



## Qualities of an Ideal Nurse in Ayurvedic Classics

Vidhi Kumath\*

\* J. S. Ayurved College, Nadiad, Gujarat



Greentree Group

Received: 17.11.2015

Edited : 20.04.2016

Accepted: 12.05.2016

Published: 16.05.2016



## Abstract

Nurses have always been an integral part of all health care systems. Portrayal regarding the qualities of an ideal nurse is there in the Classics of Ayurved. The well known *Brihatrayi* of Ayurved i.e. the three main texts *Carak Samhita*, *Sushrut samhita* and *Ashtang Hridayam* were explored to know about the subject and description available there is presented through this paper.

**Keywords** Qualities, Carak samhita, Sushrut Samhita, Ashtang Hridayam

## Introduction

Nursing is a noble job since the time immemorial. The description about nursing is there in the age old treatises of Indian system of medicine, Ayurved. Ayurved describes four basic factors, which are most essential for proper treatment – *Bhisak* (Physician), *Bhaisaj* (Drug), *Paricharak* (Nurse / Medical Attendant) and Rogi (Patient)<sup>1</sup>. Though the Physician occupies the most important position, but he becomes lame without the other two. Hence the nurse is an important person to restore the health of patient. Even while defining therapeutics, it is stated that all the efforts of the four, the Physician, the Drug, the Nurse and the Patient possessing the requisite qualities for the revival of health is called as Therapeutics<sup>2</sup>. The requisite qualities of a good Nurse are very well delineated in Ayurvedic classics.

Literary Review: As per the *Carak samhita* the qualities of a nurse are<sup>3</sup>:

1. *Upcharagyta*: The Nurse should have Knowledge of therapeutics.
2. *Dakshya*: The Nurse should be skilled.

3. *Anuraga* : The Nurse should be affectionate to the patient.

4. *Shoucha*: The Nurse should be pure in Mind, Words and Body.

As per the *Sushrut samhita* the qualities of a nurse (*Upasthata*) are<sup>4</sup>:

1. *Snigdha*: The nurse should be affectionate to the patient

2. *Ajugupsu*: The Nurse should be Non-reproaching i.e. the nurse should not have any hatred for the vomitus/ excreta of the patient.

3. *Yukta* : The Nurse should be efficient and prompt to save the patient from disease.

4. *Balavan* : The Nurse should be strong enough to sustain nursing.

5. *Vaidyavakyakrita* : The Nurse should be obedient to the physician

6. *Ashrant* : The Nurse should be untiring

As per the *Ashtang hridayam* the qualities of a nurse are<sup>5</sup>:

1. *Anurakta*: The Nurse should be affectionate towards the patient.

2. *Shoucha*: The Nurse should be pure in Mind, Words and Body.

3. *Dakshya*: The Nurse should be skilled.



4. *Buddhiman*: The Nurse should be intelligent.

### **Discussion**

Nurse plays a very significant role in the treatment of a hospitalized patient. During hospitalization a patient needs utmost care which only a good nurse can provide. The qualities of a good nurse described above if properly understood and applied can be very beneficial for the human kind. The nurse must have knowledge of therapeutics i.e. the Posology, effects, side effects, route of administration etc, and then only nurse can properly administer the drug to the patient. The nurse should be skilled in doing all the procedures prescribed by the doctors like administering the drugs to the patient by the route indicated by doctor etc. Cleanliness is a very essential thing a nurse should observe as it will prevent the patient from infection. As Ayurved is a holistic science, it stress on the cleanliness of words and mind along with affection for the patient .Practically sound mind and good words of nurse will not only sooth the patient, it may enhance the recovery of patient imparting a positive psychological effect on patient. The nurse should not have any aversion for the various excreta, vomitus of the patient as it may affect the care of the patient. The nurse should understand and follow the instructions of the physician about the treatment of the

patient. The nurses themselves should be healthy and strong to serve the society. Nursing is a job which demands lot of dedication, care, promptness and hard work. So the nurse should have all the best qualities of mind like intelligence, efficiency.

### **Conclusion**

Serving the diseased is the noblest job on the earth. If the qualities portrayed by the ancient seers are present in the nurses, health of the society will be benefitted at large.

## References

1. Carak samhita of Agnivesha; Sharma Ram Karan and Das Bhagvan; Chowkhamba Sanskrit Series Office; Volume 1; Chapter 9; verse 3; pg 183
2. Carak samhita of Agnivesha; Sharma Ram Karan and Das Bhagvan; Chowkhamba Sanskrit Series Office; Volume 1; Chapter 9; verse 5; pg 186
3. Carak samhita of Agnivesha; Sharma Ram Karan and Das Bhagvan; Chowkhamba Sanskrit Series Office; Volume 1; Chapter 9; verse 8; pg 187
4. Sushrut samhita of Sushrut ; Sharma P.V.; Chaukhambha Visvabharti; Volume 1 Chapter 34; verse 24; pg 326
5. Ashtang hridayam of Vagbhata; Kunte Anna moreshwar and Navre Ramchandra Shastri; Chaukhambha Sanskrit Sansthan, Varanasi; Part 1 (Sutrasthana) Chapter 1: Verse 29; pg 17