

Tender Heart School
Sector 33 B, Chandigarh

Class: VI

Subject: English Literature

Good Morning Students,

Let us understand the chapter “Sushutra – The First Indian Plastic Surgeon” (Chapter 6) in your English Reader.

The narrative revolves around a family waiting for the mother’s rhinoplasty operation to conclude. This operation is necessary due to injuries she sustained in a severe car accident the previous month, where she badly injured her nose. While the father escaped with minor bruises, the mother’s face, particularly her nose, was significantly damaged. The injuries had largely healed over time, but her nose required surgical reconstruction.

As hours pass and anxiety grows among the children, the father tries to calm them by telling a story about Sushruta, an ancient Indian sage and healer. He is regarded as the Father of Plastic Surgery and Indian Medicine. Sushruta practiced in northern India, near modern-day Varanasi by the Ganges River. He was revered for his skills in healing, which were believed to be divinely inspired. Sushruta’s teachings included comprehensive training for his disciples, known as Saushrutas, who studied for six years before beginning hands-on surgery training. Their education started with a pledge to heal and do no harm, reminiscent of the modern Hippocratic Oath. They practiced on vegetables, dead animals, and human corpses to master the techniques of surgery. Only after proving their competence were they allowed to perform operations.

Sushruta’s manual provided detailed instructions for conducting surgeries from start to finish. He believed that true health was achieved through harmony of the mind and body, maintained by a balanced diet, regular exercise, and a joyful mindset.

As the father shares this story, time passes quickly. Eventually, the doors of the operating theatre open, and the mother is wheeled out with her face bandaged. The doctor informs them that the surgery was successful, and the mother would soon have a beautifully reconstructed nose. Overjoyed and relieved, the family praises and thanks God and the surgeon, and they follow the mother to her room.

This story underscores the themes of patience, historical wisdom in medicine, and the importance of family support during challenging times.