

An Analytic Study of Principle of Five Precepts in Health Care

Jirawan prodbumrung

Physical Therapy Department of Buddhachinaraj Hospital Phitsanulok

Abstract

The aims of this research were 1) to study the concept and theory of five precepts, 2) to study the conditions related to health problems of Thai people and 3) to analytically study the concepts and theory of five precepts in health care. This documentary research was carried out through data collecting from primary and secondary resources. The obtained data were analyzed by descriptive analysis method according to the inductive principle.

The research results revealed that the concept of five precepts is the basic principle of living in goodness. It is the regulation in practices of 1) refraining from killing, 2) refraining from stealing, 3) refraining from sexual misconduct, 4) refraining from telling a lie and 5) refraining from intoxicating drink or drugs. Following these practices causes calmness in body, speech and mind because it does not harm oneself and the others.

The study of health problems of Thai people pointed out that the common health problems included diabetes, high blood pressure, hypercholesterolemia, cancer and illnesses from traffic accidents.

Health care by observing five precepts causes well-being in four dimensions: 1) physical well being; it causes one to be healthy and have a long life; 2) mental well being; it causes one's mind to be gentle, calm and has less defilement, less stress, without oppression, prevents mental paranoia or anxiety; 3) social well being; it improves social relationship, capacity to get along with the others due to the gentle compassion, sympathy and social creativity; 4) wisdom or soul well being; it causes understanding and knowing problems, solving problems with wisdom and realizing anything happening in daily life.

Keywords : Principle of Five Precepts, Health Problems, Analytic

Introduction

Health issue is a problem all over the world facing. Good quality of health care is the key of personal health, Society and country are developing in a good direction. Conveys a deep understanding of public awareness in their

own health care. Towards the growth of the human spirit. (Benjayoddamnern, 1999 : 5)

Health care is a very important factor in all levels to make strongly. In The National Health Act 2550, the definition of good health are well- balance of complete physical, spiritual, intellectual and social, so that it provides healthy, there are many factors to promote each other. The four main elements of health promotion are prevention, treatment and rehabilitation. The most important is prevention disease by physical exercises and relaxation. To create a mentally healthy mental development by three kinds of testimony *prātimokṣa* are well done, refraining from evil and spiritual purification.

The five precepts are the minimum requirements are five basic precepts to control life on the physical, verbal expression is regulated society. The relationship with the environment, particularly a balanced relationship between human society. Refraining from killing, take care each other and do not breaking their consciousness. The five precepts have introduced the doctrine or practice that is treated as a general principle. The regulations define the pattern of behavior of people in society if any violation of their respective territory, among the so-called level-specific or discipline. If put into practice on a daily basis is a complete human being. 1) refraining from killing, 2) refraining from stealing, 3) refraining from sexual misconduct, 4) refraining from telling a lie and 5) refraining from intoxicating drink or drugs. The five precepts are the site of a charitable nature are fairly common verbal as physical location. If the lack of morality in society inevitably affect their social and harassment harming the lives of others. (Phrachainarongvititho , 2012 : 4). Property must be careful of theft. Coexistence in society are affected, including fraudulent misconduct in sanctioned. Adversely affect physical and mental health care for themselves because they didn't have wisdom in mind distracted confusion of life, lack of health care on their own.

Health problems of Thai people pointed out those chronic non-communicable diseases that are likely much higher. The behavior is caused by daily living and other factors with impact on society. The nation has lost an enormous budget for medical treatment disease. Prevention disease is importantly.

From the reasons above, the researcher interested to study analyzed principle of five precepts in health care as a holistic approach to their daily living. Making people healthy without chronic illness impact on society and the nation's future.

Objective of the Research

1. To study the concept and theory of five precepts
2. To study the conditions related to health problems of Thai people
3. To analytically study the concepts and theory of five precepts in health care

Scope of Research

Documentary research were determined by the scope of the research is as follows.

1. Documentary data

- 1.1 Primary sources, including the ripodok's Mahachulalongkorn University College in 2539.

- 2.2 Secondary sources include books, articles and research papers related to the five main precepts of health care in Thailand.

2. Content

This research studying has defined three issues:

- 2.1 to study the concept and theory of five precepts,

- 2.2 to study the conditions related to health problems of Thai people

- 2.3 to analytically study the concepts and theory of five precepts in health care

Terminology

Five precepts refers to the principles or precepts, the Buddhist concept that is used to control physical, speech in a way that is good for a major in five main practice.

1. Refraining killing means refraining killing and does not encroach on all life.

2. Refraining stealing means not steal. Do not take things that are not owned.

3. Refraining sexual misconduct means no misconduct on the wife of another, or the person who is the owner.

4. Refraining telling a lying, lying is not meant to lie and say sneaky prattle.

5. Refraining intoxicating drinks or drugs means not drinking alcohol, and such things as alcohol, drugs and so on.

Health means good health balanced four dimensions: physical, mental, social and intellectual.

Health problems of people in Thailand means the problem is physical, mental and social causes disability, affect the family, society in Thailand.

Five precepts in health care means bringing to five precepts in their daily lives. To contribute to health care, holistic health, including physical, mental, social and intellectual.

Research methodology

The research was conducted with preliminary survey, systematic data collection, analysis and synthesis collected data to get new knowledge, report and distribute research results. This study is documentary research. Research methodology was as follows.

1. Study documentary data from Primary sources and collect data from Tipitaka.
2. Gather data from the secondary source comprised of books, textbooks, literatures of contemporary academicians, researches, related academic journals, journals, newspapers, etc.
3. Study, analyze and synthesize the collected data following the objectives.
4. Summarize data to report research result.

Benefits

1. The information about the theory of the five precepts.
2. To know health problems of people in Thailand today.
3. To know about the theory of the five precepts in health care.
4. To make the information in the information dissemination and practical.

The discussion and feedback.

Research " An Analytic Study of Principle Of Five Precepts In Health Care," the objectives are 1) to study the theory of the five precepts, 2) to study the health problems of people in Thailand and 3) to analyze the five precepts concepts in healthcare. This research document (Documentary research) by collecting information from primary documents and secondary documents. Analyzed with descriptive (Descriptive analysis) by the inductive method (Inductive method) were taken care of through a brief discussion and suggestions below.

Conclusions

- 1) The theory of the five precepts concepts refer to the five principles of the Buddhist practices such as making a normal life is spared from evil verbally and physically. The rules prohibit the practice has five main precepts 1) refraining from killing, 2) refraining from stealing, 3) refraining from

sexual misconduct, 4) refraining from telling a lie and 5) refraining from intoxicating drink or drugs. Five Precepts is important to control physical, speech and making peace. The peaceful are crucial to the coexistence of people in society. Five precepts are the disciplinary and observe in order to purify the morality of action and speech. This is the foundation for purifying the mind and attaining insight wisdom. Five precepts controls and refined lifestyle habits of people, they attain both sensual happiness and transcendental happiness.

2) The health problems of people in Thailand caused by society changed, technological development, more specifically, the field of medicine with the development of therapeutic and industrial applications. As a result, make the people to the longevity. The disease mostly occurs due to behavior and environment but chronic non-communicable diseases such as diabetes, high blood pressure. Hypercholesterolemia, cancer and illness as a result of traffic accidents caused by social change daily living change. make poor physical health. This problem make poor mind and spiritual (intellectual). The five precepts concepts make life to be balance, example refraining intoxicating drink or drugs make life to be good life.

3) Concepts and Theory of Five precepts on health care concluded that if the Five precepts used on a daily basis, resulting in health care to balance the four dimensions: physical, mental, social and spiritual (intellectual). The intelligence is linked with the other three dimensions to balance each dimension. Fall diminished one side inevitably impact on health. Self care means Health care itself, as well as the behavior of individuals in their own health care and their families. Such as prevent a disease and good behavior preventing accidents to occur. Including look to appropriate health care services. The impact of a society changing that is developing the technology, Especially in the field of medicine has development to treat the disease, so people live longer. Change the incidence of disease to be chronic, non-communicable diseases such as diabetes, high blood pressure instead. High cholesterol, cancer, etc. These diseases mainly from environmental behavior. Factors affecting health care are the three factors are the individual. Environmental and public health. Each side has its links and influence each other, there is a dynamic movement changed all the time.

Summary of health care by taking five precepts on a daily basis. It is affect health, including physical health, the fourth dimension. Body healthy make to be body strong, Mental health make a strong mind, without stress,

psychological stress, mental disorder, paranoia or anxiety whatsoever. Affect to sociability, friends or community. Make better social relationships. Due to the gentle Compassion for others mind, solve problems with intelligence.

Discussions

The aims of this research are 1) to study the concept and theory of five precepts, 2) to study the conditions related to health problems of Thai people 3) to analytically study the concepts and theory of five precepts in health. Researchers would like to discuss each of the following.

The theory about the five precepts.

The research found that theories about the five precepts, the precepts of the five precepts is the normal life. Normal daily are retraining from bad verbally and physically. The mind or intent to make a living as a conductor situated in a peaceful goodness. As a rule, solve the basic problem to be higher. Enabling individuals and social peace are refraining killing, refraining stealing, refraining sexual misconduct, refraining telling a lie and refraining intoxicating drink or drugs. keep calm, not physical, verbal harassment. Themselves and others Vasin (Buddha nature 1998 : 6) said the meaning of the canon is refraining from evil, physical, verbal and mental. Intent do not made of body, speech called intent canon. Refraining from Manosujarit 3 call Jatasee. It is the canon in mind. Although do not make by body and verbal.

To discuss the health problems of people in Thailand.

The research found that in a study of health problems in Thailand. Health problems have changed. The first is from infection or disease later age has developed technology to make drug discovery technology to medical treatment. Make people live longer, more as a result, health problems, turning to a disease caused by the behavior and technology to date. The chronic disease is prolonged, such as diabetes, high blood pressure, Dyslipidemia Cancer, illness, or condition of a road accident, AIDS from sexual contact. Diseases caused by smoking and alcohol, etc. The problem already affects health is holistic. The effect to the economy, society and nation great. If you have a health problem, the government spend more money to healthcare. Lack of labor for economic growth comparable to other countries So encouraging people to participate in their health care can prevent diseases. It is safe money than treatment. Many factor to encourage for preventing disease, personal factor must have good attitude to do good behavior. Environmental factor must have good system to prevent disease and promote self-care. The health

system consists of personnel with knowledge, Same as Benja-yoddamnern Doing research "Behavioral health problems and determine the direction" The research shows that the health and hygiene of human beings. Most are caused by human behavior is mainly determined by the behavior and social structures, such as the demographic, economic, social, cultural and political. On the issue of eating behavior and substance abuse. Consumers should be educated in the traditional approach to education. The drug should study in the right ways of life.

The five precepts to analyze concepts in healthcare.

The results show that an analytic study five precepts concepts in healthcare can promote health and to complete all the four dimensions of holistic public health body Same as Phrachainarongvititho research on the application of the five precepts to improve the behavior of the individual in society. The results showed that the five precepts as a humanitarian. As an act of humanity is complete. 1. Refraining from killing means refraining killing and does not encroach on all life 2. Refraining from stealing means not steal, do not take things that are not owned. 3. Refraining from sexual misconduct means no misconduct on the wife of another, or the person who is the owner. 4. Refraining from telling a lying, lying is not meant to lie and say sneaky prattle. 5. Refraining from intoxicating drinks or drugs means not drinking alcohol, and such things as alcohol, drugs and so on. It is a normal life same as Phramahajanya suyano (Phramahajanya suyano, 2000 : 7) research on Buddhism and holistic health care. This research found that Buddha has good healthy with the age of eight years old .Buddha could work about 16-20 hours a day missionaries who came to him as often praise or ask him about the offer. Buddhahas strong body and freshy all times.

Suggestion

1. For Buddhist

The five precepts are the essential and basic for health care. If you abstain from all evil , so it is affect to health of body, speech and mind. A man with a good heart and awareness to the duty and take care of themselves .The only way to improve their self, make social peace and the relationship of the society better. It is effect to the development of the country in all aspects.

2. Policy

The government should have policy for five precepts strictly and earnestly for every offices. The goal over 80% of all national policies as well

as private enterprises and government agencies. The activity day Promote public awareness of the importance of the five precepts for good health.

3. Research

To further research in many different fields, or analysis of each provide depth and integration that promotes and encourages social awareness on the importance of five precepts used in everyday life. clarify the content of the canon as a result of the precepts of the physical health, the effect of adopting the five precepts to the mental health care and so on.

References

- Benjayoddamnern. (1999). *Behavioral health problem and determine the direction*. The research report. Mahidol University Institute for Population: Social Research.
- Buddha nature. (1998). *printing plant*. Graduate school:: MahaChulalongkorn.
- Phrachainarongvititho.(2012). *The application of the five precepts to improve the behavior of the individual in society*. Graduate school: MahaChulalongkorn.
- Phramahajanya suyano. (2000). *Buddhism and holistic health care*. Graduate school: Songkla University.