



The Utility of the Buddhist Hygiene of Wellness for Disease Prevention

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Abstract

Human diseases are physical and mental. According to the definition of the World Health Organization, health is mainly in three parts, physical-mental and social. According to the classification of diseases, non-communicable diseases are classified as communicable diseases. Diseases like flu, chicken pox can be termed as communicable diseases and diseases like cancer heart attack as non-communicable diseases. The concept of cleanliness is important to prevent any disease. Modern medicine as well as Ayurveda suggests preventing the disease before it occurs. "Arogya Parama Labha" Buddhism describes health as the greatest wealth. Any animal living in the world should be prevented from contracting diseases in order to be healthy and reach the maximum of health. For this, there should be a behavioral and attitudinal transformation in the society. This is why the Buddhist concept of cleanliness is important for disease prevention. Can the concept of Buddhist Hygiene be used for disease prevention as a research problem? is investigated and the research aims to study the peculiarities of the Buddhist Hygiene concept. The limitation of the study is that it only discusses the Buddhist concept of Hygiene In the research methodology, this research is based on the "conceptual research method " the primary source is based on the literary sources of Tripitaka, Mahavamsa, Deepavamsa and extra. Journals, encyclopedias, as well as internet data were studied for research and related propositions and a variety of secondary sources were used Qualitative research method was used by data exploration and analysis and by extracting data from recent reports. As a result of the research, it was possible to study the usefulness of Buddhist hygiene in disease prevention through factors such as water, food, air, meat consumption, environment, habitats, exercise, sleep purity, use of toilet bowls, health protective equipment, and rest, and those who live with these factors are less likely to develop diseases. It was possible to study that the presence is low and the correct use and consumption of these concepts can prevent diseases. The research concludes that the compounds of suffering on man can be identified as diseases or diseases. Disease prevention means preventing diseases before they occur and prevention is necessary for that. It can be discussed with examples as above that prevention means preventing, suppressing, rejecting, etc., and health, recovery, and health are further embedded in the concept of health.

Keywords: Buddhism, Disease, Health, Hygiene, Prevention

