Empowering Environment

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**Introduction**

Environment is defined by the Oxford English Dictionary as “the surroundings or conditions in which a person, animal or plant lives or operates.” It is also defined as the conditions affecting the behavior and development of somebody or something, and the physical conditions that somebody or something exists in.

To a vast majority of us, environment is a word that just means the quality of the air, water and soil around us. In other words, we orient our views on environment, with the five elements of nature, i.e. the “Pancha Bhuthas” (air, water, land, fire and space). To make our ideas clear, we can call this as the macro environment. However, the quality of our day-to-day life and activities, including health, wealth, happiness and personal progress are directly impacted by our immediate surroundings, which we may call as the micro environment. This can further be categorized as internal and external environment.

For every individual, availability of food, water, shelter and sanitation (the basic needs) are the fundamental aspects of the external environment. Added to this are: home or the family environment; work environment; educational environment and environment that permits free mobility and access to needs (including health-based needs).

Internal environment relates to the physical and psychological health of an individual. Psychological includes the intellectual potential and spiritual environment.

All the above factors are important determinants of the quality-of-life of every human being born on this earth. But this is not all. The macro and micro, the internal and external environment exist for every creature (plants and animals) on this planet. Moreover, we humans not only share this vast macro environment with other creatures, but also depend on them and our activities can impact them and in turn determine the quality of our own lives.

**Definition of Environmental Health**

This is a branch of public health concerned with all aspects of the natural and built environment that may affect human health. Environmental health is different from environmental science which deals with ecosystems. World Health Organization (WHO) defines environmental health as that which includes both the direct and the pathological effects of chemicals, radiation and biological agents on the health and well-being of the physical, psychological, social and cultural environment.

**What is Empowering Environment?**

Conscious effort to improve, enhance and elevate the quality of the various aspects of the environment discussed above and to live in peaceful coexistence with nature can be defined as empowering environment.

This concept if well understood and applied by each of us, will go a long way in promoting a healthy society, since empowering the environment has a direct bearing in containing disease and death. This concept involves the role of doctors to a great extent, not just as care providers but as educators also. In fact, empowering the environment can be done only by people who have a sound mind in a sound body. Vice versa, an empowered environment empowers us to lead a life of dignity, decency and contentment.

**Why do we talk so much about the Environment, which is a natural part of our being?**

This topic is the theme of The Association of Physicians of India Conference (APIICON) 2013. The theme may appear for a casual observer as something unrelated to a medical forum of national dimension. The intricate relationship of the environment to health and disease need not be over emphasized. There is such callous disregard for the environment to the extent that it tramples on the rights of less fortunate humans, animals, birds, plants and in fact, every animate and inanimate object. This has woken up right thinking people to create awareness and that too on a war footing.

The topics discussed in national fora have changed radically over the years. We are now tackling diseases and disorders mostly attributable to the changing lifestyles, which are born out of absolute ignorance, apathy and flawed attitude toward the environment.

A national forum is the ideal place to discuss, determine, devise plans and decide, how as responsible doctors with a social commitment we can contain diseases which are devastating the very fabric of a healthy society, especially due to lack of an empowered environment. If this is not done, a deteriorating environment will very soon engulf the society and the country as a whole, like a raging fire and cause massive death, destruction and irretrievable economic disaster.

The forthcoming paragraphs will highlight the major implications of destruction of the macro- and micro environment, the social fallouts and the consequences on health. The remedial measures, role of doctors and the importance of education are also highlighted.

**Deterioration of the Macro Environment and its effects**

There are many glaring examples of environmental exploitation and the ensuing fallout.

The mantra of all established governments is “growth and development” and its translation into gross domestic product (GDP). There is absolutely no doubt that development is an integral part of
survival and existence. But at what cost? Whose cost? What is the limit? Somehow the answers are elusive. Mahatma Gandhi remarked, “Nature provides for man’s need, not for his greed.” The following news reports (to cite a few), give glimpses of man’s greed.

The Hindu, dated July 23, 2012 carries an article in “The Aamir Khan’s Column” titled: “Thirst in the land of Malhaar.” This article highlights the severe water scarcity occurring in several parts of the country, which are generally known to receive abundant rains. The problems are due to lopsided planning by policy makers. Metros of India draw their water from lakes and rivers from the rural districts around them, with pipelines traversing hundreds of kilometers. This results in depriving people, who live around these waterbodies, of their own water. According to some estimates, a woman living in rural India, on an average, walks 1,400 km every year, in order to access water. This can only be described as cruel mockery. To give a specific example: people of Shahpur, living on the banks of the river Bhatasa that supplies 52% water to Mumbai city, are themselves dependant on tankers for their own water needs and we complain about the problem of migration to cities!

The Hindu, dated August 22, 2012 carries an article “warming signs for the economy”, which warns that climate change policies should be central to India’s long-term economic policy. To be more specific and to cite an example, our city planning is such that the largest space is devoted to private vehicles, thereby the government inadvertently promotes excessive levels of oil usage (fossil fuels being a nonrenewable source of fuel) and thereby locks itself in unsustainable development policies.

The Hindu, dated September 23, 2012 carries an article: “Beware the loss of biodiversity” by Prof PJ Sanjeeva Raj, consultant ecologist, talks of “biodiversity” as the variety or richness of ecosystems, species composition and their genetic diversity. Professor Edward O Wilson, Harvard visionary on biodiversity, observes that the current rate of biodiversity loss is perhaps the highest since the extinction of dinosaurs, about 65 million years ago. Such a heavy loss of biodiversity is sure to force humans into an emotional shock or trauma, leading us to an “Eremozoic Era, the Age of Loneliness.” Fast vanishing honey bees, dragon flies, bats, frogs, house sparrows, etc. are causing great economic loss and posing imminent threat to human peace and survival. Similarly, Why has the country side fallen silent?—an article published in The Hindu dated October 14, 2012 by Sukumaran CV, quoted: Loss of biodiversity is a much greater threat to human survival than even climate change. Both could act synergistically to escalate human extinction faster.

RELEVANCE OF BIODIVERSITY TO HEALTH

Biodiversity’s relevance to human health is becoming an international political issue, as scientific evidence builds on the global health implications of biodiversity loss. This is because, the species most likely to disappear are those that buffer against infectious disease transmission, while the surviving species become agents of disease transmission. Classical examples being West Nile virus, Lyme disease and Hanta virus are pervading the human habitats.

Not only infections, biodiversity also influences dietary health, nutrition security, medical science resources and psychological health. Biodiversity provides critical support for drug discovery and the availability of medical resources. Eighty percent of the world’s population is still dependant on medicines provided by nature. “Bioprospecting” is exploring natural products for medicinal purposes. Natural products have a long history of supporting significant economic and health innovation. This is now being replaced by genomics and synthetic chemistry in the pharmaceutical industry. All this is because of loss of biodiversity.

The Hindu, dated September 18, 2012 carries an article by Romi Khosla, titled: “From verdant city to vertical slum.” The author who is an architect and advisor, “Delhi Urban Arts Commission”, says that the government’s ill-conceived urban development schemes are threatening the future of Delhi.

The Hindu, dated October 14, 2012 writes on: “Warm waters spell doom.” This article has an information from K Venkataraman, Director, Zoological Survey of India that the Gulf of Mannar, which is a 150 km coastline extending from Rameshwaram to Tuticorin has at least 108 coral species. This region was world famous for the best pearls and the best divers, till a few decades ago. Shell collection, increased demand for corals and other marine organisms for ornamental purposes and excess demand for sea cucumbers, sea horses and pipe fishes, all for their medicinal value, have pushed these species to their brink. Added to this, industrial activities near marine areas have promoted the growth of an invasive alien weed species called Kappaphycus alvarezii, which grows over the corals and prevents sunlight from penetrating into them and thereby choking them to death. Hence a rich, marine biodiversity gets lost.

EVENTS RELATED TO THE DESTRUCTION OR DENIGRATION OF THE MACRO ENVIRONMENT

Mumbai floods July 26, 2005 is an outstanding example, which left more than 5,000 people dead. Mithi river, which runs through Mumbai and is just having a course of 15 km, is an important drainage for Mumbai into the Arabian sea. Unplanned buildings in the city blocking the flow of water, encroachment by slums, antiquated 20th century storm water drainage system and the destruction of mangrove ecosystems along the Mithi river were important causes for this event.

Cooum river in Chennai was a clean river and served as an important trade route. It is one of the most polluted rivers now. A study undertaken as part of the World Bank funded project showed that it was 80% more polluted than treated sewer. Fish cannot survive for more than 3–5 hours, even in diluted samples of this water.

River Yamuna is also among the most polluted rivers in the world, especially where it flows around New Delhi, which discharges 58% of wastes into the river. It is even described as a dead river with the biological oxygen demand (BOD), as high as 14–28 mg/L and high coliform content. Biological oxygen demand is the amount of dissolved oxygen needed by the aerobic biological organisms in a body of water to breakdown organic material present in a given water sample at a certain temperature, over a specific period of time. This is an indication of the organic quality of water.

Kasaragod district in Kerala has been badly affected by the indiscriminate use of the organochloride pesticide endosulfan. It is a xenoestrogen, which can mimic and enhance the effects of estrogens and behaves as an endocrine disruptor. It produces severe developmental and reproductive abnormalities as has been studied in the people of Kasaragod. The pesticide is exclusively used for cashew trees in this area and having been exposed to this pesticide for more than 20 years, the male population has shown defective sexual maturity and cryptorchidism.

Poor sanitation and ignorance about hygiene compounded by poor socioeconomic conditions encourage epidemics. Japanese encephalitis is among the most important of these. It has taken a toll of more than 3,000 lives since 2006, but unfortunately does not receive the media attention as in the case of dengue and swine flu. The Hindu dated September 25, 2012 Lucknow edition has claimed that more than 300 children have died within a 2-month period, due to this year’s epidemic.

Nine species of vultures are found living in India. However, most of them are on the verge of extinction. Vultures constitute India’s optimal, natural animal disposal system, processing carcass even in cities. Since the 1990s, scientists began noticing a rapid decrease in their population. Dr Lindsay Oaks and his colleagues identified diclofenac administration to the livestock to be the culprit. Diclofenac is fatal for vultures. This decline in the vulture population can lead to serious consequences to sanitation.
ENVIRONMENTAL ISSUES IN INDIA AND HOW SHE PROPOSES TO EMPOWER

Air, water and soil degradation, garbage disposal, forest and agricultural land degradation, resource depletion (water, minerals, forest, sand, rocks, etc.), loss of biodiversity, loss of resilience in the ecosystem causing soil erosion, wetland destruction, water scarcity and unprecedented floods, falling ground water levels, migration and its accompanying problems, livelihood and security for the poor, etc. are some of the pressing environmental issues facing the country. Indian cities alone generate more than 100 million tonnes of solid waste per year. Fuel wood and biomass burning, fuel adulteration, vehicle emission and traffic congestion are major sources of air pollution in India. No wonder that the 2012 Environment Performance Index has ranked India as having the poorest air quality out of 132 countries. It is a sad commentary that The New York Times, dated April 22, 2010 has commented that “India is drowning in a sea of garbage, and that the Indian waste disposal problem points to a stunning failure of governance”.

It is a sad commentary that India had pioneering leaders and great visionaries who envisaged the concept of Empowering Environment centuries ago. Ashoka Pillar edicts were one of the earliest efforts in India focused on respecting and preserving forests and wildlife. Vajnavalkya Smriti, a historic Indian text on statecraft and jurisprudence, written before the 5th century AD prohibited cutting of trees and even prescribed punishment for such acts. Kautilya’s Arthashastra written during the Mauryan period emphasized the need for forest administration.


In the year 2000, the Supreme Court directed all the Indian cities to implement a comprehensive waste management program that would include household collection of segregated waste, recycling and composting. All these directions have simply been ignored.

New Delhi is implementing two incinerator projects aimed at turning the city’s trash problem into electricity resource. These projects, though welcomed by the citizens to address the chronic problems of excess untreated waste, finds opposition from waste collection workers and their unions for fear of losing their livelihood. What an irony!

DOCTORS, HEALTH PARAMETERS, PHARMACEUTICALS AND THE ENVIRONMENT

How Serious are We in Promoting Health by Empowering the Environment?

Many reports have been received in the recent past, about the environmental impact of medical-related activities. Here are a few examples: How this will be taken by the medical community is a matter of speculation. It is also time we started introspection. The Hindu dated September 2, 2012 has an article titled: “Patients lose out to patents and profits”. It is indeed an undeniable fact that a vast majority of Indians do not have access to health care or essential drugs. By our government’s own admission, medicines constitute 74% of out-of-pocket expenditure on health. Doctors believe that price control, especially for expensive, patented ones could be a real game changer for Indian health care.

A 2012 WHO study ranks India even below countries like Myanmar and Bangladesh—among the countries that fail to provide health cover for its people.

A 2011 study in The Lancet on “Health care and equity” confirms this: every year, at least 39 million people in India fall into poverty due to private, out of pocket health expenditure.

Is the Indian Health Care Environment Empowered?

Environmental Persistent Pharmaceutical Pollutant

Pharmaceuticals are synthetic chemicals, belonging to a wide group of different chemical families, and may react differently in the environment. When a new medicine is developed, its pharmacological and toxicological effects are tested in acute trials, before being accepted for marketing. However, clinical test procedures are not entirely sufficient to completely guarantee that a new pharmaceutical is devoid of unacceptable side effects when used in large cohorts of patients for a long time. Furthermore, there are currently no test methods to assess whether such effects may occur after long-term use on humans, during periods of development on aquatic microorganisms or how they may affect other organisms. Large portions of the disposed or excreted medicines reach public sewage treatment plants, which is reused for drinking or let out into various surface water bodies like rivers, lakes, etc.

Environmental persistent pharmaceutical pollutant (EPPV) exposure might contribute to: Extinction of species and imbalance of sensible ecosystems, since many of these chemicals are known to affect the reproductive systems of frogs, fish, molluscs, etc. Genetic, developmental, immune and hormonal health effects on humans and other species are also studied. The effect produced is similar to that produced by estrogens, and are hence termed as xenoestrogens.

Development of Microbial Resistance

Known effects of pharmaceuticals in the environment include: estradiol—endocrine disruptors, causing feminization of fish, frogs, molluscs, alligators, etc. Nonsselective beta-blockers—known to cause significant reduction in egg production in Medaka fish. Gemfibrozil—lowers blood levels of testosterone in fish. Selective serotonin reuptake inhibitors (SSRIs) (citalopram and fluoxetine)—affect serotenergic system, affecting swimming activity of shell fish. Antibiotics—cause resistant bacteria and this is a global concern. Ecoshadow is a term introduced to describe the ecological impact of antibiotics.

In Sweden, the pharmaceutical industry along with the medical universities and the health care sector has developed a method for environmental-risk assessment and environmental classification of drugs.

The Indian Express (date not noted) carried an article recently on the increasing instances of dumping of biomedical waste in open land, which has triggered concerns, as it is a public hazard. The article is titled “A public health hazard posed by private hospitals”. The controversy surrounding the discovery and naming of the New Delhi metallo-beta-lactamase-1 (NDM-1) gene is well-known. New Delhi metallo-beta-lactamase enzyme makes bacteria resistant to a broad range of antibiotics. These include the antibiotics of the Carbapenem family, which are the mainstay of treatment of antibiotic resistant bacterial infections. The bacteria containing this enzyme producing gene are called “superbugs”. This was first detected in the Klebsiella pneumonia isolate of a Swedish patient of Indian origin, following a visit to New Delhi in 2008; hence this name. There has been widespread condemnation for the name, from the Ministry of Health. In contrast, an editorial in Journal of The Association of Physicians of India (JAPI), March 2010 issue, blamed the emergence of this gene to the widespread misuse of antibiotics in the Indian health care system, stating that Indian doctors have not yet taken the issue of antibiotic resistance seriously, and noting little control over the prescription of antibiotics by doctors and even pharmacists.
No wonder that an article in The Hindu (September 2, 2012), writes: “Private health care is no panacea”.

All this has motivated the likely introduction of Universal Health Care (UHC) in the 12th five-year plan. (The Hindu dated September 2, 2012). This plan intends to transform the lives of Indians, create jobs and galvanize the economy.

The Hindu dated October 4, 2012 writes on: “Health care is more than access to medical services”. The article questions if the UHC can provide affordable, accountable and approachable health care services of assured quality along with minimal standards for food, water, housing and public sanitation. Health care is intricately linked with these fundamentals.

So, how far are we environmentally empowered on the health front?

ENVIRONMENTAL ISSUES BUT SADLY NEGLECTED
The following paragraphs will highlight on diverse, but lesser known environmental problems and how they can impact the lives of people (especially the younger generation) in this country.

Malaria
The World Bank estimates that India ranks second in the world in the number of children suffering from malnutrition, next to Bangladesh. This will spell disaster in terms of mortality, morbidity, productivity and economic growth for the country.

The combination of people living in poverty and the recent economic growth of India have led to the coexistence of two types of malnutrition, namely: (1) undernutrition and (2) overnutrition.14

Open Defecation Practices
This is a national shame, not only from the aesthetic, human dignity and cleanliness angles, but also from the health angle. The Hindu reports, “The science behind total sanitation campaign” in an article dated June 21, 2012. Sunitha Narain of the Centre for Science and Environment, points out: “Rapidly modernizing India is drowning in its own excreta”.

Dr John H Humphrey of John Hopkins University has published a “viewpoint” in The Lancet on September 19, 2009. He says that of the 555 million school children in the developing countries, 32% have stunted growth and 20% are underweight. This will cause either death or poor performance in schools, dropouts and lower-economic productivity as adults for the survivors. Doctor Humphrey says that in children exposed to such excreta, even if the nutritional factors are corrected, they fail to improve. This is because of “Tropical Enteropathy” caused by the organisms in the human excreta, which cause destruction of the intestinal villi.

Mr. Jairam Ramesh, our rural affairs minister, deserves accolades for the bold decision to implement “Nirmal Bharat Abhiyan”, i.e. Total sanitation campaign, aimed at empowering every Indian household with toilets, within a decade. We wish him success, since “Habits die hard”.

Lack of Toilet Facilities: Violation of Child Rights
This is the title of an article in The Indian Express dated October 21, 2012. This is an extremely dismal story of postindependent India, which highlights the absence of toilets in the vast majority of Indian government schools, which is one of the prime reasons for high dropout rates among girl children. Ironically, the country boasts of world class infrastructure in its Indian Institute of Technologies (IITs).

The Problem of Stray Dogs
This is a huge problem for people who cycle or go on foot. More so, for the children who walk to school. Why the stray dog population is not contained in India remains an enigma. Even countries like Bhutan and Sri Lanka have successfully eradicated the stray dogs. India has 30,000 deaths due to rabies per year, i.e. one half of the world’s total. To add fuel to fire, the declining vulture population encourages stray and wild dogs to multiply, due to the availability of animal carcass.

Sleep Deprived Youth Bad for Nation’s Health
This is an excerpt from an article in The Indian Express. As described in earlier paragraphs, internal environment of an individual is as important as that of the external environment for a healthy life. Recent studies show that for reasons most diverse the younger population sleeps less and has poor sleep hygiene. A passage from Shakespeare (which underlines the value of sleep) says, “The death of each day’s life, sore labor’s bath, the balm of hurt minds.....”

EMPOWERING ENVIRONMENT: THE CONTRIBUTORS AND THE LESSONS TO BE LEARNT

Nirmal Bharat Abhiyan—by Mr Jairam Ramesh
Water management (from our ancestors): More than 1,000 years back, when modern technology was unknown, our far sighted rulers, built tanks, reservoirs, bunds and artificial lakes and knew the art of rainwater harvesting. The maintenance of both the natural and the artificial water bodies was decentralized. The villagers had an active participation in their construction and maintenance. Water governance was articulated as an art and inherited by generation after generation, as an integral part of life. The Archeological Society of India reveals that 676,600 big structures for rainwater harvesting were available in India. Unfortunately we have now inherited the legacy of the British, who made water, the sovereign right of the state and introduced the concept of privatization of water. (The Hindu dated October 6, 2012 by Sathiyamurthy LS, article: “Water management—our ancestors knew it well”).

United Nations (UN) Convention on Biological Diversity held in Hyderabad, in October 1–19, 2012 with 192 countries participating in the event.

Chipko Movement or the Chipko Andolan: A novel and bold movement initiated by a group of humble peasant women in Reni village, Chamoli district, Uttarakhand, in the Garhwal region of Himalayas, on March 26, 1974. This was a Gandhian way of struggle and nonviolent resistance, through the act of hugging trees to protect them from being felled. This movement had an international appeal.

Providing Urban Amenities to Rural Areas
Providing Urban Amenities to Rural Areas (PURJA) is a strategy for rural empowerment, envisaged by APJ Abdul Kalam.

International Society of Doctors for the Environment
This is a nongovernmental organization (NGO) founded at Cartona on November 25, 1990 by doctors of various nationalities, in order to gather all doctors interested in medical problems related to ecological factors, to spread awareness regarding the connection between environmental pollution and human health. They also aim to support initiatives by local and global agencies to reduce or eliminate sources of pollution.

PROGRAMS TO ADDRESS THE CAUSE OF MALNUTRITION

The Akshaya Patra Foundation
This organization runs the world’s largest NGO sponsored midday meal program, serving freshly cooked meals to over 1.3 million hungry school going children in government and aided schools across India. National Rural Health Mission of the government also has programs addressing childhood nutrition.
United Nation's Conference on Sustainable Development

Held at Rio de Janeiro, in June 13–22, 2012, the conference focused on sustainable developmental goals (SDG), which means that equitable access by all communities to energy, water, arable land and commodity markets should be created. There is hope that this mode of approach can bring down childhood malnutrition. Two decades back, the same conference at Rio de Janeiro focused on what was called as Millennium Developmental Goals (MDG). This program merely focused its attention on “major diseases of poverty” as in the case of malaria. Hence, uniform and sustained improvement in the quality of health could not be achieved. The present SDG aims to set right this failure.

Universal Health Care Program and Implementation of Bachelor of Rural Health Care

Universal Health Care (UHC) program and implementation of Bachelor of Rural Health Care (BRHC), proposal of creating a 3-year clinical course is for the prime purpose of the rural health needs. This is a controversial issue. However, this initiative is in existence in Chhattisgarh and Assam and is supposed to be useful.

Menstrual Health Management

In June, 2010, the center approved an unprecedented scheme to promote menstrual health by distributing subsidized sanitary napkins to adolescent girls.

In fact, even a decade earlier, Anshu Gupta, founder of the Delhi-based NGO called “Goonj,” pioneered an initiative called: “Not just a piece of cloth; She says that women should become aware of their biological process and manage it in a safe way. In fact, many NGOs are working on eco-friendly menstrual health management (MHM) practices.

Southern Railways goes in for biotoilets in trains (The Hindu dated October 25, 2012): This is to empower the employees who work under the most unhygienic conditions in the railway premises.

DOCTORS, ENVIRONMENT, EMPOWERMENT, ROLES AND RESPONSIBILITIES

Knowledge is power. As the first step, doctors should have the aptitude to know about the environment. This should be followed by awareness. Next comes the accumulation and assimilation of various facts. Finally, the acceptance that we need to empower our environment for the general well-being. After all, doctors are a part of the very same society with all its ills. Coimbatore APICON has sown the seeds for creating this awareness and social consciousness. Doctors have tremendous social responsibility. So any change should begin with the doctor. As Gandhi put it: “Be the change you want to see in this world”.

Eating the right food at the right time, exercising, avoiding smoking and alcohol, adopting healthy, traditional practices of yoga and meditation and leading a life with high values will endear a doctor to his patient. This will put the doctor in a commanding position to advise his patients. “Simple living and high thinking” should be the motto of every doctor.

Doctors have multiple roles in the society, as example setters, educators, instructors, participants in decision-making and advocacy roles and above all as care providers. “Charity begins at home.” Biomedical waste management is a doctor’s domain. Responsible use of drugs, in particular, antibiotics is in the doctor’s domain.

Doctors are also teachers. Students of Medicine, in teaching institutions must be taught ethics in practice. This includes respecting nature and adopting medical practices, which are environment friendly. In fact, any education that teaches love and respect for the environment must begin in the kindergarten stage itself.

If the economic development of India is to be sustained, we need an elite and healthy population. Doctors can undertake the task of organizing meetings in their localities, just as they conduct camps. The following aspects of a healthy, empowering life can be taught: Food practices, avoiding junk food, encouraging children to play, teaching people the importance of hygiene and the methods of waste disposal, insisting youngsters in their area to abstain from alcohol and substance abuse, using mosquito nets, teaching the art of destressing, advising young mothers to breastfeed their babies and immunize and above all emphasizing on the right parenting practices.

Doctors’ associations should have a unanimous appeal to the policy makers, in times of disasters and epidemics. National formulation of guidelines to manage various ailments of geographic significance and strict adherence by all practitioners to the rules and regulations would be most welcome. Above all, doctors should realize that always the society comes first, i.e. above self.

To conclude: “Prakriti rakshati rakshita” means Nature protects those who protect her.

As Tagore says, “From the dreary, dry desert of dead habit ... into that heaven of freedom my Father, let my country awake.”

REFERENCES


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