

My Journey to Explore the Unknown

M S Khuroo

WHEN THEY SPOKE

WHAT DID THEY SAY?



DR. KHUROO'S MEDICAL TRUST

A Father's Wish!

Soon after obtaining my MBBS degree, my father, Late Haji Abdul Rahim Khuroo, entered my room with my result sheet. I asked him what he expected me to do. Wise as he was, he made a wish and said, "Son, I wish you to serve those in pain with sincerity, hard work, and dedication and use ethics, morality, and empathy at your best. I wish you serve your brethren as they deserve your help more than others. Lastly, I wish you to teach others what you know and explore the unknown in medicine and biology to establish Sadaqat-I-Jariya (continuing charity) for you and the family."

Retrieved from records maintained in Dr. Khuroo Library.

Prof. Khuroo's contributions to SKIMS have been elegantly described by Dr. Gulzar Mufti, a legendary Kashmiri urologist settled in the UK. In his book entitled 'Kashmir in Sickness and in Health' he wrote:

"Over the years, highly talented clinicians have been on the staff register of SKIMS. It is not possible to acknowledge their contributions. Still, it is a tribute to all of them for having managed to keep the ship afloat despite the prevailing circumstances in the valley over the last two decades. However, it is pertinent to mention two names that made headlines. A few years after its inception, the late Dr. Abdul Ahad Guru and Dr. Mohammad Sultan Khuroo became very popular within and outside the SKIMS to the point that it was nicknamed the 'Guru-Khuroo Institute.' Both were borne at Sopore in northwest Kashmir. Khuroo, who established the Gastroenterology Department at SKIMS, is talented. Notwithstanding the difficulties on the ground, he produced original high-caliber clinical research proving that thoughtful contributions to science can emerge from anywhere in the World. He will be remembered for his works on hepatitis E and complications of roundworm infestation in humans. Guru was a few years older than Khuroo. He was a surgeon with a subspecialist interest in Cardiothoracic Surgery. He mixed Surgery, politics, and Kashmiriyat with equal intensity and passion. The resultant cocktail took his life, which was a disaster for his family and including the author, was also a sad loss for Kashmir".

Mufti G. Kashmir in Sickness and in Health. New Delhi: Partridge Publishing India. Penguin Books India Pvt. Ltd. ; 2013.

The Department of Gastroenterology at SKIMS was described beautifully by Prof. Abdul Wahid, former professor and head of the department. Medicine, SKIMS.

"Dr. Khuroo has always been a dignified person since his college days. I followed him closely during our training course at Medical College Srinagar. He rose to the dizzy heights of fame while he was simply a student. He was labeled as one of the best students in India by our Professor of Pathology, Dr. Goyal, who otherwise was very miser in giving recognition or any importance to even the best of his students. When I returned from Saudi Arabia in 1984, he persuaded me to join SKIMS. He gave me advice and desired that I join him on his rounds in the wards of his department. The next morning, I entered his ward at 10 am, but to my surprise, I came to know that he had finished the round and had just left for the laboratory to do investigations on patients. I was told he reached the institute at 7:30 am and started work at 08:00 am sharp. His department was full of activity even during the night. It was a vibrant show, now a story of the Past. Dr. Khuroo believed in 24-hour activity. He still is that tireless doctor who has no parallel even today. I joined him on rounds several times; his every word would be thought-provoking, and his every sentence inspiring. His zeal for research never came in the way of patient care. He would never leave a patient unseen or unheard. He would record the patient's history (of illness), discuss it thoroughly with his colleagues, and come to a final diagnosis. His patient was his research material. His publications are his hard-objective conclusions and not mere imaginations. These publications gave invincible stature to Dr. Khuroo. When I was in Saudi Arabia, people would ask me about Dr. Khuroo. They wanted to know more and more about him. Dr. Khuroo had not yet come to serve in the kingdom, but his name and fame had already reached there".

Today, the 17th January 2010, Dr. Khuroo celebrates his 65th birthday. GK Plus, Sunday 17th January 2010.

At SKIMS, Prof. Khuroo conducted many breakthrough research protocols and published the results in high-ranking peer-reviewed journals, namely NEJM, Lancet, Gastroenterology, and Hepatology, to name a few. This raised his status and that of SKIMS nationally and internationally. This can be highlighted by stories narrated by several legendary Kashmiri diaspora. Mohammad Maqbool Bhat, MD Qadi Group of companies, KSA, in his article entitled: "Knowing Dr. M. S. Khuroo," wrote:

"We have to learn to respect and honor our achievers in order to improve our society as a whole. Dr. Khuroo, a very devoted family man and even more dedicated professional, is a rare combination of great clinical skills and great research acumen in his field. This combination is rare the world over but non-existent in our part of the world. His medical service record spread over four decades at various levels of his outstanding career, making him a household name in the valley and deservingly a very well-respected and revered name in his field worldwide. My son, Dr. Yasser Maqbool, Assistant Professor of Medicine at UCLA in the United States of America, had first-hand experience of this international reputation and acclaim of Dr. Khuroo when at the beginning of his fellowship training program at Pittsburgh University (the First Level Center in the world), in response to his introduction, the main response from that august medical fraternity was if he knew Dr Khuroo from Kashmir. He was obviously delighted to know that "Dr Uncle" is held in such high esteem at this institute of highest learning. I am also told of other similar experiences by other doctor friends".

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Mohammad Maqbool Bhat, MD Qadi Group of companies, KSA, in his article entitled "Knowing Dr. M. S. Khuroo," wrote about Dr. Khuroo as follows:

"I am also reminded of a cold December late evening, during the peak of militancy in the valley, when coming out with Dr. Khuroo from his endoscopy center at SKIMS, he spotted an old man waiting in the corridor, totally disarrayed in his behavior. With all due care, he enquired about his condition, and what he did for him perplexed me then, but it enhanced my respect for him as a human being and as a doctor manifold later. Knowing the old man's condition, he immediately returned to his endoscopy center. He even motivated his whole staff to stay another hour in those trying circumstances and tough times so that this old man could go home satisfied. Even at the cost of accentuating my already simmering anger for that long wait during the whole evening, he was not deterred from doing what he felt was in the best interests of his call of duty. Such an exemplary sense of humanism is rare and is not seen even in places where you pay for such services. Coming from a doctor of Dr Khuroo's status and position, from a free government hospital is not only heart-warming but would make even his foes proud of him".

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Late Mohammad Ashraf, Former Director of General Dept of Tourism J&K and a prolific writer in his article 'The Scientist Deserving Acclaim!'²¹, described his personal experience as follows:

"I remember an interesting but elating incident about Dr. Khuroo. He performed an endoscopy and subsequently prescribed what was known as triple regime treatment for me. After a couple of weeks, I traveled to Switzerland to attend a mountaineering film conference in the city of Les Diablerets, Switzerland. I was met at the Geneva airport by my friend Sylvain Saudan, the impossible skier who was conducting heli-skiing in Kashmir in those days. Knowing about my illness, he had made an appointment for me with the topmost gastroenterologist in Switzerland, whose consultation fee was five thousand Indian rupees. We drove from the airport straight to the clinic. When asked what my ailment was, I showed him the prescription for Dr. Khuroo. He immediately told me that I was receiving the best treatment and he was an ardent follower of Dr. Khuroo in this field. He immediately returned the consultation fee and advised me to stick to the latest treatment prescribed by Dr. Khuroo, which was the latest in the field. I was really elated to know that we had such a famous physician among us".

Ashraf M. The Scientist Deserving Acclaim! GK Communications Pvt. Ltd. . Greater Kashmir (GK Magazine) Web site. <https://www.greaterkashmir.com/news/gk-magazine/the-scientist-deserving-acclaim/>. Accessed 28 November 2020.

Prof. Khuroo has elegantly described his breakthrough publication in New England J Medicine as follows:

"Reminiscences of my life events. A phone call that was to last forever!!

It was 4 AM Thursday, April 10, 1997, when a phone call woke me up in the gorgeous Palm Villa-2-39 (my residence) at King Faisal Specialist Hospital & Research Centre Riyadh, Saudi Arabia. Phone Country code was +1 (USA), and the caller spoke: - Mohammad, I am the editor of the "New England Journal of Medicine (NEJM) and would like to congratulate you and your team on making a breakthrough publication this week. Congratulations on a job well done. Thank you." I quickly went online and realized my lifelong dream of being the first Indian researcher to reach heights. NEJM will remain the first in the Biochemical research journals for past and future decades, with a whooping Impact factor of 72.406 in 2016. This also culminated my and my team's six-year-long ordeal with one of the world's most fruitful "Randomized Controlled trials" about proton pump inhibitors (PPIs) for bleeding peptic ulcers. The same NEJM issue included an editorial critically analyzing the importance of this trial. The findings of this trial were a game changer in Medicine and had, for the first time, confirmed the clot-stabilizing effect of large doses of PPIs in bleeding peptic ulcers, a concept that I had conceived and nurtured from my student days. Thus, the management of bleeding peptic ulcer, a common devastating clinical entity with significant morbidity and mortality, had changed for good from surgery to PPI's ± endotherapy. It has and shall save millions of lives for generations to come. Appreciating the impact of this trial in Medicine, the paper was discussed in the journal clubs in nearly every academic unit of medicine/Gastroenterology around the globe."

Retrieved from records maintained in Dr. Khuroo Library.

Dr. Rakesh Mahajan, MD, Consultant & Director, Apollo Diagnostic Clinic, Jammu, wrote in his article "Dr. Khuroo a living legend":

On the eve of his book's release, I congratulate him and wish him all the best. I would like to share my opinion about Dr. MS Khuroo. Dr. Khuroo is a personality to Reckon with. I met him for the first time in the PG Hostel of GMC Srinagar in November 1981. I submitted my joining report in the morning for the MD Course in GMC Srinagar, and I was waiting for the room allotment in the PG Hostel. Dr. Khuroo was the warden of the Hostel. Smartly dressed in his Blue Blazer, he walked into the Hostel premises on the cold winter evening. The hostel attendant guided me in reaching him. I introduced myself to him, and he took me to his apartment in the hostel & served me a hot cup of 'Kahwa.' I was impressed by his hospitality and magnanimity. He is a wonderful human being. That was my first impression of him.

Dr. Khuroo is a gem. In GMC Srinagar, I was given to understand by the best students of GMC that GMC Srinagar has produced two 'Gems' one is Dr. MS Khuroo and the other is Dr. Sushil Razdan (noted Neurologist).

Dr. Khuroo is a great teacher. When I joined SKIMS as a Senior Resident, I was given the option to work in Gastroenterology. I took it as a challenge, and I was the gainer in the long run. I found him a great teacher, and he never compromised on hard work. Dr. Khuroo is a man with a visionary approach to clinical research. His extraordinary knowledge and foresight make him a 'Genius' in his field.

His commitment to his work is unwavering, and he follows the time schedule 24/7. He never followed the SKIMS time schedule; he would come to SKIMS at 7.30 am—8.00 am and leave at 7.30-8.00 pm late in the evening. I would arrive one hour earlier and leave one hour late to impress him. Dr. Khuroo would spend most of his waking time in his home writing and rewriting research papers. In his ward rounds, he would create the academic atmosphere with his great clinical sense and final word of wisdom. Dr. Khuroo is a clinician of exceptional excellence. In the Gastroenterology laboratory, he worked tirelessly with phenomenal energy and immense skill and innovations. His belief in the absence of shortcuts to hard work is a testament to his character. As a moderator, he always added flavor to seminars and clinical meetings, making the sessions vibrant and interesting. Every time, it was an Academic Feast. Dr. Khuroo has a beautiful personality. He is a tall, charismatic person with dignified behavior. When he walked swiftly down the corridors of SKIMS with his GE Team, we had to catch up with his pace. He has been full of life and created a sense of magic and magnetism around him. He is a stylish icon. His stylish presentations, the pleasing accent of the English language, Aristocratic manners, and dynamic personality were his 'Add-on.' He has a typical style in his sophisticated gestures and body language. Even his loud laughter is unforgettable. Dr. Khuroo admires hard workers. He has a sixth sense for differentiating between the 'better' and the 'best' workers. He is a God Gifted talent. His assets are perfection, meticulousness, diligence, sincerity, and dedication to his profession.

I salute him and proudly regard him as my 'Guru.' I was fortunate enough to have worked with him for nearly a decade at SKIMS. Though I was the best MBBS Graduate with a promising academic career, I learned much from him. He did my fine-tuning, polishing, and excellent grooming. I owe a lot to him and worship him. Dr. Khuroo is a role model and will stay so for generations to come.

NOSTALGIA: Dr. Khuroo once gave me a lift in his car at the end of the day's work when he reached the Married doctor's hostel. For the first time, he met my 4-year-old daughter 'Chini,' prancing and playing on the grass. He remarked, 'Who is the English Doll?' Now, she is a Computer Engineer with a Master's in Computer Science from George Washington University, Washington DC, working in San Francisco, USA, and she still remembers his Khuroo uncle.

There is no day when Dr. Khuroo is not a part of our conversation. He is a household name in our family.

We, Dr. Bella and our younger daughter Devika, a medico, extend our best wishes to Dr. Khuroo, a living legend.

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Dr. Saleem Kamili has elegantly described Prof. Khuroo's directorship as:

"In honor of my mentor, teacher, and friend Prof. Khuroo- When Dr. Khuroo became the director of SKIMS, he vowed to put it back on track as a model of excellence in health care in the country. Dr. Khuroo is a person of great character and integrity, and during his time as director, SKIMS achieved new heights and excellence in providing the best of care to its patients".

Retrieved from records maintained in Dr. Khuroo Library.

Dr. Saleem Kamili, Ph.D. Chief, Laboratory Branch, Division of Viral Hepatitis, NCHHSTP, Centers for Disease Control and Prevention (CDC), Atlanta, GA.

I am genuinely humbled to write this letter for such a great personality who has been my teacher and mentor and from whom I continue to learn and benefit from his wisdom, guidance, and counsel. I have been working at the US Centers for Disease Control and Prevention, Division of Viral Hepatitis, for the last more than two decades. I am currently Chief of the Laboratory Branch, where I provide direct supervision and guidance to a distinguished staff with advanced medical and basic research degrees worldwide. I am on the editorial board of many leading international biomedical journals and am the associate editor of two medical virology journals. I have written hundreds of reference letters for my students, colleagues, and collaborators, including nomination letters for various awards. Nonetheless, I find it challenging and humbling at the same time to write this letter and highlight numerous academic and research accomplishments of Dr. Khuroo - they are too many and of such high caliber that there will be hardly anyone in the field of medicine and healthcare who is not aware of them.

During the recent COVID-19 pandemic, Dr. Khuroo was the first one in the state of Jammu and Kashmir to volunteer to educate the masses about the necessary precautions to be taken using all forms of social media platforms and conveying the information about the pandemic in the most potent, culturally sensitive and straightforward manner. At the same time, he took it upon himself to provide healthcare professionals with necessary education about the pandemic. No wonder the government authorities reached out to him to serve on the State's COVID-19 Task Force. Dr. Khuroo would regularly be with me on the phone to inquire about any latest information. I invariably found him more up-to-date and current with the rapidly evolving data on the subject. Dr. Khuroo has been using social media platforms and the website of his foundation for the dissemination of medical and other healthcare-related information to both professionals and the general public.

When I joined Dr. Khuroo as a PhD student to work on seroepidemiology and molecular characterization of hepatitis E virus in 1992, he was serving as the Dean and later Director of Sheri-Kashmir Institute of Medical Sciences (SKIMS) in addition to serving as head of the department of Gastroenterology. Despite tremendous administrative and management responsibilities, Dr. Khuroo continued to provide state-of-the-art care to his patients - personally taking rounds of his ward every day, doing various endoscopic procedures, and other necessary interventional procedures uninterruptedly. During his watch, no Kashmiri patient ever needed to travel to different parts of the country for these procedures. The very poor and people with limited resources still continue to benefit from his services at his private clinic and foundation after his retirement from SKIMS.

As part of my research project, I needed to determine the longevity of immune response in patients of hepatitis E who had contracted the infection during an epidemic about two decades back in 1978-1979. This meant visiting the same patients in the fifth, sixth, or seventh decades of their lives, now scattered around different parts of the Kashmir valley. It was the genius and meticulousness of Dr. Khuroo that he had maintained all the records and had all the necessary information to reach out to these patients - all of it done in the 1970s when there were no computers, tablets, or smartphones! Within a few weeks, we reached most of the patients, collected samples, demonstrated the long-lasting nature of antibodies, and published the data in the journal The Lancet.

Dr. Khuroo has served honourably with dedication and achieved excellence in his numerous leadership roles. The academic programs that Dr. Khuroo laid the foundation of while as Dean and Director of SKIMS have trained hundreds of eminent physicians who have risen to the top and have or are serving in prominent roles worldwide. The SKIMS gastroenterology department, founded by Dr. Khuroo, remains a model of excellence and a guide for using evidence-based medicine decades after Dr. Khuroo left the SKIMS. I am also the first-hand and an eyewitness to multiple incidents when Dr. Khuroo would not compromise in matters of merit and integrity of the examination system of MD students even at the cost of threat to his life and the lives of his family members during the turbulent times in Kashmir valley in the 1990s. The valley of Kashmir owes a debt of gratitude to this son of the soil for putting Kashmir on the scientific map of the world and for laying the foundations of an institution par excellence in medicine that continues to serve the majority of the population of the valley who cannot afford to pay large sums of money for private medical care, for showing his generation and future generations to come that it is possible to conduct meaningful, impactful, and original research without compromising the patient care and regardless the resources and infrastructure available to them.

Retrieved from records maintained in Dr. Khuroo Library.

Prof. Khuroo himself beautifully depicts the journey back to Kashmir in the article "My Journey Back to Kashmir:

From Caprice to Classic" as follows:

'... Throughout my early career, I firmly believed I would stay with this society and among my people. I returned to Kashmir after educating myself outside the state and in India. I surrendered many opportunities to work outside the State and India during my early career and afterward when I was trained. I followed this in my career for two reasons: my internal zest to work in my society and a promise to my father that I would work for my people.

...In late 1994, conditions in my life made fast changes, and it was extremely difficult for me and my family to cope with the situation. I remember the day when my father walked into my house in the most security-bound zone of the Valley and, appreciating the conditions, he said, "Son, Now I advise you to move out of the Valley."... Throughout my stay in Riyadh, I made myself available to this health care system in Kashmir for any job where I could contribute in the system. This I did in writing and in clear language, and once the system of administration changed, I renewed my availability with a fresh document. I thought this was the least I could do to respect the wishes of those who wanted me back and were eager for me to return.'

Retrieved from records maintained in Dr. Khuroo Library.

Dr. Ashraf Jallu, Former Consultant Neurosurgeon King Faisal Specialist Hospital and Research Centre (KFSHRC), Riyadh, Saudi Arabia, in his article entitled: "It has been a great pleasure to know Dr Khuroo over the years", wrote:

Annual day celebrations used to be a great event at Govt. Medical College Srinagar Kashmir. The first one for anybody is memorable. Newcomers like me found ourselves pushed right to the back of the assembly hall and had to do with by standing on shrieking wooden benches. We were keen and focused despite our uncomfortable position. It was the day for prize distribution, and it was our first. It was also my first opportunity to see the big wigs of Medicine from that time. As various prizes were given, one name was called repeatedly to receive this or that medal. He was also declared as the best outgoing graduate of that year. By the time the function was drawing to its close, the name Mohammad Sultan Khuroo had been registered in our memory area. Perhaps my heart would have pumped an extra beat, hoping to be one like him in the future years. I would think many of my mates felt the same way. However, every aspirant cannot be a Dr Khuroo. Over the years we learnt that to be extraordinary in medical studies and indeed a career as a Physician, one had to be extraordinarily hard working, totally dedicated and be willing to spend loads of time in reading as well as be a bit selfish at the same time. I believe high intellect and supernatural talent have minimal role to play in this equation. Only a few possess the kind of commitment that is required to make it big in the medical world, therefore we only have few like Dr Khuroo. The closest I came to earning a medal was in Obstetrics and Gynecology, which was not be somehow. Thankfully, my dexterity saw me through in my career as a Neurosurgeon.

Getting into indoor wards with a white coat and wearing a stethoscope around shoulders; standing by the side of patient used to be a feel good factor and a big thrill. My first posting for clinical classes was in ward 3 at SMHS Hospital. That morning ten of us were asked to take the clinical history and do a physical examination of a young lady with a heart ailment. I had studied the way to do this from a book called "Hutchinson's Clinical Methods", but to diagnose a Mitral Valve Incompetence in your first clinical posting was somewhat unrealistic and so it was. About 40 minutes later, I walked the registrar to talk about the case with us. My fate and inclination would eventually take me to become a Surgeon, but even today, I remember the physiological mechanics behind the specific murmur that would be present in Mitral Incompetence. He went talking and explaining, well into the time of our lunch break. Most of us had learnt the cardiac cycle and its faults thoroughly well. His own understanding of the subject and the art of transfer of the information was simply magical. That was Dr Khuroo; he was dead impressive that day, I can bet! Twenty seven years on, my Chairman who was on the panel of approving the appointments at King Faisal Specialist Hospital and Research Centre came to the room I was operating in. He popped over my shoulder saying, "we have just appointed a Gastroenterologist from your town, boy, he is damn impressive; do you know him?"

As we grew in the Hospital corridors it was a common knowledge that he would spend most of his time in ward 3, talking symptoms, eliciting various signs or explaining things to his colleagues and students. He enjoyed discussing medicine and impress people with his knowledge. Many assumed that there was no life to this man beyond Harrison's book of Medicine. I graduated; one late afternoon during my internship days we were having tea and samosa at the little hospital canteen. One of the Medical registrars walked in with this unbelievable news that in the on going MD oral examination Dr Khuroo was struggling. It made no sense to me, struggle and him?? To this day, no body confirmed as to what actually happened inside that examination room but my reaction at that point was that he would have made the examiners feel bit smaller than him during the discussions and they were out to get him. Dr Khuroo knew Medicine comprehensively then, I tend to believe that he does the same today. What makes him unique is that he seems to know most of the stuff relating to other areas of Medicine that a specialist in that category would know; a testimony to the fact that he devotes a lot of his time to learn all this. It is not gifted, it simply cannot be gifted. I left for UK to learn Neurosurgery, Dr Khuroo selected Gastroenterology as his chosen field and has he earned some laurels to himself as well as to the Valley!! I was once asked to introduce Dr Khuroo to the audience in a medical conference, I could think no better word than 'sun' of our medical fraternity for him, is he anything lesser?

Then it was Sher-e-Kashmir Institute of Medical Sciences Srinagar. In its earlier years, departments of Gastroenterology and Neurosurgery stood out qualitatively. Two, committed, dynamic and hardworking leaders in Dr Khuroo and Dr Wani gave everything, to bring these departments on to the map. A lot has been written and shall continue to be written about Dr Khuroo's work and achievements. There shall always be songs of praise for him from within the State and outside. He was seen as a star physician, created for patient care, writing, discussions, teaching, lectures, conferences and research. Someone, who should have avoided the tangles of administration, there is no doubt in my mind that he would have shone even brighter that way. He had enough commitment, name and fame to make people look for him, come to him at any given time.

Events made him to join King Faisal Specialist Hospital in Riyadh. This was an opportunity for me to know him personally. Dr Khuroo lives in a world of his own, nothing to deter him from what he wants to do. He has lot of time for studying; is completely at ease to discuss religion, sports, politics and art. He is human!! He is a great family man who respects his wife to no end; cares for his children no less than any other parent would. Hard working to the core and a terrific learner, Dr Khuroo remains connected with tomorrow's world. With a great effort we persuaded him to join our golfing group here in Riyadh; he promised to start in two weeks. His first tee shot surprised us all, a straight 180 yard drive with a 3-Iron. Obviously, he had done his home work before coming to the course. This is what his medical career has been about; choosing the toughest club, be ready to work hard for it and put in a lot of time and mind to master it.

A spectator once, while watching a put from champion golfer Greg Norman, remarked, "Greg you were lucky there". Greg's reply was, "the more I practice, the luckier I get". This is what Prof. M S Khuroo is, lucky, immensely committed, hugely knowledgeable and enormously successful; all, through his HARD WORK; I have nothing but admiration for this gem of a doctor who has made us proud.

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Er Saifuddin Shangloo, Former Supretending Engineer, J&K State Public Workks Deptt., in his facebook page on 6 October wrote about Dr. Khuroo as follows:

A/A Long ago, I attended your private clinic at Zaina Kadal. While waiting for my turn, there was a pandit lady along with her son waiting too who gave to understand that she was redirected by the specialist Dr there in Chandigarh Medical Institute saying that when you have Dr Khuroo, you Kashmiris need not come there. That was how I was introduced to the high standard of your facility. After that, we came close to knowing each other otherwise, too.

Shahid Jameel, PhD, Fellow, Green Templeton College, University of Oxford; Former Founding Director of the Trivedi School of Biosciences at Ashoka University; Former Chief Executive Officer at the DBT/Wellcome Trust India Alliance; and Former Chief at the Virology Group at the International Centre for Genetic Engineering and Biotechnology (ICGEB) in New Delhi, India, wrote:

"Professor Khuroo's most seminal discovery is Hepatitis E. Through clinical, serological, and epidemiological investigations; he showed this to be a new disease – distinct from hepatitis A or B discovered earlier. He also showed the transmission to be feco-oral, distinct from the parenteral form of non-A non-B hepatitis (later called Hepatitis C). The relevance of this discovery is high since, globally, over 3 billion people live in areas endemic to this disease. The knowledge of transmission primarily through contaminated water led to a mitigation strategy among the poor in a resource-limited country. It led to many more clinical studies to understand pathogenesis and also set the base for the eventual discovery of the hepatitis E virus. Professor Khuroo has other fundamental medical discoveries to his credit. He was the first to treat bleeding gastric ulcers with proton pump inhibitors and discovered a treatment for hydatid cysts, which addressed common problems in gastroenterology.

As a teacher and medical administrator, Professor Khuroo set the highest standards of medical training, including research, at a time when medical colleges in India did very little of it. He has trained numerous specialists in internal medicine, gastroenterology, and liver diseases and, for years, led one of the most successful clinical training and research programs in India.

I came in touch with Professor Khuroo when I returned from my training in the USA in 1988 to set up a research group in India. I was keen to use my molecular virology training to research Hepatitis E. Professor Khuroo was most generous with his time and clinical support, which allowed us to set up a robust research program. We complemented each other well, and the association led to some seminal studies on the biology and pathogenesis of Hepatitis E.

Professor Khuroo is possibly India's brightest and most competent clinical epidemiologist. His insights have been crucial to understanding several diseases. Though now retired and having his own clinical practice, his zeal for research and community service has not reduced. During the pandemic, he provided key guidance and critical leadership to Jammu and Kashmir by chairing the State's COVID-19 Task Force. He also wrote several articles to explain the nuances of the pandemic and the virus and motivated people to come forward for vaccination.

Retrieved from records maintained in Dr. Khuroo Library.

Haji Mohammad Ismail Khuroo, & Haji Rafiq Ahmad Khuroo, wrote about Dr. Khuroo as follows on behalf of the family.

It's all about Dr. Khuroo and his strong roots.

Mohammad Sultan Khuroo was born in an educated and respected family on January 17, 1945, at Kraltengh Sopore, Kashmir. His family had established their permanent residence in this part of the historical town in the early part of the last century. Soon, the family came in touch with many Islamic scholars and Sufi saints, and this became a seat for learning and Islamic teachings. Family grandparent, Late Haji Fateh Khuroo (1885-1958), was a scholar in Persian literature, and his Quranic recitation was so impressive as to amaze/immobilize the audience. A handwritten version of the Quran on tree paper available with the family is a great religious antique and a treat to view and recite. Late Haji Abdul Rahim Khuroo (1922-1995), the father was educated in Persian and spent most of his later lifetime in social work.

Mohd Sultan did his primary schooling in Government Baba-Yousuf school, passed his matriculation from Govt: High School Sopore, and completed his FSC (11th & 12th grade) from Govt: Degree College Sopore. During this time, he was guided by many stalwart teachers who taught him discipline and mannerisms. Based on his brilliant academic records, he got admission to Medical College Srinagar in 1962 to pursue his training in medicine. He graduated from Medical College Srinagar in 1967. He had all the chances to move, train, and work in the West, and many Western organizations offered him lucrative offers. However, he stayed back to serve his society as his parents had advised him. He did his MD (Medicine) in 1971 and DM (Gastroenterology) from PGI in 1978.

In 1971, he married Haleema Pandith, daughter of Late Haji Abdul Jabbar Pandith. Haji Sahib was the elder brother of Late Haji Abdul Samad Pandith, a highly successful entrepreneur from Sopore. Haji Abdul Jabbar Pandith was a noble soul and had spent many years of his life in worship and social service. The marital union between Dr. Khuroo and Haleema has been a huge success, and Dr. Khuroo believes all his successes in life are a result of his wife's exemplary dedication. Dr Khuroo has been a great family man who respects his wife to no end and cares for his children no less than any other parent would.

A lot has been written about Dr. Khuroo's research. However, few know that he spent a considerable part of the money generated from his private practice and other earnings to fund research projects. Sher-e-Kashmir Institute of Medical Sciences (SKIMS) was established as a tertiary care center of excellence. In 1982, there was an acute need for senior physicians of J&K state to join this tertiary healthcare facility. However, most of the senior Kashmir physicians stayed away and were busy in their lucrative private practice. However, Prof. Khuroo and a few other committed physicians joined SKIMS to realize the dream of its conceiver. Dr. Khuroo is passionate about imparting excellent medical care to his patients. He has maintained intense respect for his patients and their beliefs. He believes strongly in the Bill of Rights for his patient, which includes the right to dignity and respect, the right to information, and the right to second opinion, and has strictly followed this code of conduct. He has maintained high standards of ethics, morals, and discipline of an exemplary nature.

Dr. Khuroo's second passion has been to train his students. Throughout his career, he has kept a superb example of giving intense formal, In-service, and practical training to his technicians, nurses, residents, and younger colleagues. It is most satisfying to note that one of his students, a technologist at SKIMS who did PhD degree with him, is holding the chair of virology at the world-famous Centre for Disease Control (CDC) in Atlanta, Georgia, USA. Many of his students are at the senior consultant level at SKIMS and important medical institutions in the Middle East and Western countries. In addition, Dr. Khuroo's administrative capabilities have played a huge impetus for the growth of SKIMS.

He has played a critical role in planning the policies and procedures of SKIMS right from its inception. He held the pivotal position of Dean of Medical Faculty and Director at SKIMS and significantly contributed to academic activities, infrastructure development, and manpower planning. His directorship was during Kashmir's most trying times, yet it is remembered as a golden period of SKIMS by society and employees. He profoundly understands healthcare policies and has written on these extensively over the years. In 1995, Prof. Khuroo had to make a forced exile to Riyadh. However, this move continued to pain him as it took away from him one of his fundamental objects in life, i.e., to serve his people. Finally, his commitment to his soil brought him back to Kashmir in January 2005, and he has been serving society in several ways conducive to the present scenario. Dr. Khuroo has maintained extraordinary qualities that are difficult to embody in one human being, and he is well-described by his colleagues. These have made him a role model for many physicians who want to excel in their careers.

Today, the 17th January 2010, Dr. Khuroo celebrates his 65th birthday. GK Plus, Sunday 17th January 2010.

In a recent review, Dr. Khuroo elegantly described the story of the discovery of hepatitis E

"Hepatitis E story started 35 years back with my extreme belief that epidemics of jaundice and resultant mortality in pregnant women in our community had a hidden saga, and to uncover it needed hard work, persistence, belief in oneself, and honesty of purpose. It needed the courage to stand on its feet to fight the skeptics and listen to the wise. It meant spending days on snowbound roads in those villages and feeling the pain and anguish of the sufferers. It needed nights to spend awake with pen and paper to write what one believed was true and to uncover. While this journey was treacherous, hard, and full of failures and some successes, the end has been pleasant and rewarding. For discoveries do not come without a price to be paid".

Khuroo MS, Khuroo MS. Hepatitis E: an emerging global disease—from discovery towards control and cure. Journal of viral hepatitis. 2016;23(2):68-79.

Post on Twitter X.

Mohammad Khuroo @mskhuroo. Oct 6, 2024.

Nostalgic

Based on merit, I joined Medical College Srinagar and graduated as the Best outgoing student with a Gold Medal, seven silver medals, and two bronze medals. I had all the chances to move to the West, as most of my colleagues chose, and many Western organizations at that time offered me lucrative offers. However, I stayed back on a full-time job to serve society on small payments and lived a life of austerity. I started with a meager pay of rupees 300 per month as a resident doctor and superannuated as Director SKIMS with a fixed income of rupees 8000 per month. I involved myself in short stints of private practice and used substantial returns from private practice for research activities and protocols, including the discovery of hepatitis E.

Views: 79.8K, likes 875, Repost 64, Reply 87.

Few Quotes are as follows:

Syed RS Madni @MadniRs Oct 6

GoI/J&K should have awarded you for your contribution in the field of medical science. We have an obligation to repay the society for their contribution towards our education. Many of our doctors have settled in the green pastures for good.

Bhat Ubair @bhatubair8 Oct 6

It is both honour & privilege for me to be a student at the same clg where you once studied. You are a true inspiration to many of us & to future generations also. Your dedication to serving society with integrity is admirable. May Allah bless you abundantly.

Naeem Ahmad @thenaeeemeffect

Dr. MS Khuroo exemplifies true dedication to medicine and society. From being the Best Outgoing Student at Medical College Srinagar to serving as Director of SKIMS, he chose service over opportunity, using his expertise to advance research, including the discovery of hepatitis E. A true pioneer!

Parakkal Deepak MD, MS, FACC @P_DeepakIBDMD Oct 6 @ibdseb

I remember you mentioning recently about the hepatitis E-discovery, first by @mskhuroo in 1970s, and not as the internet believes by the Soviets in the 1980s ☐☐

Javid Iqbal @IqbalJavid46 Oct 6

Journey of faith doesn't have a material basis, in Sufistic ethos it is called: --love is a poor version of Ishq, its horizon is much wider, higher and deeper as well--you are treading on a journey of faith--it is a heady wine: ◌ as Sufis call it, enjoy it!

Pvst -digoxin @ibnsyedbukhari_ Oct 6

One of legends of health services in kashmir, @mskhuroo. sir, delivered all life to the service of Kashmiri society, One the great leadership qualities is serving the society needed during the worst period of Kashmir, Hat's off to u sir .

Firdous Baba @dr_firdousbaba

Your path is incredibly inspirational and a credit to your commitment and selflessness. Remaining in the community to support society despite attractive offers demonstrates your strong dedication to our people's welfare. Your contributions are still having a lasting effect, particularly in the areas of medical research and service. Legends such as yourselves exemplify the selflessness and dedication Kashmir needs in these modern times. For future generations, you are a real role model!

MP @PandithMP Oct 6

Replying to @mskhuroo Commendable! Very few actually opt for what you have opted for

Muzaffar Ahmad Dar @Muzaffarxda2nd Oct 6

AsalamAliqum Sir" people like are born once in centuries "Stay blessed and in good health.

Junaid Azim Mattu @Junaid_Mattu Oct 6

Dr. Khuroo has not only been a pioneer in medicine but a selfless son of the soil who has inspired so many to give back to Kashmir. He's a true hero.

Mehraj Sufi @Mehrajspeaks Oct 6

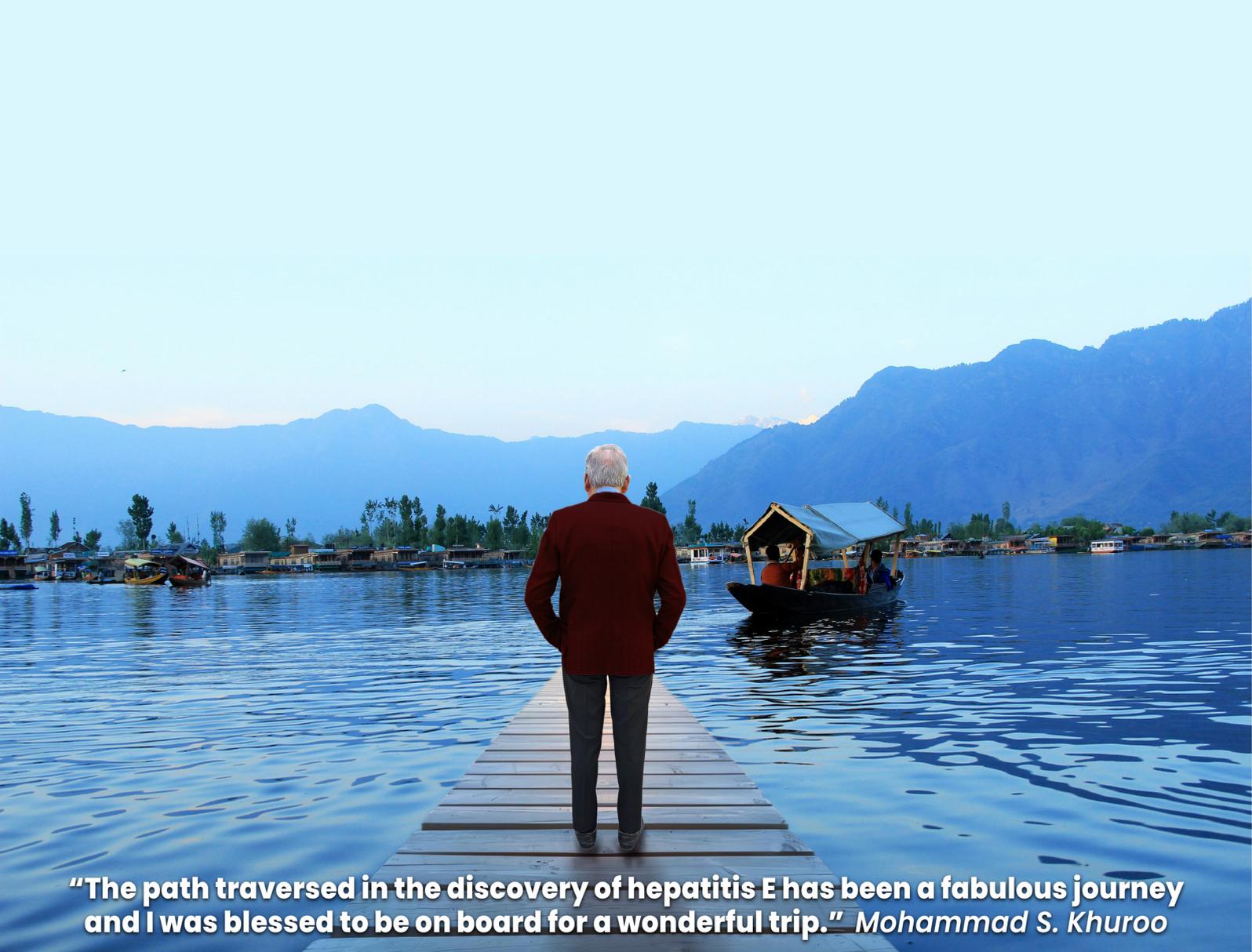
'Badi Mushkil se hota hai chaman mai deedar paida.' Hope our generations will remember your contribution sir. @mskhuroo

Hidayat Bukhari @HidayatBukhari3 18h

Your pioneering research and unwavering commitment to improve the health care here will be remembered always.

Ashiq Mansoor @ashiq_mansoor Oct 6

Thanks sir for your service ! Although i am not from a medical field , but i have heard about your immense dedication to the field in general and to our people in particular . Respect



"The path traversed in the discovery of hepatitis E has been a fabulous journey and I was blessed to be on board for a wonderful trip." Mohammad S. Khuroo

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We Wish to Reach all of You

DR. KHUROO'S MEDICAL TRUST

Basis: Medical trust sponsored / supported by Dr. Khuroo's family.

Motives: Help the needy, promote medical education, support cutting-edge scientific research.

Trust Registration: 273 | **Date:** April 9, 2008

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Believers! Do not nullify your acts of charity by stressing your benevolence and causing hurt as...
such people derive no gain from their acts of charity (Al-Quran 2:264).