



The Indian Practitioner

Vol.78 No.06
June 2025
Mumbai
Pages 56 ₹150/-
ISSN 0019-6169
E-ISSN 2394-3017

ANNUAL

A Monthly Journal Devoted to Medicine, Surgery and Public Health

- » Empathy: The Heartbeat of Medicine
- » The Importance of Studying Iron Deficiency Anemia Genetic Modulators
- » Strategies for Improving Adverse Drug Reaction Reporting in India: A Path to Stronger Pharmacovigilance
- » Cyclotron-Powered Molecular Nanotechnology in Precision Oncology, A Systematic Insight into Emerging Theranostic Frontiers for Precision-Guided Cancer Therapeutics
- » Medical Expulsive Therapy - Reviewing the Pharmacological and Therapeutic Potential of Combining Tamsulosin and Deflazacort
- » Universal Health Coverage: Transforming India's Healthcare
- » The Importance of Biophysical Insights in Medical Practice

>>> Plus regular features & much more



Sutras: The Power to Unscrew

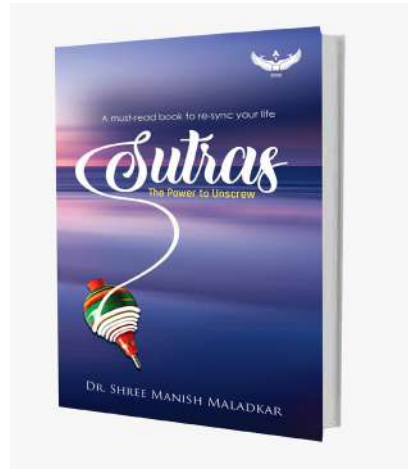
Author: Dr. Manish Maladkar | Publisher: Garuda Prakashan P Ltd |

Pages:260 | Price: 449

This book, the third in a series, authored by doctor-cum-philosopher, Dr. Maladkar is the expression of his continuing tryst with unravelling the human mind. This book is all about rediscovering oneself, reconnecting with oneself, achieving inner peace, calmness and serenity in a world that is rush-rush, many a times like a roller-coaster ride, bordering on the chaotic. In such a hurly burly, where one can lose one's moorings, this book guides in helping to disconnect, disengage or emancipate oneself, or rather unscrew our lives and reset it. Central to the book is the metaphor of "unscrewing"—loosening the tightly-wound mental and emotional knots we accumulate over time.

Dr. Maladkar urges readers to question ingrained thought patterns, acknowledge limiting beliefs, and gradually unwind them. Each sutra delivers a small but potent perspective shift, often accompanied by reflection prompts to help internalize the insights. So here are the sutras that can help anyone in any situation to be oneself, and deal with the situation with equanimity. Sutras are aphorisms, pithy expressions filled with time tested knowledge and wisdom. This book is based on the author's prodigious reading, conveying the distilled essence of such referencing from the teachings, preachings and observations from yogis to maharishis, to religious prophets to historians, journalists to even pop singers, all well explained through Maladkar's sage like understanding of the human mind. What a fantastic eclectic mix! The sutras are a panacea for the mind to energise and strengthen one's mind at all times. The central advice that overwhelms is that "Life is in your hands; it is a gift to you. Don't let it go in vain."

Sutras is structured around concise aphorisms (the "threads") followed by thought-provoking commentary and reflective prompts. This format echoes classic spiritual texts but feels modern and accessible. The prose is lucid, whenever the narrative shifts from sutra to reflection, it does so with gentle transitions that



feel conversational. Many of the aphorisms or sutras are explained through anecdotes and the book is interspersed with quotes throughout. Despite its spiritual purpose, the language remains grounded. Whether discussing love, inner peace, or daily struggles, the author's style is inviting and unpretentious—enhancing the reader's journey rather than overwhelming it. Through fifteen chapters, this book helps one navigate one's life from creating a vision for one's life, hand

holding and enabling one towards a plan of action to succeed.

Constantly, right through the book the central theme running is on a life full of love, peace and happiness achievable through the symbiotic, synchronised working of body, mind and soul. Achievement of higher abstract values, while shunning baser human negatives is highlighted throughout. Reading and acting on the sutras can lead to an exercise of the mind towards evolving into the higher human being each one is capable of. The beauty of this book lies in its brevity paired with depth. Each sutra and its accompanying insights can be consumed in minutes, but the contemplation they spark can lead to lifelong learning. It is the perfect companion for seekers who want daily wisdom—without getting weighed down by dense philosophy.

Dr. Maladkar succeeds in creating a space where wisdom meets practical guidance, helping the reader rediscover themselves and their relationships. For those ready to embrace self-reflection, cultivate peace, and anchor their life in clarity, this book offers a reliable daily companion. If you're looking to unscrew the jumbled screws of modern life and replace them with deeper threads of purpose and connection, Sutras might just hold the right tool. The medical community, overworked and always short of time will gain very much in positively restructuring their lives through this book.

- Book Reviewed by Vinoo Mathews