

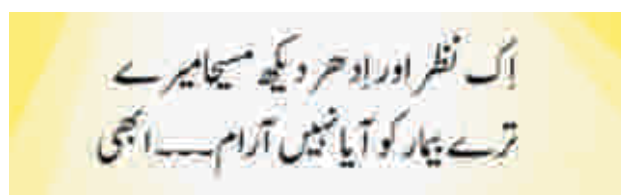
## Reflections

**Maseeha: A Ray of Hope**

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I never knew the meaning of word maseeha, until I put myself in white coat. How much healer a maseeha can be? Do I have the healing powers on this planet after Allah? I was just thinking when an old lady while entering my chamber kept saying



For the time being I felt that my blood stopped circulating, my heart stopped beating and my mind was switched off as if I was not able to heal her wounds. That lady taking consultation for half an hour and left by saying politely ‘beta muje lagta ha aap se meri sugar nai control honi’ I just made a facial grimace but it pinched me the most in my life. I wanted to be the healer that can really wipe off tears of ailing humanity. As I was already in shock, the very next moment another couple walked into my chamber with a hope in their eyes. Someone has referred them with the strong belief that they will get cured. On entering my consultation chamber they were very hopeless and were taking me as a last ray of hope as for I can only solve their problems. I was quite surprised as it was their first visit, why they are so much sure about it. Since their marriage she first time got conceived after 4 years but is having unbearable recurrent vomiting as narrated by her husband. Her medical record showed a dozen of prescriptions with the diagnosis of hyperemesis gravidarum with the usual treatments. She was repeatedly saying doctor would I be able to drink and eat again. Looking into her eyes empathetically I said definitely Allah is kind and you will be fine, with these sentences I saw a glowing light in her eyes and little hope on her face, as if I have the magic to do a miracle. I asked her why she is on wheelchair, she said its due to generalized weakness as she is not eating properly since many days and dont have energy to walk, I examined her and suspected hypokalemic periodic paralysis. After taking brief history I came to



know it was their love marriage and she was very depressed too because her husband is not giving her proper time and attention due to his job commitments and other house-hold chores. She felt deprived of his love which for sure added to her bad condition. I counseled the couple, advised certain baselines to rule out possible causes of vomiting writing couple of medicine giving them a hope that she will be fine in few days. After couple of days they came with labs and while I was going through the lab. results, they were looking at me as if I am going to break some bad news, as if she will be crippled for life. It was a usual case of hypokalemia induced paresis; I gave assurance and gave her the required medicine and dietary advice that she will be perfectly normal within few days. They were very thankful and left giving me prayers as if I gave her a new life. In the meanwhile I was thanking Allah for making me a maseeha for ailing humanity. I asked her that I would like to see you entering my chamber walking on your foot next time. I was feeling myself as the real healer. She came back after two

weeks, with normal electrolytes and slight improvement in her general condition, her condition still reflected her depressive state of mind saying I told you I won't be fine, I should rather die, I dreams as if I am doing dieting and I am unable to sleep. I calmly listened to her and politely explained that you have improved then surely you will be cured too, why are you so sad, the only thing she said "doctor itna tasali se ap suntay hain and concern show kerty hain I feel I will be cured". She was firm to believe I have all the remedies of her sickness' started feeling myself somewhere near to maseeha I examined her again and asked her to get EMG/NCS.it turned out to be GBS ultimately. I was like as if she would be on wheelchair for the rest of her life. I explained the couple about plasmapheresis sessions and politely explained them that she will be fine with the sessions. She expressed great belief in me and Allah this all was because of my concern and patience listening to their problems. After five plasmapheresis sessions she was able to walk by the grace of Almighty Allah and for the first day she came on foot to my chamber her glowing face and glittering eyes explained her heart feeling. Which was great source of inspiration for me. She delivered a baby boy was very happy and thankful enough saying that she "remembers me in each prayer" and labeled me as true Maseeha. That was the day I felt I have earned everything of my life being a doctor, and Maseeha. 'Maseeha', is actually a word which is used for someone who can heal. Jesus Christ is called 'Maseeha' for his healing powers, not only in Christianity but in all the Abrahamic religions such as Islam and Judaism. Maseeha is of Arabic origin which means "One who is blessed with piety from the cradle to the grave". Yes I am a maseeha, a ray of hope for the ailing humanity. According to Faiz Ahmad Faiz:

بے دم ہونے پیار وہ انہیں نہیں دیتے  
تم اچھے سمجھا ہو شفا کیوں نہیں دیتے  
درد شب بھراں کی جزا کیوں نہیں دیتے  
خون دل و شہی کا سدا کیوں نہیں دیتے  
یاں نکھ ورو الاوب و دل کی گواہی  
یاں نغمہ گرو سدا کیوں نہیں دیتے  
مت بنائے گی مخلوق تو انصاف کرو گے  
منصفت ہو تو اب ہر اٹھا کیوں نہیں دیتے  
بیجان ہنوں یا تمہوں کو شرمائے گا کب تک  
دل و الو گریباں کا پتہ کیوں نہیں دیتے  
ہر یاد ہی دل بھر تمہیں فیض کسی کا  
وہ دشمن ہاں ہے تو بھلا کیوں نہیں دیتے