

Spirituality in Anatomical Science

Pushpa Nagavalli Basavanna¹, Dyuksha Arora², Kumar Satish Ravi³

¹Department of Anatomy, JSS Medical College, JSSAHER, Mysore, India

²Final year MBBS, JSS Medical College, JSSAHER, Mysore, India

³Department of Anatomy, All India Institute of Medical Sciences, Gorakhpur, India

Disclose and conflicts of interest: none to be declared by all authors

Dear Editor,

Journal of Morphological Sciences:

We are glad to know that the Journal of Morphological Sciences is giving attention to Anatomy and spirituality. We are very much excited to write about this interesting topic. Anatomy, the study of the human body, has long focused on the tangible. Yet, a new recognition emerges - one that whispers of the importance of infusing spirituality into this scientific realm. The following article draws inspiration from the works of Michael A. Jawer, Bruce Burger, and Daniel P. Sulmasy, to unearth the ethereal connections between spirituality and the intricate anatomy of our existence. Jawer's, "The Spiritual Anatomy of Emotion: How Feelings Link the Brain, the Body, and the Sixth Sense", rebels against the prevailing dogma that grants absolute dominion to the brain¹. Jawer, alongside Dr. Marc Micozzi, contends that emotions, the essence of our consciousness, shape our very being. Their exposition heralds a deeper comprehension of personality development, stress, psychosomatic conditions, and even extraordinary phenomena like apparitions and out-of-body experiences. In delving into the latest scientific inquiries on immunity, sensation, stress, cognition, and emotional expression, the authors illuminate the portal through which emotion guides our perception of the world¹.

Burger's opus, "Esoteric Anatomy: The Body as Consciousness", unfurls a spiritual approach to the healing arts². With the canvas of massage, bodywork, and somatic psychology as his backdrop, Burger unveils a symphony of consciousness and energy medicine. He beckons us to view the body as a resplendent tapestry of conscious energy, unveiling a comprehensive healthcare system that honours healing, health building, and self-actualization. Drawing inspiration

from polarity therapy, esoteric anatomy, and somatic, Burger paints a picture of how spirituality weaves its essence through the very fabric of our being. It is a work that invites us to clear the traumas embedded within the cellular memory of the brain and to embrace a unique form of somatic psychology that fuels our ongoing quest for healing².

Sulmasy's "The Rebirth of the Clinic: An Introduction to Spirituality in Health Care" echoes the ailments of the doctor-patient relationship. Sulmasy masterfully navigates the treacherous waters, acknowledging the longing of patients to be seen as complete entities, not mere physical vessels. He artfully intertwines the threads of scientific progress and spirituality, unveiling the imperative of embracing spiritual care alongside medical interventions. Sulmasy unearths the empirical research that lends credence to the healing power of spirituality, a potent force capable of transcending mere science. With profound conviction, he asserts that addressing the spiritual needs of patients transcends moral optionality, metamorphosing into an undeniable moral obligation for healthcare professionals³.

The integration of spirituality into the realm of anatomy unveils a realm unseen, a symphony between the physical and the metaphysical^{4,5}. As we acknowledge the profound interplay between spirituality, emotions, and physical well-being, a new idea emerges - a holistic approach to healthcare. This harmonious fusion, entwining spirituality within anatomical education and research, nurtures empathy, compassion, and an intricate appreciation for the profound interconnections between mind, body, and spirit. In this revelation, we unveil a more comprehensive understanding of human health and embrace transformative practices that honour the spirit within.

References

1. Jawer MA. The spiritual anatomy of emotion: How feelings link the brain, the body, and the sixth sense. Simon and Schuster; 2009 May 21.
2. Burger B. Esoteric anatomy: The body as consciousness. North Atlantic Books; 2012 Jun 12.
3. Sulmasy DP. The rebirth of the clinic: An introduction to spirituality in health care. Georgetown University Press; 2006 May 19.

4. Begay RC. Science and spirituality. American journal of public health. 2003 Mar;93(3):363-.
5. James S. Gordon, Leslie Blackhall, Madeline Ko-I Bastis, and Robert A. F. Thurman. Asian Spiritual Traditions and Their Usefulness to Practitioners and Patients Facing Life and Death. The Journal of Alternative and Complementary Medicine. Oct 2002.603-608.

Received: November 26, 2023
Accepted: December 10, 2023

Corresponding author
Kumar Satish Ravi
E-mail: drksravi.jipmer@gmail.com