

JAIPHET KLAJON : BUDDHIST MEDICINAL VOLUNTEERS FOR HUMANKIND  
DOCTOR OF PHILOSOPHY PROGRAM IN REGIONAL DEVELOPMENT STRATEGIES  
(PUBLIC HEALTH). SURINDRA RAJABHAT UNIVERSITY. ACADEMIC YEAR 2015.  
THESIS ADVISORS: PROF. DR. KRASAE CHANAWONGSE, ASSOC. PROF. DR.  
ACHARA PHANURAT AND ASST. PROF. DR. MALINEE UTTHISEN.  
3,042 P.

#### ABSTRACT

Research entitled “Buddhist Medicinal Volunteer for Humankind” was a mixed method research between ethnography research and action research. The research objectives were : 1) to study the history of Buddhist Medicine from archive and medias of people practicing Buddhist Medicine of Boonniyom Institute from 1995 to 2015, 2) to study the form of Buddhist Medicinal volunteers for various ethnic groups of humankind, and 3) to analyze the factors in development of Buddhist Medicine and create the expansion strategy at community level of Buddhist Medicinal volunteer for Humankind.

Results are shown as the followings.

1. Buddhist Medicine is integration of strengths from different ethnic health care which are 4 healthcare sciences: modern, traditional Thai, alternative and local medications, combined with Eight Elements of Holistic Health of Boonniyom Institute, Buddhism Dhamma and Sufficiency Economy Principle of His Majesty the King appropriately applied to Thai environmental society. It is disseminated to personnel, group or entity both domestic and international at present. The knowledge has a strength at creating wellness, correcting or minimizing health problem at root caused by using the most frugal but highest benefit approach, technique that is simple, quick-result, self-dependable, mainly local resources. It is applicable with way of life, sustainable and appropriate with creating wellness in order to solve health problem in

(10)

social economy condition and deteriorating environment at present, and creating Buddhism in oneself together with helping humankind by cooperation among good friends in good society and environment. Each country can depend on itself in creating wellness and transferring knowledge to help others to create wellness further, using ethnography in developing community healthcare for humankind.

2. With regards to forms of various ethnic groups of Buddhism Medicinal volunteers, the volunteers focus on Hot and Cool balancing techniques or healthcare techniques according to each principle in Buddhist Medicine. The first technique used is the 8<sup>th</sup> technique of practicing Dhamma, abandoning sin, making merit, clarifying one's mind, seeking good friends, and creating good society and environment. The motives for the Buddhist Medicine volunteers are; firstly, their wish to help others from suffering / to do good deed / and to pass on good thing. The most important factor of success, problem/obstacle in self-dependence and helping other to achieve wellness according to Buddhist Medicine Principle is practicing Dhamma, lessen, abandon and quit sin as well as make merit, thus having joyful mind, no worry.

3. There are 11 elements in developing Buddhist Medicine and these are 11 policy proposals at expansion of Buddhist Medicinal volunteers for humankind at community level. They compose of 1) It is to be enlightened, awakened as Lord Buddha by living an exemplary life, solving problem at root cause and using frugal, simple and ubiquitous thing in order to live daily life, create faith, power of good community, good society and environment as well as power of sacrifice, enrich their volunteering. 2) There are 9 practical principles / balancing techniques / 9 medicine pills to alleviate sickness symptoms. 3) It is to apply Dhamma according to Buddhism to balance hot and cool abandon sin, make merit and clarify one's mind, resulting in health promotion, prevention, healing and rehabilitation. 4) Dhamma Medicine is an alternative medication in healthcare. 5) Society, environment and place influence sound, and bliss full health of body and mind. 6) Communication via online or printed

media influences in promoting, helping people and creating belief or faith in way of nature, and Dhamma Medicine as a health unit which benefit Buddhists, mainly.

7) “Morkeaw” food makes body comfortable, light-weighted and energized as well as relives sickness symptom. 8) The slogan, “The best doctor is yourself”, is learning to depend oneself from suffering and help others. 9) There are virtue and gratitude to the sacrificing doctor by using knowledge to sacrifice and help humankind. 10) Happiness is a goal of Buddhist Medicine. 11) Tasteless balancing vegetarian food is utilized since early stage of patient. while normal-taste, green veggie food is essential in relieving sickness.

