

## **AN ANALYTICAL STUDY OF BUDDHIST MONKS HEALTH CARE BEHAVIOR IN AYUTTHAYA PROVINCE**

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**Abstract:** Refer to analysed about health care behavior of sangha in Ayutthaya province found that the principle of sangha health as follows : 1) Promote continuous strengthen health 2) Sick Proactive and preventive 3) Take a merit life and stable and 4) Manage the suitable of environment to health standard such as usually exercise everyday by food offering to a monk , Mindfulness of mind , walking meditation , hike and set the good environment where is in the pure air such as be shady ,be cool and pleasant. About the food should be eaten the valuable food. In the same way, the mind and the emotion health will be developed by insight meditation.

**Keywords:** Buddhist monks, Health care behavior

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### **Introduction**

“Arokayaparamalabha” that means do not have sick is the best wealth , but the animals and body according to TRINITY or three characteristics that are Aniccata (Transiency), Dukkata, Anatata (soullessness)<sup>5</sup> that means Everything’s must be nature change by period of time. It followed by individual Action that was called “kamma”<sup>6</sup> and capability to adapt their self in environment according to Buddhism in issue that specific conditionality : The essence of dependent origination or causality. In fact , the person were foment interested in they were pleased exercise, Emotion control pure air except for all evil If the person excepted their evil , he will get good health , then the man will be make it balance

Sangha as a monkhood who was simple life that following by sila. That is the mean for practice. The Buddha speech as “Eatables name chapped ham each major eye greatness” or “poh – cha – nay – mat – dtan – yudtaa”<sup>7</sup> is moderation in eating. World Health organization : Who describe the word “health” is the complete situation all of body , mind and good for living with others in the social. The Health can separate in 3 groups

1. Body is healthy ; No sick and disable or handicapped
2. Mind is no neurosis ‘ mental disorder ‘ hane fulfill one’s hope

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<sup>5</sup> Sang Channgarn , Budhasasanawittaya , 4<sup>th</sup> Printed , Bangkok , A.P. Graphing Design and Printing , 2546 , P.58

<sup>6</sup> D. III . 152 , 232

<sup>7</sup> Phradhammakosajarn ( Bhuddhathadpikhhu ) , Teaching for new monks , ( Bangkok ,

Dhammasapha) 2543.

3. Social Health as help oneself and good living together in social.<sup>8</sup>

Now, from the healthy monks research found that monks health were very worry because of the monks can not select food for them. Refer the research: the behavior to take care the monks' self in the upper southern of Thailand found that to make merit have influence for monks health, more over 26-38 % of monks have use drug or the things the danger of health example 50 % of monks smoke, some monks ate Pavachetamal as a headache drug 6 tablets, coffee 8 cups per day and drink the energy drink more than 2 battles per day, eat the food that no value for body such as many sweet, high calories then the monks always sick. In addition the monks rarely exercise only exercise by daily life of monks.<sup>9</sup>The Dhamma related complete body.

The Buddha speech about public health that can separate in many characteristics such as the speech for application direct and indirect or the objective for application in body, mind, social and wisdom. In the present, the medical profession and public health will be reformed healthy system for holistic healthy service that mixed medical and public health all 4 fields such as healthy pronation, preventive, control, nursing and restore physical ability, mind, social, wisdom.<sup>10</sup> The major Buddhism speech made the implementers less suffer and have the happiness all 4 dimensions. The Buddhist speech that can help solve the problems in many dimensions as follows:

1. Dhamma for support body.

The consideration for body were Aniccata, Dukkata and Anatata that all can find the cycles of human life, by four noble truths.

No.	Health / Problems or the Behavior for risk the sick.	Health standard principles	Dhamma that support for the monks
1.	<b>Man</b> - Now no sick but in the future may be risk for disease.	1. Always take care body for healthy. 2. Make immunity and preventive. 3. living with honest and strong 4. Set environment with hygienic condition	- Always food offering to a monks. - Mind fullness - walk meditation - ascetic practices
		- Pure Air	- Living with the good pollution
		- Nutrition food	- Pochanamattanyuta consider the food that follow by the 5 food group and Nutrition
		- Good emotion	- Anapanasati Practice - Pray - Kindness making - Four immeasurable (brahmaviharas)

<sup>8</sup>Pasineekhemthong, Take care human body behavior of working man in nakornnayok, Thesis of Arts, Graduate, Ramkhamhang University, 2539

<sup>9</sup>SuwatsanRangkhanto and groups. Take care angha body of the monks in North southern Thailand, Research report (Surattanee: MCU, 2551, P.75)

<sup>10</sup>Uthaisudsuu. Public Health in Tripitaka Integration to good health, happiness, P.264

		- Sanitation environment Water ,toilet ,Temple and around - No evil example drugs ,Alcohol ,gamble ,smoke	- Insight meditation - Exercise in Appisama-jarn - Living with the good pollution - Patimokesangwormsila.
2.	<b>The person who have risk per disease</b>	1. Take care Human body. 2. Preventive for disease 3. Sanitation environment 4. Do not take the behavior for risk. 5. Annual Medical check.	- Mind fullness - Four Noble truths.
3.	<b>Patient</b>	1. A little sick and can help himself. 2. Go to see the doctor in case 3. Admittion as follow the doctor introduction	- Trisikkhapractive - Dead for life. - Four Noble truths , bases of sympathy - Insight meditation
4.	<b>Restore between sick or after sick</b>	1. Reduce sick period. 2. Reduce the risk for handicapped. 3. Return to hormonal life	- Trisikkhapractive - Insight Meditation. - Loving – kindness – Practice
5.	<b>Handicapped</b>	1. Prepare the tools for help. 2. Meet the phycologists	- Consider TRinity. - Loving kindness. - Insight meditation.
6.	<b>The dead</b>		- Dead for life with family - TRinity - Consider human body.

CR : Public health in tripitaka integration to good health , happiness.

### 2. Dhamma for support mind.

The mind is mean the nature of feeling ,emotion ,good will that is called “citta”. The principle for mind health by make it strength and preventive to protect mind illness restore after sick. The Dhamma for support mind are insight meditation ,mind fullness and consider Trisikkha as follows : sila ,samathi ,panya

### 3. Dhamma for support wisdom or panya.

“Panya” is the knowledge can know the controland effect ,separate the good or bad things that can control by “Satha” go to believe in the facts from hear (Sutamayapanya) , think (Jintamayapanya) and mind training (Phayanamayapanya) that all were called “Trisikkha”

The principle for set panya healthy will be set by see the fact and got it with the fact. The man can analyzed and understand about good , evil ,application then he will become to the man who live with truthful ,fairness dare and share ,tolerate. The Dhamma for support wisdom or panya areTRISIKKHA ,Four Noble Truth ,insight Meditation.

### 4. Dhamma.

The principlefor social healthy is living in the society with happiness. The man made him for all person adept honor, public mind , fairness , human relationship, help others and control his responsibility. The Dhamma for support this issue were bases of sympathy , state of conciliation ,

things leading never to decline but only to prosperity , conditions of welfare and virtues conducive to benefits in the future.

### **Conclusion**

Dhamma's lesson Canon that refer to health in Tripitaka have many number that can applied to theory, principles and trend to practice in public health , In the present , the monks can treat the patients who were monks , friend , mother , father cousins , as follow the pali canon now public health wish be promote in 4 dimension as follow body , mind , wisdom and social by coordination with village community ; hones local government for knowledge exchange and apply dhamma for daily work. Finally Doctor , Nurse and stalk will become to the developer for public health with share and care heart.

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