



## Chhayankan (Visual Art)

### Compassion and kindness – prescription for healing

Apurba Rajbongshi, MD

Department of Pathology  
Institute of Liver and Biliary Sciences, New Delhi-70

**Corresponding Author:**

Dr. Apurba Rajbongshi, Department of Pathology  
Institute of Liver and Biliary Sciences  
D1, Vasant Kunj, New Delhi-70  
email: apurajbongshi at gmail dot com

Received: 03-MAY-2015

Accepted: 07-MAY-2015

Published Online: 07-MAY-2015



Cite this article as: Rajbongshi A. Compassion and kindness – prescription for healing. RHiME. 2015;2:46-47.

The thought of creating this painting came to me when I read about how indifferent some members of the medical fraternity are towards those with illness.[1] Such people are being professional, but humanism – compassion – is missing. It seemed to me that some of us work in this profession only because we have to work at something and not because we have a calling to heal.

For the painting, I chose the color orange – warm and bright, it symbolizes compassion towards the sick. The following words reflect my interpretation of the sage-like image of the healer in the painting – he sits, nurturing the sick, far from palaces and comforts and riches.

Hope fails when the mind surrenders.

---

The frail mind of the diseased-one suffers – and relentless suffering gradually squeezes away all sense of well-being from the soul. Yet it sees a glimmer of hope in the gentle hands of the healer – the one who promises a second chance through a reassuring touch and a few softly spoken words of kindness.

Ever since the inception of humanity, the art of healing has relied on compassion and kindness – righteous virtues that carry the sublime power to provide understanding and solace. It is this awareness about the plight of the patient that brings relief even when all medical marvels fail – that infuses positive energy into the distressed soul so that it resumes its journey towards recovery.

---

## Reference

1. Ahrweiler F, Neumann M, Goldblatt H, Hahn EG, Scheffer C. Determinants of physician empathy during medical education: hypothetical conclusions from an exploratory qualitative survey of practicing physicians. BMC Med Educ [Internet]. 2014 [cited 2015 May 7];14:122. Available from: <http://www.pubmedcentral.nih.gov/articlerender.fcgi?artid=4080581&tool=pmcentrez&rendertype=abstract>
-