health of a body with soul and a mind as the faculty of separating evil from good. Living within the conditions of balanced nature, there cannot be two opinion that medicine for the good of mankind must not overstep the bounds of nature on the one hand while, on the

other, it has to appreciate the status of man as the noblest of all created things.

We know that nature knows how to keep its delicate balance and that nature always wins in the end.

Man has employed the faculty of his intelligence to try and unlock the mysteries of his body stage by stage. Studies and researches still continue. Man has given serious thoughts to every aspect of human body. He gained knowledge of the elements and their influences of health and disease through their balance and imbalance. He noted the admixture of the humors in the body. But in spite of all these efforts no one in the world can yet lay claim to a full understanding of the body and it's working. Inventions and discoveries have ended in failure oftener than naught to bear testimony to the fact that man has not yet become the master of his body and arriving at this truth, he must admit I the existence of a Supreme Healer.

A famous French surgeon is on record to have acknowledged the reality of things. He said that all he could do was to put bandages and dressing on the wound, but healing came from Supreme Healer.

Man find himself helpless. When he falls ill, he has a feeling that although his physician would do their best yet healing and cure must descend from the heavens above. The Supremacy of Nature exerts itself everywhere.

It is the Supreme being which Hippocrates mentions as All-Heal. It is the creator and designer of the universe with whom rests all wisdom and knowledge, all love and mercy, all compassion and judgment.

This is the Supreme being called Allah!

Healing Touch

The healing touch, apparently the phenomenon, is not totally unknown to man. It has been noted by history which is the living and breathing account of human experience, and the memory of history illustrates the phase of the human condition. Jesus Christ is described in the annals for “healing the blind, curing the leper, quickening the dead,” with a healing touch.

Two thousand years later, science recognized that the human body produces electromagnetic waves. Only about two decades ago, body magnetism led to the invention of magnetic resonance imaging (MRI). Magnets in the MRI scanners twitch small atomic magnets in the patient body and build up the picture of the body’s organs and tissues.

It is not difficult to imagine that such electro magnetically charged waves egress from the finger tips of the healer and, as he feels the pulse of the patient or the palpates the patient’s body with healing effect, provided that the physician has faith in his abilities.

Faith in one’s own ability can be charismatic. When we admit with an open mind that the healing touch lies in the hands of the Supreme Healer whom Hippocrates calls All-Heal, and who is Avicenna and the practitioner of Islamic Medicine, the ultimate healer, do we realize our human limits and humbleness and set about building up our resources of confidence. Our dormant energy wake up, our intelligence puts on an edge and we buckle up to the task before us. We know that when we fear God, we have none else to fear. We seek guidance from the Supreme Healer for our hearts and minds to be enlightened with knowledge.

True wisdom is born when we know our limits and in being humble, unassuming and honest about ourselves. The physician is pledge

to consecrate his life to the service of humanity and to practice his noble art of medicine with conscience and dignity, permitting no difference in religion, nationality, race, party politics or social standing to intervene between his duty and patients.

Nature

Everything in the universe is a clear and visible manifestation of nature — the movement and the glow of heavenly bodies and man himself with his whole constitution made up by the elements. The orderly arrangements of the elements is a miraculous expression of nature. The composition of the four elements determines the basic character of man with the four recognized temperaments—the sanguine, the phlegmatic or lymphatic, the choleric and the melancholic. The alternation of night and day and the season follow the strict natural order. The fecundity of the earth proclaims the governance of nature and the vegetable kingdoms displays an amazing balancing of four elements. A pervading sense of the balance is the inherent and permanent quality of nature and the fundamental concept of it. We note that one part of the same plant subdue the blood pressure whilst the other promotes it to balance the total effect. Every herb shows the selfsame tendency of perfect balance.

Nature and man cannot be separated from one another and to respect one is to respect the other. This is reason enough to keep medicine within the boundaries of nature. How logical it is to balance medication with the diet and to consider the human body as a fine balance of matter, mind and soul.

Nature is a dynamic continuum. It is permanent. Nature believes in balance, and balance must be struck everywhere in any case

and the interrelation of the natural world must be respected for the survival of species.

Nobody can deny the permanency of the laws of nature. To deny the laws of nature and to surpass nature's limit is to invite catastrophic consequences.

Ethics — Morality — Conduct

If one blind man guides another blind man, they will both drop into a ditch. But even people with seeing eyes must steer clear of normal pitfalls which can be worse than a ditch. The philosophy which guides us to avoid ditches and pitfalls is called Ethics which deals with the nature of conduct concerning all of us in every walk of life. It examines such questions as what is duty, what is moral judgment, how to serve the causes of right and liberty, and its established principles which constantly ennoble the lives of human beings in a continually changing world.

Baruch Spinoza (1632-77) WRITES:

“As soon as men had persuaded themselves that all things which were made, were made for their sake, they were bound to consider as the best quality in everything that which was the most useful to them, and to esteem that above all things which brought them the most good. Hence they must have formed those notions by which they explain things of nature, to wit, good, evil, order, confusion, hot, cold, beauty and ugliness etc; and as they deemed themselves free agents, the notion of praise and blame, sin and merit, arose.”

Man is the best creation of God therefore he is called the noblest of creatures. There is an order in nature which surrounds man, and man being a part of nature, must live a well-ordered life by considering what makes an action right or wrong.

Now you will see that words such as freedom, rights, morality, duty are ideas and not things which we can touch and see, smell, taste or feel, but their existence cannot be contradicted. It is often very difficult to define them exactly. Ethics examines these ideas to produce mental pictures of these abstract words so that we can perceive them.

Nature and ethics are hand in glove. Morality is the common bond between man and man and between man and nature. No man will knowingly harm another man because everyone has an equal rights to live on this earth. A physician knows the ethics of his profession for the benefit of his patients. Ethics is the bond of humanity.

The commonwealth of Mankind

Man's undisputed status as the noblest of creatures demands equality, dignity, freedom and natural respect for the commonwealth of mankind. Any violation of these basic human values stirs consternation in the conscience of humanity.

The fact can suffer repetition that God made everything subservient to man for which man has reason to be grateful to God forever. So, mutual love and respect are the supreme expressions of humanity.

God created man in the best of proportions, and it is duty of man to care for his body and respect the gift of life. The human situation is that everyone is not aware of the importance of care of one's body through hygiene, diet and exercise, the need of balance between work and rest. When the body comes from the grief from the lack of appropriate knowledge, people must turn to a physician who is also a human being. This is the essential bond that generates mutual confidence and mutual reassurance.

Man is a social animal, and the forces and the forces of the civilizing process have been changing him from a maverick to a degree of refinement through refined social intercourse. Good manners and ordinary courtesies underline the victory of civilization over barbarism. Training in ethics by subjecting one's impulsiveness to reason is thus to be valued for its own sake. These are the qualities of commonwealth of mankind to be treasured and respected always.

Medicine

The history of medicine is as old as hills. As little rills and rivulets contribute in their own small way to make a gushing and gurgling river, so the contributions of generations over thousands of years have contributed to the general body of medicine as it exist today — a body of knowledge contributing to the art of restoring and preserving health. It is a magnificent, multifaceted art concerning the health of man, an art of bringing soccour when man is distressed by pain and disease.

Among primitive people, treatment compromised spells, charms and fetishes, magical rituals or witchcraft invoking the gods of curative power. They thought sickness were caused by evil spirits to be exorcised by magical practices. Hippocrates of Cos, born about 430 B.C. was one of the very first genuine doctors of medicine who endeavored to separate true medicine from imposture and established it as a regular branch of investigative science.

The Hippocratic tradition was to be followed up by Claudius Galen (131-201), a great physician born in Asian Minor. His systematic approach to medicine was based on the idea that the universe was created by the will of God. His influence was

evident on successive generation for about 1500 years and after a gap, the responsibility of making fresh investigations and discoveries falls upon the Muslims, Arabs and non-Arabs. Developments were also going on apace elsewhere in the East, especially in China.

Medical students will not be aware of the latter day developments in anatomy and physiology, nosology, aetiology, diagnostics and prognostics, psychology and surgery and of the simultaneous contributions of pharmacy and medical technology.

Medicine is most certainly a universal science, art and profession. It is a science which concentrates on researches in the human body not merely as a bag of flesh and bones, tendons and tissues, but as an abode of mind and soul also. Medicine is connected directly with nature and ethics. Yet it is a double edge sword cutting in either direction. That is precisely where medical ethics plays its destined role.

Medicine is a noble art, and even Hippocrates and the physician of East have described it as an art rather than a profession. A science that deals with the existence of man from birth to death has to be an art based on nobility, truth and honesty. The nobility of medicine as an art has its sights fixed on cure and good health.

Healthy life is a singular gift of a nature. Medicine serves to preserve and protect it with a diligent search for more information through constant research in all the ways that lead to good health.

Such a noble art must flourish with a set of fine ethical thought.

Disease

A sickness or disease is a *dis-ease*, ill health, diathesis, a visitation of some apparent bodily affliction or a departure from normal health.

The term 'disease' decidedly comprehends both the physical aspects of the body and the spirit. A disease concerns the body as well as the mind and the spirit and a physician has to be dealt with it in an adequate manner. It is therefore necessary for the physician to be aware of patient's temperament, his lifestyle, his habits etc. The physician come across human nature and its variations, but individual details always help in diagnosis. The physician is advised to be well up with the old philosophy of medicine as well as with contemporary advances. The relationship between body and soul cannot be ignored.

A disease may visit person for a various reasons such as disbalance in order of the elements, a discord in the humors, a malfunctioning of some organ in a body, a disturbance in the release of glandular fluids on account of fear and anxiety, an infection by some virus, germs or microbes, a deficiency in a body's system of self-defense or the natural wear and tear resulting from stress or old age. Physician come across a multitude of complaint and they are always ready to deal with them with suitable regimens.

Many unhealthy conditions can be prevented and the well-known proverb — prevention is better than cure — has a great significance for society. If due heed is pain physician advice, many disease can be kept at bay. Physicians never hesitate to offer their expert advice on how to do so.

Psyche and Psychology

Psyche means soul, the conscious and subconscious mind and spirit. During your medical studies you will encounter such words as psychiatry, psychic, psychoneurosis, psychopath, psychopathology, psychosis, psychotherapy and psychology.

Psychology is a specialized branch of medicine and is a art of dealing with mental ailments by medical means. In simple terms, psychology is an absolute part of medical science. Anyone suffering from any disease is seldom devoid of psyche, making it necessary for the physician to have an awareness of it. During the treatment, a patient needs a good reserve of will-power which is generated by his own mind. It helps the physician to make his regimen work.

A patient visiting a clinic or a hospital expecting a kind and understanding attitude of the physician, hopes for full attention and care and a good and proper treatment. The patient must respond to such natural expectation otherwise the first patient-physician meeting will defeat the whole purpose.

Tolerance and a kindly attitude are the very first demand of medical ethics. The physician should not forget for a moment that the patients thinking is often affected to some degree by his bodily suffering. The physician must therefore attend to a patient with visible signs of affection and kindness.

Today's human situation is confronted with a great number of man-made problems. Political instability has deprived humanity of the basic decencies and dignities of life such as sincerity and probity. With gentlemanliness trampled under the heel and with a suffusion of impermissible riches, human nerves are shattered. Laughter which refreshes, heals and invigorates is subdued by melancholy. The human heart has become a target to filth and trash. All these unfortunate circumstances have pushed humanity into an abyss of ill-health and have badly affected the human psyche.

Today's physician stands face to face wi-

th these harsh and disturbing realities of life. A search for peace has necessitated a fresh search for the Truth, reestablishing man's connections with spiritual world.

A physician's attentive kindness is half the cure.

It is also said that a physician has a healing hand. This is not entirely wrong. A healthy and understanding between physician and the patient is dependable path to good health. Cure lies in the hands of Providence.

Votaries of Healing Art

Allopath, hakims (Physicians of Eastern system of medicine), homoeopaths, naturopaths, osteopaths, other

Medicine is undoubtedly a noble art, the art of understanding the human body. At the same time, medicine has its hidden spiritual powers as well, uplifting and ennobling as in other fine arts. It is a contemporary discovery that electro-magnetic waves are produced in human body. They shoot out from finger-tips when over-charged. These waves dwell in a body where the soul also has an abode. A physician has to recognize these realities. Such electro-magnetic waves also dwell in the physician's body as a human being. If the physician's person has an enlightened mind and a transparent conscience, the electro-magnetic waves emanating from his finger-tips can carry with them an element of cure. It would require that the physicians, whatever system of medicine they follow and practice, must be true, honest and deeply devoted votaries of the healing heart.

Feelings of hate and vengeance are highly destructive. If patient, harrowed by such ruinous feelings, is treated with mere medication, cure wi-

ll not result. Such psychopaths claim the physician's sympathetic considerations. They wish to share their burden to make it light. A highly sympathetic attitude on the part of the physician can easily assume the proportions of an efficacious prescription. Even someone suffering from an excruciating pain of stone in the kidney, or from a cardiovascular condition, is apparently in need of physician's wisdom and love. The patient develops confidence in the physician and in the treatment prescribed.

Mutual confidence between the patient and the physician can work as a positive force. It is to be greatly valued.

Recovery — The End-Product

Recovery and restoration to good health is the end-product of the art of medicine, the ultimate destination of its votary who is equipped with the finest qualities and who adheres to the highest values of the art.

It is the first and the foremost duty of the physician to pull the patient out of his predicament and to put him safely on the road to recovery. In doing so, the physician will be helped generously by nature, a kindly attitude and by deep insight in the art of healing.

Contrarily, a greedy and wealth-seeking physician can seldom succeed in his or her curative efforts unless by chance or a streak of good fortune. As a votary of the art of healing, physicians must never part company with a sense of nobility and sincerity. Considerations of wealth must be subdued by the considerations of duty and responsibility demanded by the art of medicine.

Medicine is never a profession in the ordinary sense of the world. It is the art of preserving human life at all costs.

Indeed, respect for life must always remain

remain the physician's criterion. Health and life are the basic ingredients of the noble art of medicine, because life is the greatest gift of God and health is a prerequisite to keep it going.

The principle duty of a physician is the preservation of a human life. Medical ethics provides the milestones on the highway of this noble task.

Medicine and Medic

Modern responsibilities multiply and become more delicate when physician is also a pharmacist and manufacturer and dispenser of medicines and drugs. The point to emphasize is that every medicine should necessarily include maximum honesty based on deep knowledge ability. It does not befit the honor of the physician, the art of medicine, to make medicinal preparations carelessly. It would amount to perfidy to sell unethical medicines in order to simply meet the demand for the sake of making profits.

There is another way of looking at it. It is a most ignoble to ask a patient to us unnecessary medication just for the purpose of increasing sales for earning more money. Such a practitioner shall never be able to bring cure which is a primary duty. Such a practitioner will be distanced from honor and discipline of medicine if he stoops so low as to recommend advertised medicines without conforming whether such medicines are really dependable or not.

Any medicine is a medicine first and a last, so it must always be considered. Its aim must always be restoration of good health. It is inhuman to expose patient to the risk of harmful drugs and medicines. An over-use of medicines and drugs and an antipathy towards dietary considerations must be shunned with determination. Propriety and expedience should always receive the first priority. Medicine is secondary after all.

Dependence on medicines and drugs and their deliberate misuse are un healthy practices which physicians must strongly discourage and bring to an end. Such medicines and drugs must never be prescribed without good and strong reasons.

Clinic's Outlook

You will come across many words or combination of words associated with Clinic. It is derived from and based on the Greek 'Klinike' meaning the clinical art. 'Clinical' as an adjective means 'of' or 'at the sick-bed'. Clinical medicine is based on observed symptoms, and clinical death is judged by the observation of person's condition.

A clinic, in common parlance, is the place giving an opportunity for obtaining medical advice or treatment. It may or may not be attached to a hospital. It is a meeting place of the physician with patients. Its appearance is important.

First, it must be a thoroughly clean and hygienically-oriented place, whether its dimensions.

Second, it must be so arranged as to facilitate a clinical examination. It must not be littered with superfluous and unnecessary equipment. It must exude an inoffensive, pleasant smell. It must be well lit, allowing fresh air. Its attendants need to be cleanly and functionally dressed and trained to the polite, attentive, respectful and helpful, never rude or careless.

A patient may have travelled to the clinic from some distance and the physician may be busy attending a patient already, necessitating the new arrival to wait for some time. The clinic should therefore have a welcoming, comfortable outlook.

At the clinic, the boredom of waiting can be countered effectively and usefully by the

availability of interesting well-informed and instructive literature about hygiene and health. Waiting patients can thus be informed about many useful aspect of good health which they may not have noticed before.

In the clinic, the physician must never involve himself or herself in drawn-out telephonic conversation. Nothing irks a patient more than waste of time. Time is commodity to be valued by the physicians as well as by the patient.

Anamnesis

A patient's account of his or her medical history

A patient person is one showing patience or sustained endurance in trying circumstances. Medically speaking, he is a person in need of medical, surgical, dental or psychological attention. He is worried about his health and it is this worry that prompts him to a doctor's clinic for consultation, advice or treatment. The degree of worry may differ from person to person according to one's temperament. Someone would be hyper-conscious about a simple ailment and someone else would take a serious condition lightly.

But a patient is a patient after all, fancying of feeling some kind of *dis-ease* .

It is a physician's duty to be patient and to bear patiently with the patient. If the patient could be put with ease by the physician's well-cultivated behavior, things would become easier for both of them. Every patient must be helped with the account of his and her condition with full attention and courtesy. A thorough investigation and a gentle talk may sometimes reveal what the patient may not have noticed himself.

Prescription

An established diagnosis determines the course of treatment. The regimen takes its shape on the physician's prescription produced after much consideration.

It is often said that great physicians recommend simple medicines and that any good physician will not prescribe any medicine unnecessarily. They would much rather explain to their patients the needlessness of medicines than prescribe anything like empirical medicine.

The moral duty of a physician is to bolster up the will-power of the patient knowing full well that *the greatest medicine in the world is the will to live*.

Some pharmaceutical organizations believe in the ballyhoo, hoping that advertisement is the surest way to boost up sales. It is true that mankind judges more by what it sees and hears than by what it actually feels, but physician's knows better. Advertising prescription medicines is certainly not commended by medical ethics.

Some of the aggressive pharmaceutical organization do not follow the law that certain medicines and drugs should not be dispensed without a physician prescriptions. It is an ethical requirement of the physician to warn his patients that such medicines must never be used without a physician's advice.

Courtesy to Patients

Patients deserve respect, sympathy and kindness not only for humanistic reasons but also for the reason that the patient-physician relationship is a happy human participation for a common curative cause. This participation is for the search of cure.

Patients have their rights, and physician respect these right irrespective of the patient color, caste or creed, their social status or their personal beliefs.

An expression of the polite regard is to listen attentively to what the patient has to say and not give him a curt and cavalier treatment. Women particularly deserve an honorable treatment.

A physician's kindness and respect for his patients is not only expressed by the way he talks to them but also by every gesture and by the manners he asks questions from the patients. It must expressed the physician own dignity and humanity and appreciate the same qualities in the patient. After all, they are meeting on the same human level.

Food for Thought

It is truly ethical for physicians to be in tune with their patients condition and feeling, and with the responsibility immediately before them, but a full stomach often makes the sense dull and dreary and the brain sluggish. Being on duty is the time when everyone needs a finely tuned attention of the mind and the senses.

Many people including physician prefer a gossamer meal when at work. Some would even skip a meal to be extra-alert.

In fact over-eating is bad for patients as well as for their physicians!

Controlled hunger can put an edge on intelligence. It is a blessing in disguise. It whets eagerness. Every sense and fiber in the body becomes alert and every useless thought is pressed out of mind.

Abstemiousness often provides food for thought.

A kind word and a Prayer

Being spiritual is not the only one reason to say a prayer with a candid hear. There are moment in everyone's everyday life when there is need to seek guidance or courage or to wish for

a sincere effort to meet with success, a dream to come true.

Everyone therefore prays in one's own way. It is one's own communication with Allah, a personal experience of the Supreme Being. For a physician his patients deserve a mention in his prayers. It is his patients who needs his guidance and help to return to normalcy and good health, and the physician needs guidance and help of the Supreme Healer.

Confidentiality

Privacy is one of the fundamental human rights to ensure the personal dignity and integrity of individual. In health matters it is one of the historical principles which forms the basis of relationship between the patients and physician.

The knowledge of the patient's physical and mental condition is revealed to the physician in good faith, and the nature of this trust demands that the physician will maintain confidentiality about it. Ethics requires that the name of the patient and his condition of physical and mental health is not divulged to unauthorized ears and eyes. The physician's person in this respect virtually acts like a safe-deposit vault, and perhaps more than that.

A physician's Lifestyle

The fact cannot be overemphasized that medicine is a noble art which demands its practitioners should cultivate such personal traits as finesse, elegance and suppleness of wit. Patient respect and honor their physicians. Such a voluntary regard will come to a grief if a physician behaved differently.

Truthfulness, honesty, trust, nobility and knowledgeability are the visible qualities of a physician's character—qualities which are essen-

tial for being of service of mankind with lofty thoughts and commendable actions. He is pledged to consecrate his life to the service of humanity.

A physician is the essence of propriety.

Recompense

When it is averred and stressed that medicine is a noble art and not just a profession—and it is certainly not a profession by any stretch of reasoning—it at once occurs to one's mind that nobleness ought not to debase itself by conversation to profit-making. If service to humanity is a virtue—which certainly it is—can it be turned into marketable commodity?

One is reminded of Ruskin: “Not greater wealth but simple pleasures; not higher fortune but deeper felicity; making the first possession self-possession and honoring themselves in the harmless pride and calm pursuits of peace...”

And of the Hippocratic Oath: “With purity and holiness I will pass my life and practice my art.”

Such is the ideal recompense of the votary of the Healing Art. A physician must be sympathetic person because sympathy is a human virtue. Its befits a physician to be open-minded and open-hearted, friendly and helpful.

Partnerships

Pharmaceutical organizations and pathological laboratories have become virtual trading centers, the former having completely forgotten the concept that this industry is also a kind of worship because medicines always aim at providing cure and alleviation of human suffering. Manufacturing of medicines is a worshipful duty. But today this industry is void of this concept. Manufacturers make physicians instrumental to

sales promotion. A physicians who prescribe their products get a pat on the back. Such a reward is certainly not well earned. Physicians advising a series of tests, not absolutely necessary, are encouraged in some way or other.

Let us not forget that physicians must necessarily use their discretion in order to keep their conscience clear.

No one deny the value of medicines and of pathological tests as practical aids to the art of healing, but these services must heed the ethics of medicine. These excellent services should not be profit-oriented. One does appreciate the expenses incurred on research and development which are vital for advancement of science, but to treat this important aspect of scientific progress as sheer business is not in keeping with the true spirit of science. This is another point to ponder.

“Physician, Heal Thyself”

Physicians symbolize good health in the eyes of people. It is a symbol the glow of which must not be dimmed. The physician must be a personification of good, robust health. A sick and enfeebled physician will invite the comment: “Physician, heal thyself”!

Brotherhood of Man

Love is the supreme expression of humanity. It creates mutual goodwill, trust and a spirit of cooperation. Ignorance of others' ways has been, on the other hand, the commonest cause of misunderstanding leading to distrust.

Sickness is a situation where a sick person really deserve the genuine expression of love. A physician is in the best position to dispense it. Feeling someone's pain and being genuinely moved by it is the phenomenon which describes the fellow feeling. It needs a rhapsodizing or rhe-

toric. Just a knowing look or a simple, expressive gesture will establish the pathway to mutual understanding and goodwill.

When a sick person knocks desperately at a physician's door, it is an opportunity for the Art of Healing to exert itself as a genuine friend of mankind — the brotherhood of man.

But an affectation or a dolled-up and superficial expression will work as a castle of sand. It has no legs to stand on and will soon collapse.

A physician becomes a real physician when he begins to feel the patient's affliction as his own and has a genuine desire to alleviate the suffering. It is the most practical demonstration of brotherhood of a man.

Study and Discourse

Art is long and time is short. The horizons of learning extend beyond human reach and so one remains a student throughout one's life. Life spent in the school, college and university is just the beginning of a life-long process. It never ends.

A physician has to deal with new cases almost every day. New problems spring up every now and then and sometimes it is quite difficult to deal adequately with them. A regular habit of study always comes handy and, therefore, it is very necessary for medical people to make the habit of study a part of their lifestyle. It is not only the contemporary advances one has to keep abreast with, but it is also necessary to look back and study the Old Masters. There should be no gap in one's study. In the Shangri-La of learning there is no totality and one should never be shy of one's limitation. An able physician will not take risks and, if he finds himself unable to manage a case, he will never hesitate to refer it to someone who can.

Continuous diligent study and discourse have no substitute. Beside books and journals, conferences and congresses, seminars and symposia afford excellent opportunity of debate and discussion. Never miss an opportunity to attend a conference if you can, and make the best use of it by presenting a paper.

Relations among Colleagues in the Clinic

A clinic may be staffed by persons belonging to several vocations — medics, paramedics and non-medical workers like receptionist, clerks, etc. The nature of their work varies but their team work has one purpose, that is, to help the clinic pursue its humanitarian purpose of helping sick people on their way to recovery with dignity and self-respect.

When several persons work together they must cooperate with one another, and cooperation is always born of understanding. Every worker, every colleague, accepts the validity of other's reasoning.

Coleridge's famous distinction between reason and understanding is perhaps based on Kant's source material relating to moral and prudential action. Understanding really means an accommodating liberality involving more than tolerance. It is the ability to grasp the other person's mind-set and to adjust one's own thinking accordingly without mental reservation.

Social and Economic Problems

Some patients who find themselves suspended between health and disease have social and economic problems as well.

Social and economic problems abound in today's society. Almost everyone is confronted with such problems in a smaller or greater measure.

Physicians, naturally, cannot become instrumental in solving these problems but they can always sympathize understanding the nature of the problem.

A sympathetic heart and an understanding mind are two of the assets of every physician.

Abortion

Respect for life from conception to death is sacred and primary concern of a physician who struggle to save life with whatever resources are available. The foetus symbolizes the beginning and sanctity of life. Human foetus has its own rights to be guarded and respected. It is therefore a most critical decision, and a very grave one, for any physician to suggest abortion. Here are social, moral, religious and legal considerations which must never be compromised with or ignored.

The medical view in this regard is purely based on reason and legal considerations of each individual case, and the decision may involve the age of the foetus, the mother's condition, etc. It is morally and legally necessary to discuss the implications with the husband and other responsible relations.

A physician has equal respect for the life of the foetus and the life of the mother. It is indeed a most critical decision for the physician. It involves a great deal of responsibility—medical, social, religious, legal and moral.

Contraception

Today's world has created its own perplexing problems and contradictions with mixture of hope and despair, and a man is caught between a cross-fire. Sustained efforts of the World Health Organization and UNICEF have increased the average span of human life, but with longevity, vital statistics have added to the problem. Longevity then has its own inherent disadvantages.

There have been two opinions about world population versus the earth's natural resources.

Thomas Malthus, the economist, said that the power of population was indefinitely greater than the power of earth to produce sustenance for man. Condorcet, the French philosopher, thought that technology could solve the problem. "When hunger threatens", he said, "new instruments, machines and looms will continue to appear". Martin Luther said it was impossible to breed too much because God would always provide.

So the pessimists or Cassandra's are doom-sayers. The optimists or Pollyanna's are sooth-sayers.

The general world opinion is in support of birth control. But nation and communities which support this view are today confronted with serious social problems. Someone said that immorality resulted from willful aberration in the natural order of things.

Then there is political expedience. Some communities have made a rhetoric of the rise in population for political dominance while some have challenged contraception as a contradiction of the human rights.

For a physician it is therefore a problem to say yes or no. Here again, the answer lies in respect of man. He must decide according to the nature of a case, whether to sterilize man or wife.

Patient's Rights

As soon as a patient step into a clinic for consultation and treatment, he becomes entitled to his rights which physician must recognize and respect. Apart from basic good behavior, it is the patient right to know possible details about the condition and about the treatment recommended. He has the right to accept or reject the suggested treatment after being provided with full informa-

tion.

Irrespective of whether a fee is demanded or not, it is the patient's rights to be given full attention and the best possible advice according to the nature of the disease.

The best possible diagnosis, correct prognosis and a most suitable and well-considered prescription, according to the physician's ability and experience. The patient also has the right to keep in his or her possession all the pathological reports and findings of tests or examinations. Ethically, the physician should not insist on the custody of them.

The physician also has rights, but the physician's and the patient's rights do not conflict with one another.

Diagnosis — A Psycho-Moral Problem

In the performance of his routine work, the physicians sometimes has a psycho-moral problem. To be informed about the diagnosis is a right of a patient no doubt, but in the case of the patients with weak will, the physician has to decide whether it would be wise to disclose the diagnosis. Some patients might take it too seriously and such a predisposition might hinder his progress towards recovery. It might aggravate more than alleviate the illness.

Physicians do not like to produce an unnecessary anxiety syndrome to add to the complexity of a disease, and they try their best to keep the patient's mind as much free from anxiety as it is possible.

The physician must not hide the facts about the diagnosis thinking that he might lose the patient. If he thinks that a second opinion is necessary, he should suggest it at once.

Must depend on the physician's own prudence and sagacity.

Self and Pelf

It is a very sacred aspect of mankind to be self-respecting. For a physician it is a highly regarded quality.

Self-respect cannot be compromised with at any cost because it is directly associated with the integrity of treatment and the restoration of patients to good health. A physician caring little for his self-respect can seldom be proficient in his essential duties.

Self-respect is a sterling quality which money cannot buy. Physicians would never bend themselves backward for pelf in exchange of their self-respect. Such is the nobility of the art of healing.

One cannot serve God and money. When material things become the sole purpose of living, life loses contentment, and discontent becomes a disease. One must remember that it is a physician's duty to fight and defeat disease.

Family Physician

To become a family physician is at once a privilege and an honor, and this opportunity must be treated as such.

A physician's high morality, exemplary conduct, his devotion and his honesty to his art, his understanding and sagacity lead him to be chosen as a family physician.

A physician must not however abandon his caution and care. He should not let his acquaintanceship turn into informality knowing that familiarity breeds contempt. He must never visit a house and enter it without permission and without taking an appointment. He should not get involved in the family's private affairs or offer his personal help in solving private problems of any member of family. His only involvement should be with his art of healing, and this duty he must

perform without let or hindrance.

Surgery

In his last days at St. Helena, Napoleon Bonaparte is said to have remarked that, when nothing is left, force remains. But when force is applied, nothing else remains. This is true about surgery which is applied when all other measures have failed, and therefore it requires a critical decision. There is evidence both in the West and the East that surgical procedures are often advised unnecessarily for the sake of money.

Every kind of surgery has its detailed, prescribed procedure, and the surgeon has to make sure that he is competent and experienced enough to carry out the surgery with ability to manage complications which may sometimes crop up. He never hesitate to enlist the help of a colleague when needed.

Surgical techniques change from time to time and surgeons keep themselves in step with latest developments. Surgical procedure are a team-work involving other specialized people besides the operating surgeon. They need a surgical theatre equipped to deal with emergencies.

In every surgical case, it is necessary for the surgeon to obtain a written consent from the patient or from his or her immediate relatives.

Research

The noble art of medicine has advanced step by step, from generation to generation over thousands of years. If ancient doctors had kept their secrets to themselves, we could not be where we are.

Research is the recognized method to keep a corpus of systematic knowledge from stagnation and decay. It is the method which keeps a balance between theory and practice according to the ne-

eds of time.

A physician, in the light of his observations is experience, is obliged to benefit others by his expertise as his predecessors have benefited him. In a continuously changing world, the art of medicine must keep abreast of the time. Every physician and surgeon can play his or her part in medical research. Research should remain dynamic all the time by an ungrudging and generous support.

Rural Health

No doubt farming people are simple and straightforward children of nature and some of the old world charms are still found in rural areas. Everything seems perfectly natural and sensible and conducive to good health and happiness of man.

But farming is a hard life, not so easy-going as it may look from a distance. The farmer has a high price to pay for his open-air life full of fresh things. He has the same social and economic problems as his urban cousins have and he needs as much medical attention as they do.

Civilized countries never draw a line between urban and rural areas especially in matters of health and hygiene. A difference of this kind did not exist even in the old days. This unsocial distinction is the invention of our own time to keep rural areas on the lower priority. Perhaps this is the worst example of social injustice.

Man is man wherever he lives, whatever he does to keep the body and soul together, in large wens or small hamlets. They have equal rights as human beings. They deserve the same quality and quantity of medical care.

Unfortunately, in many countries the rural population is living without reasonable health faci-

lities and on a rather low hygienic level. Even the supply of fresh water is scarce, roads are poor and market towns are far away to reach for the nearest medical aid.

It is the duty of every physician, surgeon and gynecologist to treat city-dwellers and their country cousins on an equal footing. It is most depressing to see that rural people are deprived of vital health services. A sincere effort must be made to improve the whole system of medical services.

Laws of Labor and Capital

In some societies, often as political expedience and owing to certain economic or social factors, laws of labor and capital also have schedules pertaining to health. Labor is given the right to free medical care. This certainly is a moral and ethical obligation of capitalists to look after the poor. But, ironically, free medical care and poverty together make a misuse of the law. Free medicines are obtained without an apparent cause, need or necessity. This is a rather delicate situation for the physician. He has to show consideration for the 'patient' on the one hand while, on the other hand, there are moral and ethical considerations. In such situations the physician should advisedly refuse to prescribe medicine without need.

Several countries of the world have a welfare state where people have health service freely available. Usually it works well and very few examples of misuse come to surface, but the physician has to be vigilant.

Physician and the law

Forensic medicine is a part of medical education though sometimes it is included in the regular curriculum and sometimes not.

Nevertheless, it is necessary for a physician

or a surgeon to have a good working idea of it. It is good to study carefully for its day-to-day application. It will come in handy when an occasion arises. Knowledge of forensic medicine is useful when a physician must write a certificate with legal implications. People would request the physician for 'special consideration' but the physician must be aware of the pitfalls. He must be forthright for his own sake.

Practical people like physicians and surgeons cannot depend on guesses and intuition.

When it is a matter of 'to be or not to be', physicians have forensic medicine as their guide.

Assisted Fertilization

Favorable social attitudes in some communities notwithstanding, assisted fertilization is always considered a delicate matter attracting moral, legal, religious considerations. This is a modern medical advance and a general opinion on it has not yet crystallized.

A physician may be consulted about it during the course of his or her practice. Considering that artificial fertilization and insemination is outside the natural order of things, it obviously needs to be discouraged unless an organic dysfunction demands it in the case of married couple.

Transplantation of Organs

Transplantation of parts of the human body is an innovation of the 20th century. Its morality is under consideration of religious leaders.

The moral question is "Is it a correct surgical decision to extract a working kidney from a body of a person just declared deceased and to transplant it into the body of a living person who needs it badly?"

In some cases, the part to be transplanted is

obtained from a living donor.

Saving human life is a noble act, and the art of medicine is underlined by respect for life.

For a surgeon, transplantation demand a critical decision based on balanced reasoning.

One wonders what will be basis of balanced reasoning when it comes to transplant genital organs.

The question remains: How far can man go to change the natural order of things?

Self-Promotion

Advertising is professionally defined in the following terms:

“When advertising does its job, millions of people keep theirs. Good advertising does not just inform. It sells. It helps move products and keep business in business. Every time an ad arouses a consumer’s interest enough to result in a purchase, it keeps a company going strong. And helps secure the jobs of the people who work there. “

Personal promotion needs another technique called ‘public relation’ or image-building. The physician or surgeon’s public comprises his patients and not the general public and his image is built by his dedication to his work and service to a patients. It is his patients who build up his honorable image and not advertising in the mass media. That is why physician’s self-advertising on the mass media has traditionally been looked down upon. Medical ethics forbids it.

There is a Persian proverb which say: A good perfume sells by itself. It needs no perfumer to extol its quality.

Nobility is not a saleable commodity. It is a quality to be felt.

Never, never advertise yourself. Self-exhibition is a solecism—bad manner.

Harmful Drugs

The possibility of harm in drugs cannot be overlooked. There can be many reasons: over-prescribing, mega doses, incompatibility with the patient’s temperament, side-effects or negligence. The physician has to make best of choices to reduce such possibilities to the very minimum.

The physician’s duty clearly is to maintain by all the means in his or her power the noble traditions of the art of healing and to practice his or her art with conscience and dignity. The health of the patient his or her first consideration. The physician is under oath to maintain the utmost respect for human life from its beginning even under threat and that he will not use his or her medical knowledge contrary to the laws of humanity. These pledges must be manifest themselves in the prescription the physician writes keeping a weather eye open on drugs which might be harmful.

Specialization

You find a challenge in a certain field and it seems to hold out a promise. You feel that you can give it a sustained analytical attention and you take a plunge with determination to meet the challenge squarely looking into its face. This clearly shows that what will happen if you are forced to specialize in a subject which neither has a challenge nor a promise. You will just trudge along willy nilly.

A true specialist is a man who goes on learning more and more about less and less in order to make a distinctive contribution to the advancement of subject.

True knowledge is never isolated from the mainstream and you will find that most geniuses are polymaths.

As a medical specialist how can one conce-

ntrate all his attention to one organ of the human body to the exclusion of all other organs which works in unisons like a highly synchronized clockwork?

Similarly, ethics does not concern itself with only one aspect of life. It is concern with all the aspects of life.

Be a specialist by all means but choose the field which holds out a challenge and a promise, and not for the money alone. There is a profusion of specialists around, but how many of them contribute learned papers to international scientific conferences and congresses for the advancement of science?

Alternative Medicine

In the light of Dr. J.W. Burrow's words that "to be blinded by sheer prejudice is by no means a scientific attitude" and that "the contributions made by the doctors of yore had their credible scientific validity in their own time", it is not at all fair to call systems other than allopathy as "alternative medicine". It is a misleading term, as if medicine has an alternative to it! Perhaps the only alternative to medicine is surgery.

Sex in Life

Upon Genitalia depends the process of procreation for the continuation of race, and for this very reason the sexual function of life has to be guarded against misuse and morbidity. A physician plays an extremely important role in giving useful advice particularly to adolescents and old people. Both of these stages in man's life are crucial in respect of sex in life.

Salacity and uncontrolled concupiscence can easily lead one from risqué to perversion, even debauchery, from promiscuity to recreational sex.

They often results in dire consequences of venereal disease, from gonorrhoea and syphilis to AIDS. In today's permissive societies these diseases, particularly AIDS, are threatening a very existence of the human race, and they have to keep at bay.

Man or woman, sexual desire is but natural and so it must remain within the bounds of nature and morality.

It is ethical no to disrupt the natural order of things in the sexual life of a man.

Exotically charged melodrama in advanced societies is a lesson. People are beginning to realize that self-restraint and sexual hygiene are virtues to be cherished, that moral ethics are the building blocks of healthy human society.

Gift

Gifts are symbolic of goodwill and friendship expressing, in their very nature, respect and regard as the basis of universal kinship. Gifts good-naturedly convey a message of greetings and good wishes.

But sometimes gifts are presented with an all together different meaning such as prompting for an out-of-way personal favor or as an inducement to an ulterior motive. Such gifts are a test of the receiver's ethical values. An addressee upholding high morality would not hesitate to return such an offering and would return it with a polite gesture.

People practicing the art of medicine have often to deal with gifts of all kinds. As a gesture of gratitude gifts from a patient should be accepted with good grace however small or insignificant they may be and acknowledge with thanks.

IN THE NAME OF ALLAH, THE COMPASSIONATE, THE MERCIFUL

The physician's Oath and Covenant

It is obligatory upon me to express my humble and grateful thanks to the Lord of the Worlds, the Fountain-head of all knowledge and wisdom, the spring of all science and sagacity, the Creator of earth and the heavens above and all that exists between them, the Omnipotent and the Absolute. Without doubt, it is Allah who bestowed upon me knowledge and wisdom and an understanding of the working of the human body and, doubtless, He enabled me to differentiate between health and disease so that, through this knowledge and wisdom, I could strike pathways to deliver man from disease, pain and disabilities.

Without doubt, the science of medicine is a noble art, not a profession. It will be the aim of my life to uphold the nobility of his art. I acknowledge and a vow that the art of medicine is the means for human comfiture and so it will always be my bounden duty to respect the sanctity of both medicine and humanity.

Man, whether fully grown or still in mother's womb, in east or west, north or south, it shall be my practical and moral duty to preserve his health and, in the case of illness to find means for a cure to the best of my knowledge and Divine guidance. It will always be my duty, whatever the patient's

status or vocation, to regard him or her with due respect. My principle of life will be based on love for mankind and all my thoughts will be devoted to the patient's welfare.

It will also be my duty to observe utmost secrecy about the patient's condition with a deep sense of trust. So will it be my obligation not to disclose the nature of the patient's disease or the patient's shortcomings.

All my connections with the patient will purely be those of sympathy and compassion.

I shall not overlook the established principle that expositions and discoveries are inherent to knowledge and learning. As a physician it will be my duty to keep my knowledge refreshed and to judiciously use the latest researches so that I am guided by Allah in my work as a physician.

I solemnly affirm never to ignore the fact that I owe it to my esteemed teachers to enrich and refine my knowledge. My feelings of regards and reverence for my teachers will never slacken, Insha Allah.

Honesty with my work, probity and rectitude in behavior and an honorable living will be the means I shall employ to enhance my respect and tranquility. So Allah help me to perform my covenant.

Allah be witness to what I have covenanted.