

Buddhist Dhamma In Enhancing The Potential For Treating Groups At Risk Of Being Infected With COVID-19 Disease

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ABSTRACT

The Principle of Buddhist Dhamma in enhancing the potential for treating groups at risk of being infected with Covid-19 Disease, Administrative context of Wat Traiphum Community Field Hospital, Nonsang Sub-district, Sahassakhan District, Kalasin Province: The administration of the community field hospital is under the control of the Provincial Ministry of Public health. The management of the field hospital is organized jointly with local government agencies, multidisciplinary professionals, and village health volunteers who work with the community and village headman to monitor and deal with the risk of infection with the COVID-19 epidemic. There are preventive measures, strict official and social controls community action driven by the power of the community. The temple together with the field hospital has measures to promote the potential to take care of the physical and mental health of those who come for treatment by keeping the precepts, walking meditation, praying to the Buddha, meditation, mental development, and listening to Dhamma to understand the condition until relaxation occurs. There is advice on how to take care of oneself in order to live life with heedfulness. Do one duty to the utmost according to one wisdom. Life has moved on. Don't be discouraged by problems, find ways to step mindfully.

Keywords: Principle of Buddhist Dhamma, Enhancing the potential

I. INTRODUCTION

The situation of the spread of the COVID-19 virus causes illness, death, time off work, or unemployment resulting in loss of income which will affect household expenses. The spread of the coronavirus disease 2019 epidemic in Thailand has a disease control system. Patients who are infected or at risk of infection are quickly isolated including tracking down every person who came into contact with the virus and there is a quick test for infection from patients. The public health and education systems are not yet fully covered. World Health Organization scientists have declared that online communication is like making people around the world closely connected, resulting in both direct contact causing infection and psychological effects. Due to communication in the online world, news awareness, and panic are becoming global trends with rapid dynamics. Moreover, no one can predict when this crisis will end and pass [World Health Organization, 2023] [1] But the outbreak in Thailand still continues and affects the lives of the people because it causes social, economic, and technological changes. These all have an impact on the individual, such as losing a job or being laid off. Family members must stay away from each other and maintain social distance, including decreased family and community relationships to make the way of life change. There is a problem of lack of income and daily life that had to be changed [Bancha Kerdmanee et al, 2020:20] [2] Until becoming isolated in family and society, fear of infection, and the loss of family members combined with distress caused by loss of income and

employment cause people to experience stress. Therefore, it is clear that the need for physical and mental health care must be treated as one of the key elements of responding to and recovering from the impacts of the COVID-19 pandemic.

Buddhism places importance on various problems or diseases by recognizing the problems caused by illness that are problems that must be eliminated and teaching them to consider illness as a normal part of every life. When illness occurs, care must be taken, heal to normal. The Buddha classified illness into two types: physical diseases, such as diseases caused by phlegm, Sanibhat, period, etc., and mental diseases, such as diseases that occur when a person's mind is dominated by Anusaya (latent tendencies), or Asava (mental intoxication), which are subtle defilements that are deeply immersed in the unconscious mind whether it's anger infatuation, envy, jealousy, anxiety, grievance, loss [A. Anguttaranikaya (Thai) 21/157/217] [3] As the Buddha says: Monks, these two types of disease are physical disease and mental disease. There are still beings who claim that they have had no physical disease for a year, even more than 100 years, but those who claim that they have no mental disease for even a single moment are rare, except for those who have completely exhausted their defilements [A. Anguttaranikaya (Thai) 21/157/217] [4] Treatment of mental illness to be free from defilements which are dangerous diseases using medicine to treat the disease like the Four Noble Truths, the relationship of the body and mind causes disease. People nowadays often have stress in living and working. Bojjhonga 7 (enlightenment factors) is a Dhamma category that helps relieve stress and can cure disease as well [Phra Dhammapitaka (P.A. Payutto), 2012] [5] When you are sick, you have enough wisdom left to know how to fix it. You proceed to correct it as much as your wisdom told you to. If it becomes too much, it is normal for it to break down because you have little persuasion existence is meaningless to you. It has the same value [Buddhadassabhikkhu, 2012] [6].

As a result, the temple and community have set up a community field hospital to gradually help those at risk of being infected with COVID-19 in the sub-district municipality, it is a community place where a large number of people pass by. It is also an area with many tourist attractions, so it is a risky place. There has been a drive to carry out surveillance operations, prevention, and control of epidemics. Therefore, a committee was established as a center for situation administration on the outbreak of Coronavirus Disease (COVID-19). (CCD) is the National Executive Committee for the Coronavirus Disease (COVID-19) chaired by the Prime Minister and has declared a state of emergency in Thailand with an emphasis on people staying at home, work for home: WFH, physical distancing, social distancing, wear a mask, and wash your hands often [Emergency Operations Center, Department of Disease Control, Minister of Public Health, 2021] [7] The declaration of a state of emergency has resulted in people having to change their entire way of life.

II. THE PRINCIPLE OF BUDDHIST DHAMMA IN ENHANCING THE POTENTIAL FOR TREATING GROUPS AT RISK OF BEING INFECTED WITH COVID -19 DISEASE:

Management of community field hospitals under the control of the provincial Ministry of Public Health. The management of the field hospital is organized jointly with local government agencies, multidisciplinary professionals, and village public health volunteers who work with the community and village headmen to monitor and deal with the risk of infection with the COVID-19 epidemic. Community operations are driven by the power of the community to gradually help people in the area and those who come to visit the community. An administrative field hospital has been established under the control of the Provincial Ministry of Public Health in collaboration with local government agencies, multidisciplinary professionals, and village public health volunteers who work with the community and village headmen to monitor and deal with the risk of infection with the COVID-19 epidemic, preventative measures are in place strict official and social controls.

In this situation, the spread of COVID-19 has an impact on physical and mental health. It has become a problem to quickly treat the affected people in accordance with their problems and needs in a comprehensive manner in order to alleviate suffering from this situation it is to give strength to at-risk groups who are in quarantine or who are coming to receive treatment as follows:

1) Taking care of physical and mental health

The temple and the community have measures in place to take care of the physical health of those at risk of being infected with COVID-19 who come to receive treatment to observe precepts while in quarantine and set themselves within the rules. There is meditation practice in the morning and evening. It is a practice of chanting and walking to prevent mental distraction and mental health for those who come to receive treatment by praying, practicing meditation, and listening to Dhamma in order to understand the state of relaxation. There is advice on how to take care of yourself in order to live life with heedfulness and do the duties to the utmost according to your wisdom, life still goes on. Don't be discouraged by problems, find ways

to step mindfully. Applying Dhamma principles to enhance the potential of at-risk groups is to increase measures to take care of their own and their group's health. High-risk groups can encourage themselves and those around them, supporting one another can reduce stress over the COVID-19 outbreak situation.

Building capacity for holistic health care is the responsibility of individuals, families, and communities to create awareness of the ability to promote health and prevent illness in order to maintain sustainability. 20 Community is an important foundation for the integration of people in society to create a helping relationship and live together happily. Therefore, taking care of public health to reduce and prevent the spread of COVID-19 requires cooperation from citizens and communities. If any community is as strong as ever, managing problems and preventing problems, they can overcome the crisis. There is the building of emotional and mental strength to adapt and recover after encountering a crisis or life event to return to living life normally by diving into building physical strength to be ready and the mind to be aware of emotions [Department of Mental Health, 2021] [8] Physical well-being includes having good health, safe from sickness, do not go hungry, having 4 factors that are sufficient for your physical condition, live in an environment that supports health free from pollution or taking care of body including consuming and teaching the 4 factors correctly and appropriately, and being able to live the life in a way that is not harmful to own health [Phra Paisan Visalo, 2009, 7-9] [9] Strengthening the body and mind is care that begins at the individual level to have the choice to act correctly according to the individual's morality as a basis that can be chosen according to the preferences, interests, or aptitudes, training individually or practicing with others continuously will make the mind strong, ready to overcome obstacles and overcome many things.

2) Understanding life and adjusting lifestyle

Those who come for treatment have to change their eating, sleeping, and distancing habits while living together, create understanding and accept things that have changed, train to get used to adapting to the current environment, come to terms with what happened, live the life under the changes on the situation of COVID-19 outbreak, be mindful in conducting the life, ready to learn about a new society in the future. When a person faces situations or changes that come in their life. A person will adapt to the environment and the adjustment will depend on the severity of the impact and the level of the individual's ability to adapt [Roy & Andrews, 1999] [10] Kalannuta is to know the proper time what to do and what should not do including knowing the value of time and not let it pass in vain [D.III.252, 283] [11] In this situation, it is a reason for the adjustment and change behavior to be consistent with the current situation and environment for the survival and safety of life, that is, it is a person's attempt to strike a balance between his or her inner desires or calling and the demands of the environment by weighing their needs against the possibility of achieving a balance and try to live within the limitations of the situation.

3) Important things to be careful about in life

Be careless in life, people who come to receive treatment can understand the guidelines that the temple or field hospital has advised. Those undergoing quarantine and treatment understand their posture and lifestyle. These things can reduce stress. People are awake. When they saw themselves sick, they hurriedly sought treatment, knowing how to set their own timeline and be responsible to society and themselves. There is an effort to not make oneself a burden to society, there is an awareness of social responsibility around them. When they learned about the risk of infection, they began to separate themselves from others for the safety of those around them. Buddhism explains important principles of heedfulness in life, emphasizing being wise in situations in which the principle is called the principle of the Dhamma (Sappuri-dhamma), there are 7 principles for practicing good society: 1) Dhammanuta: knowing the law 2) Atthanuta: knowing the meaning 3) Attanuta: knowing oneself 4) Mattanuta: moderation 5) Kalannuta: knowing the proper time 6) Parisannuta: knowing the assembly 7) Pugglannuta: knowing the individual [D.III.252, 283] [12] While the Department of Health said important things to be careful about in living life in this epidemic era, reducing contact, washing hands thoroughly with soap and water, when sick, using a face mask, et., avoiding high-risk areas in densely populated areas, crowded areas, or closed areas, and keeping a distance of at least 1 meter from others and taking care of own and social health by choosing to eat freshly cooked food, maintain social distance and if returning from a country or area. If there is an outbreak of COVID-19, they should quarantine themselves at home for 14 days [Department of Health: 2020] [13].

In addition, healthcare behavior is a factor that should be given importance along with taking care of personal hygiene, such as eating habits, doing daily activities, and exercising including stress control, while social distancing must be practiced to reduce the spread of the disease by spending most of their time doing work and various activities at home.

4) Promote physical and mental potential

Wat Traiphum Hospital has guidelines for promoting physical potential by maintaining precepts as a basis for living together. There is protection by checking one own timeline. Let everyone who comes for treatment and quarantine be aware of their responsibility towards society and themselves. For staff, they must wear a COVID test kit, face mask, and alcohol gel. For those undergoing quarantine and treatment, they must use face masks and alcohol gel. As for mental health, the temple has implemented prayers, meditation, and sermons through a broadcasting system. This is because it can reduce stress for patients undergoing treatment. Symptoms are followed up after the symptoms are cured. Overall, these activities show that the people undergoing quarantine and treatment are in a very relaxed state of mind. In addition, the temple and the field hospital also followed up and evaluated the treatment of sick people who had been treated until they recovered from COVID-19 what we can see is that it is satisfactory that many people answer that they have good physical and mental health. While [Department of Mental Health, 2023] [14] It was explained that it is to encourage people high-risk groups who can live normal lives, encourage the public, private, and public sectors to participate in rehabilitation such as health, education, occupations, tourism, economy, transportation and relations between communities. Community outreach activities are scheduled to raise awareness of disease prevention, promote helping each other to make the community strong, participate in the restoration of hospital infrastructure, temporary shelters, or other important places in the community. It focuses on restoring normalcy, creating morale for the people, and helping heal the minds of the sick, deceased, and family and affected people integrating plans and coordinating with relevant agencies to prepare for the future.

III. CONCLUSION

Buddhism in enhancing the potential for treating groups at risk of infection with COVID-19 is adjusting health care behavior that is an important factor along with hygiene care, such as eating behavior, doing daily activities, and exercising including controlling stress. While social distancing must be practiced to reduce the spread of the disease by spending most of their time doing work and various activities at home. In addition, people in at-risk groups must be encouraged to be able to lead normal, happy lives by relying on the cooperation of both the public and private sectors and the public to work together to prevent and treat and create connections between groups of people and communities. Community outreach activities are scheduled to raise awareness of disease prevention and promote helping each other to make the community strong.

IV. NEW EXPLICIT KNOWLEDGE

The crisis in the spread of the COVID-19 disease in the eyes of the villagers is something beyond what was expected. The community is very afraid of COVID-19 due to the news. Social measures are strictly implemented, to prevent people from returning home. There was a report of being quarantined and not leaving the house, social interactions in daily life, at traditional events, and in making a living are rapidly decreasing.

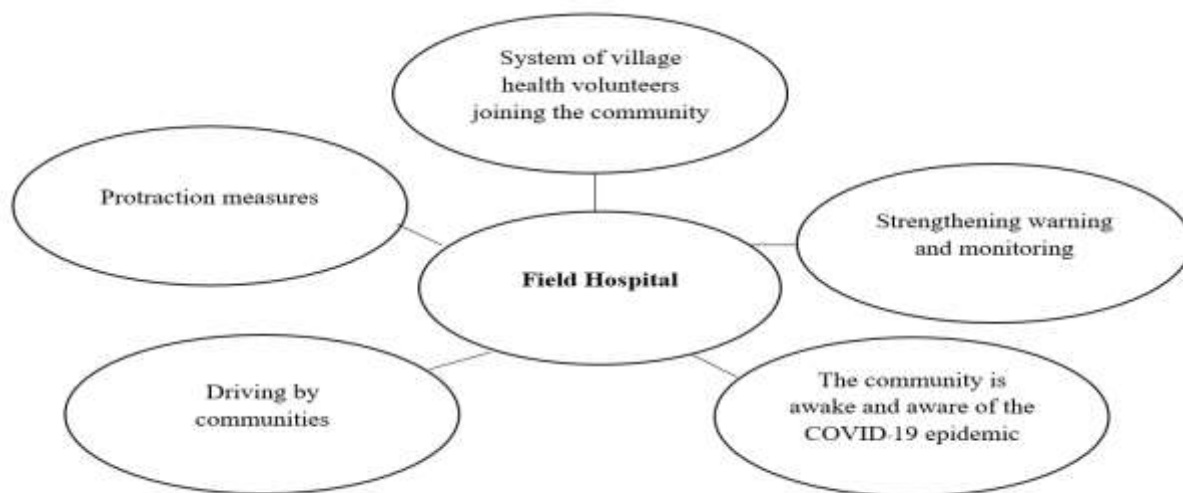


Figure 1 Knowledge from research

The important field hospital management system is the community village health volunteers system. The village headman is strong and able to warn, monitor, and deal with risks well. The community is awake and aware of the COVID-19 epidemic. There are preventive measures, and strict official and social control. Community action is driven by the power of the community. Government support is still unclear. The budget provided is not enough. The village has to manage itself primarily to be self-reliant.

It can be concluded that Buddhist Dhamma in enhancing the potential for treating groups at risk of being infected with COVID-19 Disease, the temple together with the field hospital has measures in place to take care of the physical and mental health of those who come to receive treatment by walking meditation, pray to the Buddha, meditate, and listen to Dhamma to understand the condition until relaxation occurs. There is advice on how to take care of oneself in order to live life with heedfulness, do own duties to the utmost according to own wisdom. Life has moved on. Do not be discouraged by problems, find ways to step mindfully.

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