

## The influence of psycho-physical conditions on physical and mental illnesses; a review from Buddhist perspective

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### Abstract

Illnesses are basically two fold as physical illnesses and mental illnesses. Buddhist discourses give accounts on how physical and psychical conditions influence on one another in arising psycho-physical illness. The objective of the research is to demonstrate Buddhist analysis of psycho physical combination and its influence on the rise of both physical and mental illnesses. The comparative and analytical methods were used as research methodology. *Nalakalāpa sutta* Buddha clearly mentioned that mind and body are interdependent and in co-existence. Therefore, some mental defilements cause physical illnesses just as physical illnesses influence on mental disorders. According to *Visuddhimagga* the imbalance of air (*va*), bile (*pith*) and phlegm (*sem*) affect the mental confusion and restlessness. This shows the consequence of biochemical process of the body in the rise of mental disorders. Furthermore, in *Visuddhimagga* Ven. Buddhaghōsa has emphasized how the inequality of air, bile and phlegm as well as four great elements (*maha bhūta*) lead to process of different kinds of characters as *rāga carita* (sensual character), *dōsa carita* (hatred character) *mōha carita* (illusion character) etc. and the way how there arise the mental stress and hassle in accordance with each character. In *Girimānanda sutta* and *Bēsajjakhandaka*, different kinds of illnesses and remedy for each illness have been well elaborated. The physical pain or suffering is burden for mental concentration. *Vēdana saṃyutta* and *Bojjhaṅga saṃyutta* give details about monks who were mentally suffering as a consequence of their physical illnesses. Also Buddhist discourses reveal about physical illnesses that originated due to the emotional and mental stress. For an example, *saṅghādisēskanda of Pārajikāpali* mentioned about a monk who physically suffered owing to his emotional and mental stress. On these accounts it is clear that according to the Buddhism man is a psycho-physical combination; therefore both conditions influence each other in the rise illnesses.

**Key words:** Psycho-physical illnesses, interdependent, Buddhism

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