

Review of: "[Commentary] When 'Ignorance is Bliss' in Medicine"

Pradip B. Barde¹

¹ All India Institute of Medical Sciences

Potential competing interests: No potential competing interests to declare.

The commentary presents a perspective on the integration of spirituality and medicine, emphasizing the significance of connecting with one's inner self in the healing process. It effectively highlights the complexity of modern medical practices while advocating for the simplicity and efficacy of tapping into the source of healing through 'pure consciousness'. Drawing upon personal experiences and observations, it argues that physicians who are connected to their inner selves can positively influence the healing process for their patients, irrespective of the complexity of medical knowledge utilized. While the argument could benefit from additional empirical evidence, the passage stimulates contemplation on the role of consciousness in medical practice and underscores the potential benefits of practices like meditation for both physicians and patients, ultimately advocating for a more holistic approach to healthcare while keeping an open mindset to be accommodative to the complexity of evidence-based medicine and keeping alive the capacity to look at health in its larger perspective. As one says, 'Don't treat the diagnostic and disease management reports, or devices monitoring the patient, but treat the patient.'