

Thesis Title : An Application of Buddhist Teaching Concerning Disease Treatment in Daily Life

Researcher : Phrakhusamu Chakkit Paññāwaro (Piyasopha)

Degree : Master of Arts (Buddhist Studies)

Thesis Supervisory Committee

: Dr. Phrakhru Sirisutanuyut, Pali V,
B.A. (Educational Administration),
M.A. (Educational Administration), Ph.D. (Buddhist Studies)
: Dr. Phra Somnuek Carano, B.A. (Buddhist Studies),
M.A. (Buddhist Studies), Ph.D. (Buddhist Studies)

Date of Graduation : 25 February, 2018

Abstract

This thesis entitled “An Application of Buddhist Teaching Concerning Disease Treatment in Daily Life”. The objectives of this research as follows: 1) to study the teaching of diseases in Buddhism, 2) to study the teachings on the treatment of diseases in Buddhism, and 3) to apply the teachings on the treatment of diseases in Buddhism for use in daily life.

It was found that disease and illness are all related and it is derived from Pali language that “Ruja” means “To lagoon” there are two kinds namely, physical disease (Kāyikaroga) and mental disease (Cetasikaroga). All physical diseases have pathogenesis from element (Dhātū), season (Utu), age, animal, method, food, mind and action (Kamma), including heat, hunger, thirst, not estimated in consumption assault. The causes of mental disease are greed, anger and delusion.

In the Tipitaka mentioned, there are five groups of disease treatment, including the treatment of diseases by using herbs, nutritional practice, medical treatment, the Dharma and other means such as the use of Saccakiriyā or the truth and collective merit or good deeds etc. The treatment of mental disease is based on the principle of sufficiency, Brahmavihāra or four sublime states of mind and mental development.

The application of therapeutic approaches appearing in Tipitaka of daily life that can be applied in four ways, including 1) The application of Niyāma (the five aspects of natural law) in order to treat the diseases that is understanding the nature of the common and adapts to the common traits of those, 2) The application of Bhojane Mattaññutā in the treatment of diseases, including good food consumption and useful, considering food before eating in order to conscious consumption, do not eat passion and passionate in the taste of food until excessive fit, 3) The application of physical management in the treatment of diseases, including the application of the four

postures to balance such as the exercise, ground contact. It also includes cleanliness of the body and shelter, 4) the application of the principles of appropriateness in Sappāya or things favorable to mental development, and 5) the application of 4 Bhāvanā to improve the body to be strength and develop the mind full in wisdom for the happy life.