

THE METHOD OF USING MEDICINAL PLANTS FOR HEALTH CARE ACCORDING TO THE BUDDHIST WAY OF COMMUNITY IN KHOK KET, PLAI PHONGPHANG SUB-DISTRICT, AMPHAWA DISTRICT, SAMUT SONGKHRAM PROVINCE

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Abstract

The research has there are 3 objectives: 1) to study how to use medicinal plants to care for the health of the Ban Khok Ket community, Plai Phong Phang Sub-district, Amphawa District, Samut Songkhram Province 2) to Analyze the methods of using medicinal plants to care for the health of the Ban Khok Ket community, Plai Phong Phang Sub-district, Amphawa District, Samut Songkhram Province 3) Study the application of Buddhist principles in the life of the Ban Khok Ket community, Plai Phong Phang Sub-district, Amphawa District, Samut Songkhram Province. The study used in-depth individual interviews, to gather information with key informants.

The results showed that: Herbs are very important, valuable, and beneficial to people's health. Nowadays, there are many diseases and illnesses affecting people. Herbal medicine is, therefore, one option. It is essential to health care. The use of medicinal herbs has been passed down since ancient times, according to the wisdom of local healers. How to use: Apply compresses to treat external symptoms, used to cure illnesses that occur, and use them to anoint the body to relieve symptoms of fever. Using herbal medicine in community culture is an important foundation for the mind, by bringing the

principles of Buddhism into practice accordingly, bring benefits to society as a whole, including the principles of Buddhism, which are Dhamma and mutual support. It is a tool to help coordinate relationships and bonds. Many people live together happily and donate by giving material things to benefit others, speaking with sweet, sweet words, refraining from dishonest words, and being sincere with each other. Conducting oneself is beneficial to oneself and society, to act appropriately and be consistent in morality is to act in harmony with one another. The researcher selected a group of 20 people who provided important information about the Ban Khok Ket community. Tools were used to collect field data for the research. Types of travel into the area preliminary survey of area conditions, individual in-depth interviews, participatory observation forms, life history study record forms, and other equipment forms are used to check the accuracy and completeness of the data and analyze the content. It can be seen that herbal medicine is important. It is necessary for public health. When people have perfect physical and mental health, they can help their families and society as a whole progress efficiently.

Keywords: Medicinal plants; Health care; Buddhist principles

Introduction

In the Thai society has adopted modern medical science, taking care of the health of Thai people, both young and old, the general public efficiently. But it is still incomplete in every aspect. Previously, Thai people's health care used natural remedies. There are advantages to using this traditional method. That is, taking care of your health, both physical and mental, by using methods to connect the way of life of people in the community with the principles of Buddhist teachings. Apply moral and cultural principles closely and create a system of thought and beliefs about nature and the causes of illness. Therefore, the methods of using medicinal plants for health care are diverse according to the area and culture of each locality. Traditional methods of treating illnesses. These may be found in many ways, such as using the herbal plant *Andrographis paniculata* to cure fever by boiling drinking water, etc., to treat childbirth and care after childbirth. Traditional massage uses herbal oils or medicinal plants to make compresses to treat symptoms. The Royal Institute Dictionary (2011:

1241) gives the meaning that health is a state of being free from disease and encroachment.

Staying fit and healthy is an important foundation for human beings, because when you are healthy, you will be prepared enough to do various activities with quality (Pisit Bunchai, 2002), said that traditional medicine is local or community wisdom. It is a care and maintenance practice that has been passed down since ancient times. It has morality and culture as the more important foundations of the mind than current scientific medicine, which should be applied in life. It is for the health care of the general public or may be used for groups of elderly people. It promotes the health of the elderly by using medicinal plants to keep them healthy and strong. Both promote public health, by using local medicinal plants according to the wisdom of the villagers in the community's habitat as well as how to use medicinal plants to take care of your health, according to the Buddhist guidelines of the Ban Khok Ket community. Plai Phong Phang Sub-district, Amphawa District, Samut Songkhram Province.

The main teachings in Buddhism aim to teach humans to abstain from dishonesty, act honestly, and purify the mind. Its goal is peace for all people, both individual and collective and social. That is, teachings in Buddhism teach people to try to do only good deeds, refrain from doing evil things that are dishonesty yourself first, and when you are able to do so, happiness arises for oneself and society as a whole. Dhamma teachings are therefore important for living life. Even in normal times or in sick times, if one's life is subjected to illness and suffering, more principles and teachings of Buddhism must be applied. Like taking care of people's health with medicinal plants, using local medicinal plants according to the wisdom of the villagers in the habitat of that community. As for the way of life of the people of Ban Khok Ket, medicinal plants play an important role in health care, according to folk wisdom. People will have illnesses that can occur at any time. In ancient times, Thai people learned how to solve problems or treat illnesses through trial and error. It may start by squeezing and massaging painful areas of the body. It can make you relax or get rid of pain, or observe the effects of eating medicinal plants, which allow relief or recovery from illness or recovery from various experiences. These things were gradually accumulated and passed down from one generation to the next until the present day. Therefore, for the area where research is being done on how to use medicinal plants to take care of health according to the

Buddhist guidelines of the Ban Khok Ket community, Samut Songkhram Province. The ground is complete with local vegetables and various types of Thai medicinal plants. What is interesting is that the local wisdom (folk healers), use various types of medicinal plants available from gardens near their homes to treat the illnesses of the people that occur. Therefore, it is an important issue that causes interest and wants to be known. Villagers of Ban Khok Ket Plai Phong Phang Sub-district, Amphawa District, Samut Songkhram Province. What are the ways to use medicinal plants to take care of your health? In what areas is it used, and how is it used? The results of this study are therefore likely to be useful in using medicinal plants to take care of people's health and make them healthy and strong. For these reasons, the researcher Therefore, the researcher interested in doing research on this matter. From the problems of the current situation, various disease problems and there is an increase in the number of people who can use medicinal plants to alleviate illnesses or cure some diseases that initially occur.

Research Objectives

1. To study how to use medicinal plants to care for health according to the Buddhist guidelines of the Ban Khok Ket community, Plai Phong Phang Sub-district, Amphawa District, Samut Songkhram Province.

2. To analyze the methods of using medicinal plants to care for health according to the Buddhist guidelines of the Ban Khok Ket community, Plai Phong Phang Sub-district, Amphawa District, Samut Songkhram Province.

Literature Reviews

Busabong Phanchaeng has researched "knowledge of folk medicine and wisdom of local people, Thep Sadet Sub-district, Doi Saket District, Chiang Mai Province." The study found that there are many types of medicinal plants that are commonly used to treat diseases or disorders of the body, and each type that is used has many properties. However, there are names of medicinal plant species that are different from those in other localities. It has also been found that only a few types are used for the same disease or syndrome. People have good knowledge about the use of medicinal plants to treat diseases and are interested in the use of herbs to treat basic illnesses in daily life, which are symptoms of bloating and flatulence. In the group of medicines to reduce fat in

the arteries, the deworming drug group should study together the social and cultural dimensions, ways of life, beliefs, and religious principles of the community, which is an important component of folk medicine in that local area. To be able to preserve this folk medicine wisdom further (Bussabong Phanchaeng, 2015: Abstract),

Patcharee Suwankerd has researched the "behavior of consuming herbal water mixed with aloe vera among college students." From the study, it was found that in the past, for a long time, people had a close relationship with nature. Ancient people knew how to use medicinal plants in their daily lives. Various types of vegetables exist in the form of medicine, food and dietary supplements, cosmetics, pesticides, etc. Wisdom has been passed on to future generations, especially when health trends are being talked about, causing most people to turn to more and more people paying attention and taking care of their health. Natural products such as herbs are therefore an option that people turn to and look at for the reason that they are something that comes from nature nearby. It causes a few toxic symptoms, but it has direct health benefits. Choosing to drink herbal water is another option that consumers are interested in (Patcharee Suwankerd, 2013: 1-2).

Atchara Phonpothikhon has conducted research on "Conservation of Thai Herbs, Nong Mai Kaen, Nong Lan Subdistrict, Tha Maka District, Kanchanaburi Province" and found that the use of herbs in medicine in Thai society at present has two perspectives on the use of herbs, including ideas on the use of herbs, if we go back to the picture of the use of herbs in the era before the emergence of herbs among the problems of human disease, humans have relied on natural trees to protect, alleviate, and treat illnesses for a long time. The formation and equivalence of these empirical experiences have become the concepts and thinking systems of a particular nation or culture, such as the hot and cold concepts of Chinese medicine. Medical concept, Ayurvedic system, or using herbs to adjust the elements within the body etc., and Thai society as well. (Atchara Phonpothikhon, 2011: 24).

Waranee Pradit, Siriwadee Chomdet, Korakot Nganwongphanit studied on "Thai herbs to treat osteoarthritis" stated that osteoarthritis is a chronic disease that is commonly found in the elderly and in old animals. Articular cartilage is an important symptom that causes pain in the joints. The pathogenesis of this disease is complex and involves various response

mechanisms. It is especially inflammatory. This is a process that causes a loss of balance in the joint. This causes the production of various enzymes that play an important role in the digestion of cartilage components. Treatment uses painkillers, including non-steroidal anti-inflammatory drugs. It's just one way to help relieve pain, which causes unwanted side effects. Currently, the discovery of medicinal plant extracts that have anti-inflammatory potential has been made, including properties that protect cartilage, the number of plants used to treat osteoarthritis is continually increasing. It has been found that there are many plants, such as turmeric, ginger, betel, and moringa, that are commonly found in Thailand, effective in relieving and treat various symptoms of osteoarthritis and other joint diseases. A research report shows the efficacy and mechanism of action of four medicinal plants, namely turmeric, ginger, betel, and moringa, used in the treatment of osteoarthritis. Especially inflammation and pain (Waranee Pradit, Siriwadee Chomdet, and Korakot Nganwongpanit, 2014: Abstract).

Research Methodology

This research is qualitative research with a variety of sample groups to gain in-depth information by collecting detailed information on every aspect and using a variety of research tools to obtain accurate, complete, and reliable information to answer the research questions and research objectives. On the issue of studying how to use medicinal plants to take care of health according to Buddhist guidelines, Therefore, it is appropriate to conduct qualitative research. This will lead to findings and conclusions, as well as recommendations for appropriate guidelines or formats. For this research, to obtain quality information consistent with the research objectives as follows:

- 1) The criteria for selecting a research area and collecting data in real places, that is, places that still maintain the original natural community and way of life of the community of the case study, including community leaders, local philosophers, and the public. The researcher has determined the questions. Mainly according to Buddhist guidelines, key informants can respond voluntarily. People are ready to study and do research. The researcher will interview in a friendly manner by talking or having a conversation to avoid the feelings of the interviewee is like being forced to answer.

2) The researcher performed an inductive analysis. That is, interpreting and drawing conclusions from phenomena, and relying on the conceptual framework of how to use medicinal plants to take care of your health according to Buddhist guidelines. Using the principles of the Dhamma for support each other in the Ban Khok Ket community. Therefore, it can be said that the researcher can analyze and give meaning to creating inductive conclusions, to know how to use medicinal plants to take care of your health according to Buddhist guidelines, use it as an idea to determine the appropriate approach or format. Method of data collection from important informants, data collection will be based on the convenience of the informants as important. Data collection for this research was determined following the research design. Therefore, the data collection methods mainly focus on qualitative data, including 1) in-depth interviews with informants and 2) documentary research related to the issues being studied simultaneously. For clarity, the research data collection methods are as follows:

1) An in-depth interview, the population in the study or group of informants includes community leaders, local philosophers, and the public. This in-depth interview included a mix of structured and unstructured questions to get the most comprehensive information.

2) Document research is the collection of information from documents by specifying the issues that need to be studied and researching information from various documents. The research is divided into original documents or primary data, and documents that are secondary data, that is, the original document or writing is the first information that appears, such as archives, records, or data collected directly from the source of information. Secondary data. The data collector is not directly involved in the event. However, both types of data are useful in doing research, and the researcher used both types of documents.

Results

The research results found that the key informants ranged in age from 50 - 80 years old and were originally from the Ban Khok Ket community, Plai Phong Phang Sub-District, Amphawa District, Samut Songkhram Province.

Methods of using medicinal plants to care for the health of the Ban Khok Ket community were found to involve community leaders, village scholars, monks, and the public. In the Ban Khok Ket community, Plai Phong Phang Sub-district, Amphawa District, Samut Songkhram Province, use medicinal plants to take care of your health, use nearby herbs that are in the household. If someone in the family has a sore throat, heat, or fever, Eat *Andrographis*, *Andrographis* medicine to relieve symptoms of fever.

The research results found that the key informants ranged in age from 50 - 80 years old and were originally from the Ban Khok Ket community, Plai Phong Phang Sub-District, Amphawa District, Samut Songkhram Province. Medicine according to the dosage specified, if you have a sore throat and a cough but don't have a fever, use lemon juice mixed with honey and salt. It has a sour, salty, and sweet taste, use a sip to cure a sore throat. The illnesses of the person giving the information are very common. From the interview, it was found that the general population has symptoms of osteoarthritis. Most of them have pain in their knees, ankles, and backs, which is caused by working hard. Public health care: applying herbal oil externally works well, massaging or using herbs to make beads: apply a compress according to the symptoms that occur. To relieve such pain and swelling, use modern medicine to treat it together. Local herbs are used to prepare food for daily consumption, such as ginger, galangal, lemongrass, turmeric, red onion, garlic, chili, holy basil, lime fruit, kaffir lime fruit, basil, cassia flower, tamarind, deepli, pepper, okra, eggplant, bitter gourd, etc. Villagers plant medicinal plants near their homes. Herbs are useful and extremely important to human life. Both are used as medicines to treat illnesses, and used for cooking and eating in daily life. Most Thai people use medicinal plants that have been used since the time of our ancestors and have continued until the present day.

The methodology using medicinal plants for health care are as follows: It was found that community leaders, village scholars, monks, and the public in the Ban Khok Ket community used medicinal plants to take care of your health according to the wisdom of local sages. For example, the herbal medicine *Andrographis Paniculata* is used to cure fever. There is a method for grinding the medicine into powder and making it into tablets. How to use the medicine when you have a fever: Take 4-5 tablets at a time, 3 times a day, after meals. Another thing is to use the dried *Paniculata* plant. How to make it: Boil for about

20 minutes and drink water. How to use medicine for fever: Take half a glass of medicine at a time, turmeric cures stomach upsets. Directions for use: Take 5 tablets at a time, holy basil leaves relieve stomach pain. Directions for use: Boil basil leaves for about 10 minutes; drink 1 glass of water at a time; sow agave to cure poison, burns, and scalds. Directions for use: Use the jelly in the leaves to cover the wound to help relieve symptoms.

The conducting oneself according to Buddhist principles found that community leaders, village scholars, monks, and the public should be honest with each other, diligent and patient, which are moral principles that should be practiced regularly. Do things that are beneficial to yourself and others. including the Dhamma, a tool for helping each other. The basic principles of living life are using the principle of goodness and helping each other.

The principles of Buddhism regarding giving and sharing were found to be popular among community leaders and the public. In this Ban Khok Ket community, there is a donation, make merit and offer alms to monks regularly every morning. Monks and novices of Wat Khok Ket Bunyasiri and nearby temples will go out to receive alms in both directions. That is, traveling by land to receive alms and on the waterway, rowing a boat to receive alms along the canal, villagers regularly make merit and offer alms to monks. There is merit-making on Salakbhat Day. Making merit on Buddhist Lent Day, make merit at the end of Buddhist Lent, offer alms to the monks, offer Kathin ceremony, donate cloth, and donate property for public restoration in the community.

How important is it to invite people to use medicinal plants to take care of their health? It was found that community leaders and the public in Ban Khok Ket community speak sweetly to each other, be sweet and friendly, be sincere, speak useful words and sensible, invited people to use medicinal plants to take care of themselves in times of illness. For example, when you have a sore throat or cough, you are told to use local herbs, contains honey mixed with lemon and salt, sip to relieve coughing. If you are hot and have a fever, then take the herbal medicine *Andrographis Paniculata* to cure the fever. Also, advise others or those close to you to use herbal medicine to take care of their health as well. Herbal medicines can help relieve minor illnesses and are effective as well. Therefore, herbal medicines are very important, must have herbal medicine at home. When sickness arises at any time, it can be used immediately. Others who come to ask for herbal medicine can share it to use to alleviate initial illnesses.

Helping each other take care of the community's health found that community leaders, local philosophers, monks, and the public in Ban Khok Ket community, Plai Phong Phang Sub-District, Amphawa District, and Samut Songkhram Province, there are benefited others, be kind and help others without expecting anything in return, with your physical strength, mental strength, and financial strength, help and support each other in using medicinal plants to take care of the health of people in the community, such as the monks of Wat Khok Ket Bunyasiri. He was a local philosopher who prepared herbal medicine. (Kaffir lime distilled medicine) was distributed to villagers to use orally to relieve symptoms of wasting disease and body aches. Village philosophers (villager doctors) advise sick villagers on how to properly use herbal medicines. Helping people in the Ban Khok Ket community and nearby communities is healthy. Making a career is also convenient. They helped make progress for the Ban Khok Ket community. In the field of using medicinal plants to take care of health and living life according to Buddhist principles.

Proper conduct: Consistent in taking care of health, it was found that the public in the Ban Khok Ket community donates alms, keeps the precepts, makes merit, gives alms regularly praying and chanting, meditate, following the Buddhist teachings. Taking a good care of your health, discipline in eating well is beneficial. Most people like to eat mackerel, river prawns, blue swimming crabs, sea crabs, herbs, avoid fatty foods and those with high cholesterol, it was found that medicinal plants were also used as ingredients to eat, such as sour curry, which had medicinal plants such as turmeric, bird's eye chili, garlic, shallots, lime, and tamarind, Cassia flower curry had medicinal plants, turmeric, garlic, pepper, bird's eye chili, lemongrass, curry, sweet chicken curry has medicinal plants including galangal, lemongrass, bird's eye chili, fresh chili, pepper, garlic, shallot, cumin, coconut, basil, kaffir lime leaves, eggplant, and brinjal. As for the method of cooking with herbal plants, it is no different. Therefore, medicinal plants are very important to human life.

Discussions

Using medicinal plants for health according to Buddhist guidelines Medicinal plants are very important and beneficial to public health by taking the herbal medicine *Andrographis Paniculata*, to relieve symptoms of fever and fever, use the medicine according to the dosage as specified. An applying herbal oil externally, use herbal compresses to relieve pain and swelling in the knee

joints, ankles, back pain, waist pain and use modern medicine to treat them together. This is consistent with the research of Panuwat Suebnukan (2002). Medicinal plants are resources available in the country. Although modern medicine has made great progress, there is also the use of herbal medicine to treat disease. It is considered to be a combination of knowledge. The use of herbal medicines can also solve the problem of importing modern medicines. Treatment of various diseases, the herbal medicines of the villagers have been passed down through wisdom from their ancestors and have been used until the present day. This is consistent with Phra Dhammapitaka (P.A. Payutto) (2003) which states that, for example, when you have a sore throat or cough, you are told to use local herbal medicines including honey mixed with lemon and sip salt to cure the cough. If you are hot and have a fever, take the herbal medicine *Andrographis Paniculata* to cure the fever, also advise others or those close to you to use herbal medicine to take care of your health as well herbal medicine will help alleviate initial minor illnesses, consistent with the research results of Witthaya Pongamornkul and Santi Watthana (2010), stating that the Ministry of Natural Resources and Environment's medicinal plants. The use of medicinal plants in each locality is the specific wisdom of each locality. The benefits of herbs in each locality may be different. While, many plants have been studied by scientists for their pharmacological properties, Pharmacological properties, use local medicinal plants to prepare food for daily use. This is consistent with Yutthana Thongbunkua (2008) who said that the use of medicinal plants to treat fever is *Andrographis Paniculata*. Gastrointestinal disease syndrome, it was found that most people still have knowledge about the use of medicinal plants to treat constipation, diarrhea and stomach ulcers most commonly use ripe bananas, Guava leaves and turmeric rhizomes *Kaempferol* in the treatment of symptoms and respiratory diseases, etc. This is in line with the research of Ruchichan Wichiwaniwet (2011), who said that at present, both single herbs and those prepared into medicinal recipes are being used for treatment. Basic illness symptoms to replace modern medicine with good results, it also covers illnesses in many systems, such as the digestive system. Respiratory system, skin system, and urinary system, etc. Since Thailand grows many types of medicinal plants in every area, some herbs are easy to find and cheap. It has also undergone serious study and research to support the body of knowledge.

The Conducting themselves following to the principles of Buddhism found that people practice the Dhamma for their lives. It is the Sangha Vattu

Dhamma which is an anchor for the mind to think about each other, the alms of giving to others Piyavācā, speaking sweetly and sweetly, Atthacariyā, doing things that are beneficial to others, Samānattā, having oneself that is equal and anchored, not being selfish. The general public makes merit by giving alms, keeping the precepts, paying homage, praying, and giving alms to monks every day. It is a culture and duty of Buddhists that have been practicing since the Buddha's time. Nowadays, it helps nourish Buddhism to progress steadily. This is consistent with the research results of Phattira Sirimanon (2008) who stated that faith in Buddhism. That is, the believing in what you should believe, the results of doing in believing that doing good will get good results, doing bad things and getting bad results. Consistent with the research results of Phra Malin Kittipalo (1997) who said that faith is belief and belief in what you should believe. It is fair for those who behave well. Dhamma that brings prosperity to those who have faith in Buddhism. Therefore, the Dhamma is a tool to restrain the minds of others. Remaining consistent and not being arrogant. Establish yourself in good morals, namely morality, concentration, and wisdom, live your life following to the principles of Buddhist teachings.

New Knowledges

From the data analysis of interview respondents. How to use medicinal plants to take care of your health according to the Buddhist guidelines of the Ban Khok Ket community. It was found that the general public who uses herbs for health care or uses herbal medicines to treat disease according to the wisdom of folk philosophers who have used it inherited for treatment. They used herbal medicine to treat illnesses that occurred along with modern medicine as prescribed by modern medicine. This is in order to be useful in curing the symptoms of the disease and recovering from it faster.

Conclusions

Most of the public uses medicinal plants available in households to take care of their health. For example, use the herbal medicine *Andrographis paniculata* to cure fever, use honey mixed with lemon juice and salt to cure a sore throat, use holy basil to relieve stomach pain, sow agave and use the jelly inside to cure poison, inflammation, fire, and scald. How to use herbal medicine according to the knowledge and wisdom of local sages, advise on the correct and

appropriate way to use herbal medicine. Following the principles of Buddhism in basic living, and use moral principles. This is a principle of morality that should be practiced regularly. It is something that is beneficial to both oneself and others. It is a moral principle that the public adheres to, including the Dhamma helps each other. Likewise, it is a tool that helps coordinate relationships of people in the community to live together. People have the right to a livelihood and to work honestly, be honest with each other, donate things to benefit others, speak softly and sweetly, do things that are beneficial to yourself and the community, give alms, keep the precepts, cultivate good fortune, regularly make merit, and give alms to monks. There are local philosophers who help advise on how to use herbal medicine correctly. The Dhamma principle is thus a tool that can hold each other's hearts together, helping to create unity in society and community, which will lead to further progress.

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