

Aye - Metta - Ayu - Dana Clinic



Inauguration Ceremony of the Mettā Clinic in 2008



Judy Witheford
(wearing white blouse)



The new clinic building in 2010

This year the Aye-Mettā-Ayu-Dāna Clinic is celebrating its 10th anniversary!

The inauguration ceremony of the clinic happened on 24th February 2008 on the grounds of the Chanmyay Myaing Meditation Centre (CMMC) in Yangon.

During these ten years the GPs (coming on Saturdays) and dentists (coming on Sundays) have treated more than 300'000 patients. Three hundred thousand people who were cured or got some or much relief from their physical suffering, and most likely also experienced a big mental relief! All the costs for their medicines, treatments, or – if necessary – stay at the hospital were covered by the Mettā Clinic Fund. This was/is only possible grace to the many donations from people around the world.



Dr. Myo Wana, the GP



The small girl is not afraid



Dr. Aye Myat Mon Zaw treats
a young lady

A day after my arrival in Burma early January this year, Sayadaw U Indaka had organized a little ceremony to commemorate this auspicious event. Sayadaw briefly related the story of how this clinic came into existence. It all began with a Canadian yogi, Judy Witheford, who approached Sayadaw in 2008 and asked him to establish a free clinic because she had seen so many sick children and adults in the neighborhood of the meditation centre. Her request fell upon fertile ground and within no time a tiny little bamboo structure received the first patients. In the meantime, the facility has been improved with a solid building (2010) and a covered waiting area (a few years later).

Local doctors, dentists, nurses, and general helpers volunteer to do the actual work on the grounds: from cleaning the rooms, making the list of patients, examining the patients, giving out the medicines, and explaining how to take the medicines. During the 10th anniversary ceremony they all received a little present as a token of gratitude for their invaluable and enthusiastic voluntary work they do week after week.



Dr. Sein Shwe during the 10th anniversary ceremony (light blue jacket)



Nurse Daw Hla Hla Myint receives her present

Recently the Sundays have become especially popular with the dentists treating people. Since the establishment of the clinic, Professor Sein Shwe brings along his advanced dentist students, usually about a dozen of them! In this way, many patients can be treated and at the same time the students have the opportunity to get practical experience.



Dentists and patients

When I visited them on 14th January 2018, the clinic was like a bee hive full of activity, they had 90 patients on that day. The patients sit on regular chairs, one dentist is doing the work while a second dentist is using a torch (or the flash from the i-phone!) to shine into the mouth.

In this way, five patients can be treated at the same time. When asked what kind of treatment they usually give, one dentist explained that they pull a lot of teeth, only in few cases do they give a filling, and in some cases, they give medicine.



Using an i-phone as lamp!

The biggest expense for the dentists is the local anaesthetic for pulling teeth. They are quite costly, but very important! Who would like to have their teeth pulled out without local anaesthetic?!

As the funds for the Mettā Clinic have become less (a generous Burmese donor can no longer afford to make a monthly donation), we decided to donate some additional money to the Mettā Clinic Fund.



Dr. Sein Shwe and Daw Myint Yee hand out medicines and explain how to use them



Nurse Daw Ma Ma Win hands out medicines and explains how to take them



Nurse Daw Than Wai takes blood

Unlike in the West where people have health insurance many ‘not-wealthy’ Burmese people (and this is the majority!) depend on such free medical clinics. With your ongoing support, you offer not only a much-needed service but also help reduce people’s suffering, both physically and mentally. What a precious gift!

With mettā
Ariya



U Aung Chit receives and registers patients



Patients in the covered waiting area