

“Treat the patient rather than the disease alone”.

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Hi!

I would like to introduce myself first of all. I am Dr. Hetal Vadiwala – a Family Physician. My earnest liking is to treat the patient physically, mentally and socially with preventive care – as it is the authentic definition of health. (by WHO).

In today's fast era, many new diseases are emerging by leaps and bound – and many of them do not have definitive cure. Root cause of all these is:

- ❖ Stressful life style (cut-throat competition),
- ❖ Food (invasion of junk food and fast food),
- ❖ Sedentary life (materialistic happiness everywhere) and
- ❖ Pollution (-a gift by advancement and high speed technology).

In this condition, it is a dire need to give proper treatment of disease – which requires a good skill and adequate knowledge.

The unwritten truth is – many diseases can be prevented or reduced intensity with life-style changes (International Fitness Federation). Many diseases can be cured without medicines, like diarrhea, common cold, dull backache. Others require medicines. Those diseases require medicines are to be given least and proper medicines with minimum side effects, if possible avoid invasive medicines.

I would like to treat the patient in friendly atmosphere. When the patient is having a disease, he is worried about the nature illness, duration of illness and losses of work during the period and of course the expenses! (Would it be covered in medical insurance or not???) In this scenario, the patient is apprehensive much more than actual illness. In this condition, explaining him properly and creating friendly atmosphere will relieve his stress – and I think it is a prerequisite. It is scientifically proven that those are in relaxing mood having good number of antibodies – which helps him improving faster.

To treat the patient requires high skill. To diagnose the disease, only the investigations are not sufficient. Clinical judgment is more important, which is aggregation of knowledge, skill, experience, patient examination and investigations.

On other hand after diagnosis treating the patient requires more perfection because if many patients having the same disease, it may require different medicines. We doctors are dealing with live human beings. If it would be a machine, we can replace the part or pay for the damages if wrongly corrected - but not so in medical field. No cost is sufficient to compensate human body damage.

So treating the patient is an *art* rather than only profession. So I would like to repeat "Don't treat the report or disease - but treat the patient as a whole". After treatment, preventive measures are equally important for patient, his family and society.

**"When you inhale, you are taking the strength from God.**

**When you exhale, it represents the service you are giving to the world".**

~ B.K.S. Iyengar

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