



Embracing Life , Facing Death: Hindu Perspective

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The Journey and the Inspiration

- *Preparing myself*
- *Initiating the conversation*
- *Communication*
- *Decision Making*
- *Integrating palliative care*
- *Rituals*
- *End of Life care*
- *Self reflection*





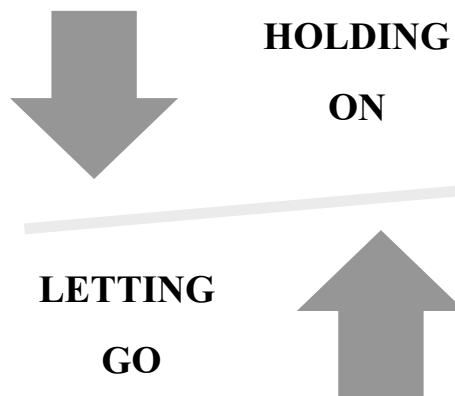
Preparing myself..

Palliative Care is about Transitions..

Every patient is at the crossroads

Every family along with the patient is in turmoil

*My role is to help
find this balance*





My Energy
Lord Shiva's Tandavam
Exemplary poise in the Flux of Life



Pulsating Energy
With
Perfect Balance
The Nataraja Posture in
the Divine Dance of Lord
Shiva





Initiating the conversation



***Palliative Care :**
Providing
comfort in the
present without
guilt from the
past and worry
about the future*



***Bhagawad Geeta:**
Do not weep for
the past ;
Do not worry for
the future;
Concentrate on
your present*

Bhagawad Geeta : The Divine Song





Finding the Inspiration for Effective Communication

The epitome of the most powerful communication :

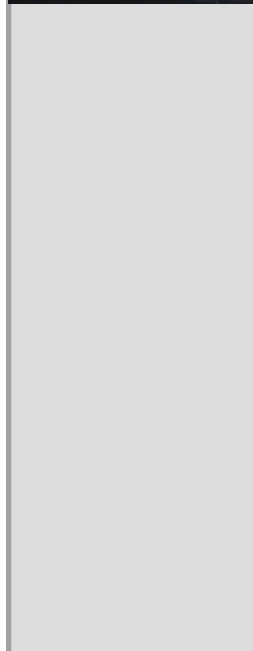
The Bhagawad Geeta

Is the dialogue between the warrior and his divine charioteer who listens, empathises and guides him in his most difficult time....

In Palliative Care :

It is the Ask- Tell – Ask approach

Listening, empathising, acknowledging the emotion and counselling the patient is effective communication





Taking Ethical Decisions



Collective Autonomy

- *Family: Should we even tell the patient?.... Collective Autonomy*
- *Patient : What if I get addicted to these medicines? Maybe I should bear the pain..*
- *Friends : Maybe surgery is a better option....*

The Physician

- *Autonomy :Does the patient even know? Is this an informed decision?*
- *Beneficence: Am I doing right?*
- *Non maleficence: I should not be doing harm*
- *Justice :Is this justified ?*



Dealing with the Dilemma



The Intention behind the Action is Paramount

*and the concern of a true worker
or Karma Yogi is with the Action
alone not the fruit of the action*

The Bhagawad Geeta



*Made by a
young boy
at hospice*

*and in Palliative Care our
intention is to provide comfort.*

*We do our best to relieve
suffering till the very end like the
Karma Yogi should;
**without turning away or
Inaction***





Inaction ?

*The true Karma Yogi does not quote inaction
says the Bhagavad Geeta*

Translate the thought into action.



*Let The Anger In Compassion
Be The Catalyst For Change*

*Dr Robert Twycross - about the urgent need
for integrating and improving palliative care
services.*



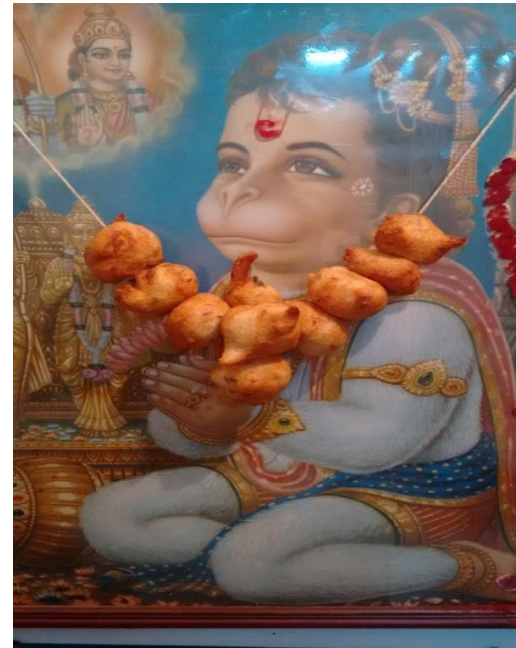


Improving and integrating palliative care services

- *Building Bridges and integrating harmoniously with the fraternity and the society.*
- *Creating a strong multidisciplinary TEAM for patient care*

This needs

- *Wisdom*
- *Alertness*
- *Perseverance*
- *Faith and Belief*





Rituals

Rituals inculcate discipline and provide comfort.

*The power of a chant,
lighting the lamp
designs on the floor
with flowers and more..*





Philosophy of Hospice Care



*Hospice is like a temple
Here Peace and Turmoil Coexist*

*In addition to the physical, psychosocial
and emotional... the priority is also to
address unfulfilled wishes*

*Planted in a patient's memory at our
hospice...*





Prioritising Unfulfilled desires

Prioritising unfinished business and fulfilling wishes is an important part of palliative care practice.

Hindus believe that the freedom transcending birth and death is the ultimate goal- Moksha

*“When life ends and desire remains,
it is death and
When Desire ends and Life remains,”
it is Moksha*



*Standing without attachment
like the lotus -To achieve
Moksha...*

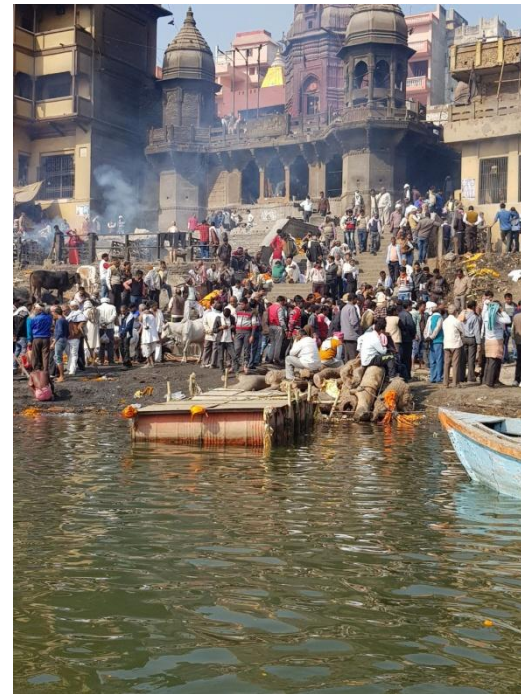




Attaining Moksha

*Reading scriptures like the Srimad Bhagavatham
which removes the fear of dying*

*Visiting the holy city of Benares
where death is welcomed and
considered a sure way to Moksha
The next best is to be
cremated here..*





Reaching Acceptance

Some answers to Why Me ?

The Evolution of the Soul

“Just as a man casts off worn out clothes and puts on others which are new, so the embodied (self) casts off worn out bodies and enters others which are new”

The Bhagwat Gita Chapter 2

Verse 22

KARMA

*What goes around
comes around back*





Caring for the Bereaved

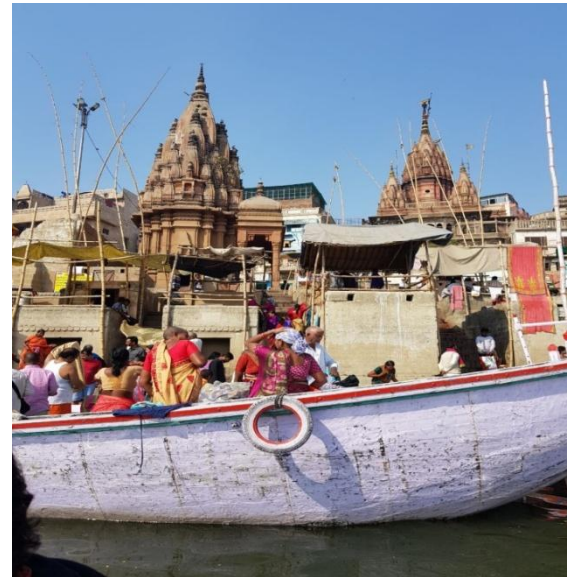


Bereavement care

An important component of palliative care to support the family and identify complicated grief.

*Rituals and ceremonies in
Hinduism carry on till a year*

*Community absorbs this
responsibility significantly.*





Self Awareness





Introspection

A long way to go from Turbulence to Equipoise



Am just a Common Coot ...trying hard!





Thank you

- *Parents , Teachers and The Almighty in true Hindu tradition : **Mata, Pita, Guru , Daivam***
- *Family, friends and the fraternity – a special mention to my friends whose photographs , rangolis and pictures have been used in this presentation .*
- *My institute and the hospice*
- *My patients and caregivers*
from whom I have received
more than I have given



*Drawn by our young patient
who has attained Moksha*

