

# The Unseen Struggles of Doctors: A Call for Compassion and Reform

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DOI: 10.55489/njmr.150320251139

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Date of Submission: 04/05/2025; Date of Acceptance: 15/06/2025; Date of Publication: 01/07/2025

#### How to cite this article:

Sharma AD, Saha R, Ghonge S. The Unseen Struggles of Doctors: A Call for Compassion and Reform. Natl J Med Res 2025;15(03):228-228. DOI: 10.55489/njmr.150320251139

Medical professional is frequently described as the most honourable profession, do people truly feel this way about doctors? Physicians give their all and risk their health in order to provide the best care possible for their patients. Do make every effort to provide the patient with the finest care. But can people genuinely acknowledge their struggles, particularly in this day where physicians are viewed as inanimate machines designed to function around the clock. Doctors work through illness; they don't have sick days or days off for family functions. In an emergency, they must drop everything and return to the hospital to see patients, but do the people really value their efforts.

India is the most populous country in the world, which puts an unsustainable strain on doctors working in the healthcare system. Doctors are seeing an upsurge in patients and working around the clock, jeopardizing their health in the process. Doctors are burned out from their excessive workload, which can result in despair or even self-harm.[1] However, when people have to wait somewhere for ten minutes for an emergency room visit while doctors are attending to another patient, the patient's attendant may get hostile and threaten the doctors' lives.

Because being a doctor entails having outstanding marks, aspiring doctors sometimes lose between 10 and 15 years of education. Because they cannot afford a private education, some doctors waste more than five years in school. Due to the astronomically expensive costs of private colleges, some doctors take out loans,

which ultimately results in debt. After being given a seat, the workload becomes overwhelming, and the toxic work environment and hierarchy system lead to burnout and depression. Women pursuing residency by late 20s. They begin their residency and face pressure from their families to be married. Women had to deal with pressure from their families and jobs.[2] Women's safety is not guaranteed when working at night or in rural posting with minimal security.[3]

Prioritizing patient care is crucial, but we also need to remember that doctors are people too at the end of the day, just like everyone else. We need a better healthcare system, a healthier atmosphere, and recognition for the hardships and sacrifices made by doctors. It is high time that doctors were given security and appreciation.

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**Publisher:** Medsci Publications [[www.medscipublications.com](http://www.medscipublications.com)]

ISSN: 2249 4995

Official website: [www.njmr.in](http://www.njmr.in)