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Neurosurgeons and Dreams

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ll our dreams can come true, if we have the courage to pursue them.

Walt Disney

The future belongs to those who believe in the beauty of their dreams.

Eleanor Roosevelt

Since the first scientific interpretation of dreams by Sigmund Freud in 1900s, neurosurgeons have been, directly or indirectly, involved in the phenomenon of dreams. There are many theories about dreams. We usually dream about the thoughts that dominate our daily lives. A whole gamut of human emotions can manifest in dreams. They are all about symbolism. Symbolic of unfulfilled things when we are awake. When the fancies one has can not be turned into facts, they sometimes find their way in dreams. It could well be the nature's way of resolving crisis in a subconscious level. In general dreams are vague, bizarre and mystifying and largely uninteresting and most of them you don't remember when you wake up. But sometimes there is much clarity and richness of the visual and auditory details.

There is another kind of dream that is more important. Science in this millennium is at its tipping point. Every medical specialty is dynamic but this holds true more for neurosurgery. It is said that every neurosurgeon should be able to absorb the distilled information that oozes out from coming across myriad presentations of the same disease and pages after pages of scientific literature. Or else there is a serious risk of being out of date in no time. To manage neurosurgical patients efficiently with an affordable risk is the dream of every neurosurgeon all over the world. However, things do not go as planned all the time and

complications are the rule rather than exception especially when you are contemplating complicated surgeries.

Neurosurgeons have the therapeutic superiority (the famous rhetoric of Dr. Wilder Penfield) as they have the privilege of not only diagnosing the disease but also performing delicate surgery on patients with disease. This at times leads to excessive distress to the point of being overwhelmed or discouraged especially in the third world countries where supporting mechanisms are not as well developed as one wishes. The rapid pace of progress, Nepal has witnessed in recent years in the field of neurosurgery has indicated further exciting growth of this specialty. With the genesis of organized neurosurgery in Kathmandu and burgeoning full time neurosurgical services existing in the major cities in Nepal, we can now safely say that the dream of our seniors in the early days has at least partially been fulfilled. This is a bellwether of change for all of us. But we are far from being in fine fettle. A lot more yet remains to be done and we should continue to dream further. What we lack is the research in basic neuroscience. We take pride in the success of our peers. We feel better watching them 'feel better.' In success we should run in millions but at the time of difficulty we should stand as one. Formidable challenges and staggering opportunities often coexist and we should be carefully able to negotiate our path. Nepalese society of neurosurgeons, our pantheon, has been extremely active in helping its members to achieve this goal by fostering both education and research. We should all be united by this common dream. Any dream if pursued with sufficient passion can turn into reality with resultant feeling of profound happiness. This second South Asian Neurosurgical Conference will be another milestone in strengthening our bond. There is already a ray of light on the horizon. Let's all make hay.

Happy New Year 2069!