

**THE REVIEW OF MAITREE VRUTTI OF PRACTITIONERS W. S. R. TO
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ABSTRACT

Ayurveda is one of the ancient traditional medical sciences of India. Ayurveda is the most sacred science beneficial to the human being in all sectors of life. In Ayurveda much more emphasis is given on quality of physician. The physician-patient relationship is the base of health care system. Doctor-patient relationships can have profound positive and negative effects on clinical care. To achieve a perfect health of a patient a good doctor-patient relationship is important. Acharya Charaka has mentioned four attitudes of physician towards patients i.e. Maitree, Karuna, Preeti, Upeksha. In this review article the conceptual study of Maitree vrutti is done with available literatures.

KEYWORDS: Fourfold Attitude Physician, Maitree Vrutti, Bruhatrayee.**INTRODUCTION**

In making mud pot the cold earth, the wheel, the thread etc., are of no use without the help of the potter. Without a physician other three factors viz a patient, the attendant, medicine do not serve the purpose.

A strong relationship between the doctor and patient will lead to quality information about the patient's disease and better health care for the patient. A good relationship between the doctor and the patient enhances the accuracy of diagnosis of disease.

In recent decades, modern medicine has improved the technical efficacy of many treatments, but importance of the doctor-patient relationship is decreased. Doctors now have less time and too many patients, much focus on the lab results and little on the patient;

Empathy is the ability to share someone's perspective, to mentally stand in their shoes and see the world from their point of view. Only listening to patient isn't enough; a doctor who fully understands where a patient is coming from is better able to build trust and provide advice and treatment.

Acharya Charaka has mentioned four attitudes of a physician Maitree, Karuna, Preeti, Upeksha with the help of that one can improve and develop a good relationship with the patients.

Need of the study – to study the maitree vrutti in detail, this study may also provide information about qualities of an ideal physician according to Ayurvedic literature.

AIM AND OBJECTIVES**Aim**

To assess the conceptual study of Maitree Vrutti (fourfold attitude of a physician) from Brihatrayee and other contemporary literatures.

MATERIALS AND METHODS

All the references has been collected and compiled from Brihatrayee i.e. Charak samhita, Sushrutasamhita and Ashtangahridya. Available commentaries of samhitas, contemporary literatures like Baudhha darshan, patanjali yogdarshan, etc., are also reviewed. All compiled data are critically analyzed for the discussion and conclusion.

Literature review

शब्दकल्पद्रुम्

मैत्री स्त्री (मैत्र + डीप् यदा, मित्र + भावेव्यञ् + डीप् ततः "हलस्तदितस्य" "६ ४ १५०" इति यलोप्:) मित्रस्य भावः मित्रस्य कर्म इत्यमरमरतौ व्यक्तिविशेषै मैत्रीकरणनिषेधो यथा.^[9]

वृत्तिः स्त्री (वृत् + क्तिन्) जीविका, इत्यमरः (यथा मनौ ८ २५६ "एवोदिता गृहस्थस्य वृत्तिविप्रस्य ज्ञातौ") विवरणम्.^[10]
वाचस्पत्यम्

मैत्री निरुक्ति

मित्रस्य भाव घन वा न्यज पक्षे डीप यलोपः । सौःहादे मैत्रामध्वन
न. (त्रि का.)^[11]
वृत्ति निरुक्ति

The nirukti of the word *Vrutti* is described in Vachaspatyam.

वृत्त-क्तिन ।

1. वर्त्तने
2. स्थितौ
3. विवरणे च मेदि। करणे क्तिन्
4. जीविकायाम् अमरः ।
5. कौशि- कीसात्वतीभारत्यारभट्ट्याख्ये नाटकरचनामैदे "शृंगारे कौशिकि, वीरे सात्वत्यारभटी पुनः। रसे रौद्रे च पीभत्से वृत्तिः सर्वत्र भारती। चतस्रो वृत्तयो ह्येताः सर्वनाढ्यस्मात्कृताः" सा. द.
6. वेदन्तोके अन्तःकरणादेः परिणामभेदे च । ९ वैद्यक शब्द सिंधु मैत्री
7. स्त्री । मित्रतायाम् । अनुराधायाम् । सर्वप्राणिष्वात्मबुद्धौ । च. सु. १^[13]

Vrutti meaning^[14]

- being existence
- Abiding, remaining, attitude, being in a particular state as in Virudhh Vrutti, Vipaksh Vrutti
- State, condition
- Action, movement, function, operation
- Course, method
- Conduct, behavior
- Livelihood, means of livelihood
- Wages, hire
- Cause of activity
- Respectful treatment.
- Revolving, turning round
- The circumference of a wheel or circle.
- A complex formation requiring resolution.
- The power or four of a word by which it expresses, indicates or suggest meaning.
- A style in composition
- Customary allowance.
- Manner of thinking.

Synonyms

Vrutti synonyms

Vrutti has various synonyms according to *Vachaspatyam*.

वृत्ति स्त्री ।

जीवनोपायः

समानार्थकः आजीव, जीविका, वार्ता, वृत्ति, वर्तन, जीवन

- आजीव- Livelihood
- जीविका- Manner of living,
- *Varta*- News, information
- वृत्ति- Respectful behaviour

• वर्तन- Behaviour

• जीवन- Living

Loving kindness (Maitree), compassion towards the diseased (karuna), attachment to the remediable (Preeti) and indifference (Upeksha) to those moving towards end, this is fourfold attitude of physician.

Maitree means to have friendly nature. Kindness towards the diseased people and the desire to reduce the pain of others, this feeling is known as Karuna. Preeti means having love and interest towards the people having curable diseases. Upeksha towards the people having incurable diseases such people are called as prakrutisth. Friendliness nature is the intimate feeling of all human beings. The sixteen qualities of chatuspada are responsible for success in treatment. But the physician by the virtue of his knowledge administrative power and prescribed knowledge and capacity is the most important among four. The intimate feeling or favorable proclivity towards the all human being is known as Maitree.

One should follow the path of Brahmachrya, knowledge, charity, friendship, compassion, cheerfulness, indifference (detachment) and peace. A friendly nature with all, Kindness (compassion) with disease, a joyful, happy attitude towards healthy and indifference to those moving towards end, these are mentioned in Sadvrutta of Vaidya.

While treating the patients, Somewhere you may get Dharma (Your good qualities are exposed) Kwachit Maitree - Somewhere you may get new friendships Kwachit Arth - Somewhere you may get Monetary benefits Kwachit Yasha - Somewhere you may get respect and praise. If anyhow, these things are not gained then it is a chance for you to revise the Chikitsa Karma.

To be happy, all human beings must cultivate Maitree Bhavana. Whenever we see a very happy, contented, joyful person at that time we must think he/she is my friend and by such thinking we create happiness within ourselves and thoughts of jealousy, enviousness vanishes from our mind and Sukh Vrutti increases. In the same way when we meet a person suffering from misery, sadness we must develop Karuna Bhavana (helpfulness) towards him/her and must try to reduce his/her misery, pain, or must create a good will for his/her happiness. Whenever we create these feelings, Karuna Bhavana increases. Whenever we see a good, noble person, we must create feelings of happiness and good will about him. If we come across a bad person we must not generate feelings of hatred, anger towards him/her instead of that Upeksha Bhavana should be created. If we cultivate Maitree in given situations. It will create happiness, joy, and peace in life. When we develop Maitree, Karuna, and Mudita these three Bhavana frequently then we become very capable creating it easily whenever needed. Maitree Bhavana increases our Maitree Bala, Karuna Bhavana increases our Karuna

Bala. Mudita Bhavana increases our Mudita Bala. So we need constant efforts to develop these attitudes.

The person who has knowledge of Ayurveda who knows the treatment methods very well, who has Dharmik Vrutti and who is kind by nature is called as Vaidya. The person who is serving the intelligent people, Dharmik, good looking, friendly nature, soft spoken and kind hearted one should appoint him as physician.

Baudhha darshan mimansa -There are four Bramha viharas namely Maitree, Karuna, Mudita and Upekha. The name Bramha vihar is very appropriate as its fruits are similar to being born in heaven and enjoying the heavenly activities. Saint Patanjali has said the study of these four Bramha viharas produce the concentration of mind. Maitree towards all (Ishtjan), Karuna towards unhappy people, Mudita towards Punyatma and Upekha towards Apunyatma. In Baudhha Dharma too it is mentioned to concentrate mind on these four Bramha viharas. We must feel Metta towards ourselves first. First keep good will for ourselves first then for our Guru and for others, feel Metta for our enemies too.

After completing the work of commenting on Bhagavad Gita through Dnyaneshwari, Dyaneshwara appeals to the Almighty that please be pleased with this Yadna (ritual sacrifice/worship) through this literature and shower on me your blessings. In the first stanza itself Dnyaneshwar asks wellbeing of bad (Khal) guys. Dnyaneshwara is regarded as a mother of all people. A mother, always cares more for her weak (or bad) child than a good child, because they need to struggle more in world. So, Dnyaneshwara asks for the wellbeing of these bad children first. And he says "Je khalanchi venkati sando". I.e. the bad thoughts in the minds of these people should get destroyed. He knows that however and how much a person be bad, there is always something good that resides with him. Nobody is completely good or bad. In the next line he says, everyone should become close friends of each other's. He involves all the living beings like animals in this and not just the human beings. Such a Great dream Dnyaneshwara sees for the wellbeing of the entire universe.

DISCUSSION

A good Ayurvedic physician is the one who is duly engaged in the study of the science, diseases, mastering the practical application of the treatment with practical experience such a doctor is known as Pranabhisar Vaidya (savior of life).

Acharya Charaka gives advice to the physician to take efforts and provide health to all patients by all means. Physician should always think good of patients.

Acharya Charaka insists to acquire the code of Sadvritta (good conduct) for those who desire to promote their well-being. Maitree vrutti and its implication are

beneficial to build a stronger doctor-patient relationship. The conceptual study of Maitree Vrutti is done in detail.

CONCLUSION

The final conclusions drawn are as follows:

- Ayurveda samhitas explain the importance of Vaidya (physician) among the Bhisak Chatuspad and also give emphasis on fourfold attitude of physician.
- Vaidyasya Chaturvidh Vrutti plays an important role in building doctor patient relationship.
- Maitree Vrutti is studied and explained in detail in literatures.
- As Maitree Vrutti increases people gets its benefits and it leads to happy, joyful life and also causes a good impact on others.

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