

## Buddhism and its Application on Health Promotion

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**Abstract:** Buddhism is one in all the key religions within the world. Buddhism has its applied aspect which incorporates health and eudaemonia. The teaching of Lord Buddha and practices by his disciples has contributed a lot in Nepali health system. This article explores the teaching of Buddha on health and wellbeing and also the practices by Buddhist monks and societies. This text reviewed over 10 articles that were printed in numerous analysis journals and published by varied publications. The target of the article was to explore the Buddhist teaching on health and the practices by his disciples and its application in Nepali health system. The ten articles were reviewed to assess the teachings and practices of 'Lord Buddha'. The study reveals that His teaching has delineated several things regarding do and don'ts relating to health promotion. Similarly, there are many practices by the Buddhists adherents. Thus, this text concludes that each may be utilized by Nepali community and incorporated in Nepali health service in as well.

**Keyword:** - Buddhist practices, Religion and spirituality, Monks, National health system, ancient drugs

### 1. INTRODUCTION

Buddhism is one in all the key religions within the world. It has a history and system of beliefs. Historians believe that (Grubin, 2010), this faith relies on the teaching delivered by religious mystic Gautama (566 to 480B.C.) a aristocrat of Kapilvastu Kingdom placed within the south west a part of gift Asian country and linguistics devolved on that. Siddhartha Gautama was known as "Buddha" once he got enlightened. He in a

while called by Gautama Buddha. Buddha isn't a name, however a title noninheritable through enlightenment. It's a Sanskrit word which means "a one who is awoken." What a Buddha is aware of is that the true nature of reality (O'Brien, 2020). His teaching has unfolded everywhere the globe and impressed the human society within the world: mainly in Asian countries and among Nepali people. The essential teaching of mystic are often gift in the following words; to not do evil, to cultivate merit, to purify one' mind - this is often the teaching of Buddha(Dhammapada verse 183) The core massages of Buddha are the Four chemist Truths and that they are considered the trail of the life by the Buddhists. the reality of misery (dukkha; virtually "suffering" however connoting "uneasiness" or "dissatisfaction"), the truth that misery originates inside the searching for pleasure and for being or state (samudaya), the reality that this desire may be eliminated (nirodhu), and also the truth that this elimination is that the results of following a organized means or path (magga) and alternative also (Nakamura , 2019). "Applied Buddhism" is the application of Buddhist teachings in our daily life. It's a broad umbrella underneath that all the essential aspects of life similar to physical, mental, social and non secular well-being additionally as philosophical, bioethical, monetary and trendy scientific aspects might be incorporated. This includes the Buddhist concepts practiced by the 3 major colleges of Buddhist thoughts in trendy era, specifically the Theravada, Mahayana and Tantrayana (Tibetan) traditions. "Applied Buddhism" additionally shares valuable data on Buddhist contributions to modern science, health and well-being. Mystic had perpetually inspired his

disciples to interact in examining his teachings and findings so as to relate what quantity of its applicable to their individual daily life. The followers of Applied Buddhism believe sharing their views on appraisal of the teachings of the Buddha in modern scientific views (Barua and Barua, 2015). Health and drugs are one in all the teachings of Buddha and that they were observed by following mystic' teaching and philosophy. These embody health and malady as well. In line with the teachings of the Buddha Shakyamuni, recorded within the Sanskrit literature on coming into the Womb, there are four categories of illness. The primary includes diseases that are comparatively inconsequential, and from these illnesses one can recover whether or not one takes medicines (Thrangu, 2004). The Fourth chemist Truth tells U.S.A. that insight comes through practice of the Noble octuple Path. The octuple Path could be explained as a top level view of eight areas of practice — together with meditation, mindfulness, and living a moral life that edges others — which will facilitate U.S.A. live happier lives and notice the knowledge of enlightenment (O'Brien, 2020). Health care can broadly speaking be divided into trendy (conventional, orthodox, Western or allopathic) and ancient (indigenous, complementary, various or integrative). The previous is clearly defined, with minor regional variations in its underlying philosophy and clinical methods. In modern medicine, information growth is achieved through scientific analysis, which may involve international collaboration and commitment. Such research is well supported financially by industry, governments and philanthropic organizations. This is often in sharp distinction to true with TCAM (Xue, 2008 c.f. WHO bulletin). Mind body drugs that embody Biofeedback, radio-controlled imagery, Hypnotherapy, Meditation, together with heedfulness and Relaxation are various medicines (MSD Manual, Profession Version). In 21st century, the use of complementary and alternative medicines in

Asian country is increasing and which has been a challenge to homeopathic medical practices too. A study conducted by Kadayat et.al in Pokhara space showed that alternative sorts of medicine and health care provider' health are increasing to forestall sickness and promote in Nepal (Kadayatet.al. 2009). Nepal in conjunction with the remainder of the globe is currently plagued by the COVID-19 pandemic since last one year and innumerable individuals in Nepal alone have been affected directly or indirectly from this disease. The globe meter shows that nearly 243,896,973 t individuals in Asian country are infected by the pandemic till 10/23/2021 (Worlometer, 2021). It's been seen that medicine and Buddhist medical system could be one in all the most effective various medical system that may be accustomed forestall diseases like COVID-19 and promote the health of people. Several of the countries are attempting complementary and practice of medicine (CAM), together with traditional, flavouring treatment, alone or together with normal management, as a choice for interference or treatment of COVID-19. Although, there's no conclusive proof to support its utility to scale back the infectious agent load and/or symptoms. Countries like China and India, have either started or getting ready to conduct trial studies of ancient drugs to assess the effectuality of such therapies in corona virus sickness (Shankar et al. 2020). Not solely this, Buddhist medical system and health care techniques are vital in an exceedingly country like Asian country wherever Lord Buddha was born and that we all feel pleased with being the national of the birthplace of Lord Buddha. We will assess additional deeply on however Buddhist faith and philosophy has contributed the whole human society. Buddhism provides a non secular outlook from a fifth of all humanity. the traditional civilizations of Republic of India and China were deeply laid low with it and these days it remains deeply prestigious in Sri Lanka, Burma, Thailand, Korea, Japan and also the countries of the

Himalayas; additionally as those areas of India currently settled by Tibetans in exile (Harvey, 2006).

## 2. OBJECTIVES

- a. To assess the philosophy and practices concerning health and medical system of Buddhism.
- b. To investigate the applicable teaching and practices that may be helpful to Nepalese individuals and community on health promotion.
- c. To gauge teaching and learning that may be incorporated in Nepalese Health system.

## 3. METHODOLOGY

This manuscript is the review of the articles that were already published in the renowned journals and analysis papers. It's instructive and exploratory in nature. The articles taken for reference were published in West Germanic language from varied countries and research papers on the market online. The article assess the medical and health care system found in the teachings of Lord Buddha and also the Buddhist practices in the countries wherever Buddhism is practiced or individuals have attraction on Buddhism. The articles and books were reviewed and also the content concerning Buddhism health care and medicines were tabulated, analyzed and interpreted. The superfluous and fewer relevant articles were far away from the list and weren't used. Then the relevant teaching were known that are applicable to be incorporated in Nepali health system. Thus, Buddhism features a positive attitudes towards health care and are willing to hunt medical facilitate and advise once sick.

## 4. ANALYSIS AND INTERPRETATION

The subsequent articles were reviewed for the message of health and medications in teaching of Lord Buddha and Buddhist philosophy and practices.

**Religion, spirituality, health and medicine: Why ought to Indian physicians care?** Written by Chattopadhyay S, 2007 describes however religion, spirituality, health and medicine have common roots within the abstract framework of relationship amongst human beings, nature and God. Of late, there has been a surge in interest in understanding the interaction of religion, spirituality, health and medicine, each in style and scientific literature. Variety of printed empirical studies concluded that spiritual involvement is related to higher outcomes in physical and mental health. Despite some method limitations, these studies do purpose towards a positive association between spiritual involvement and better health. Once Janus-faced with disease, incapacity and death, several patients would really like physicians to handle their emotional and spiritual needs, as well. The revived interest within the interaction of faith and spirituality with health and medication has vital implications in the Indian context. Though religion is translated as Dharma in major Indian languages, dharma and religion are etymologically totally different and dharma is nearer to spirituality than religion as an organized institution. Faith and spirituality play vital roles within the lives of innumerable Indians and therefore, Indian physicians have to be compelled to with all respect acknowledge spiritual problems and address the spiritual desires of their patients. Incorporating faith and spirituality into health and medicine can also go an extended manner in creating the application in medication in holistic, moral and compassionate manner. It's going to also provide new opportunities realize out to be told} more concerning Ayurveda and alternative ancient systems of medicine and have more enriched understanding and cooperative interaction between different systems of medicine. Indian physicians may also find religion and spirituality vital and fulfilling in their own lives. The strength of contemporary we have a tendency to stern medication has additionally been its weakness, within

the sense that it achieved remarkable success in identification and treatment of diseases, however neglected the existential queries and religious problems that accompany serious illness. Faith and spirituality, tangled with medicine since millennia, became separate for many centuries and that they are once more returning on the brink of embrace every other. We are so living in a motivating part of history. There's scarceness of literature and lacuna in understanding concerning the interaction of faith and spirituality with health and medicine in the Indian scenario. Future analysis is critical to comprehend the character of spiritual and spiritual faiths and its application among Indian those that could have an effect on their physical and psychosocial health. Furthermore, the importance of knowing however Indian patients would really like to ascertain their emotional and spiritual desires self-addressed by their physicians will hardly be overemphasized. Appreciating the interactive dynamic relationship amongst religion, spirituality, health and medication provides us with a wonderful chance to replicate on the past, attempt for larger enriched understanding and higher clinical practice at this and have a vision for the science and art of healing tomorrow.

***A Buddhist Perspective on Health and Spirituality written by physician C, in 2006*** offers a quick summary of a number of the fundamental tenets of Buddhism. Its specific stress is upon Buddhist expressions of spirituality, as they're doubtless to be met with in a very health care setting. The Buddha' teachings unfold from Bharat throughout Asia, even reaching as so much because the Greek empire at one purpose (hence the Buddhist Greek monarch - Melinder). To the East, they reached the areas best-known nowadays as Japan, China and South East Asia. To the North countries adore Nepal, Tibet, Mongolia and Russia. Where it spread Buddhism typically

influenced those societies with application of healthcare. The subsequent function summarized modern tips to varied health issues, but Buddhism lays stress on personal responsibility and motivation because the precepts are coaching principles instead of commandments. Every individual is unengaged to build his or her own decisions. The article enlists and elaborates the most teachings of Buddhist philosophy on following points: - Diet, Fasting, Ablutions and toilets, Attitudes to medicines, Transplantation, Blood transfusion, Family planning, Birth, The dying patients, Responsibility when death, Funeral and Post mortems. These on top of mentioned main teaching of Buddhist philosophy contribute to produce knowledge, attitude and practice in standard of living of individuals for overall development of health standing of people and country as a whole.

***Buddhism and Medicine: An Anthology of Premodern Sources by Salguero CP, 2016*** eliminates the texts from across the Buddhist world list sickness in conjunction with birth, aging, and death because the four nice torments that inevitably accompany life terribly} human body. Since Buddhist philosophical system at its very core is concentrated on the relief of all styles of suffering (Skt.duḥkha), Buddhist writings and practices of address the question of the way to take care of this specific tribulation. Though Buddhist doctrine seeks to mitigate the suffering of illness by stressing the unreal nature of the physical body, the nonentity of the separate self, and there is the chance of radical transcendence through Buddhist practice.

***Translating Buddhist medication in Medieval China written by Salguero CP, 2017*** is one in every of the article printed on Chinese Buddhist medicine within the medieval China. It illuminates and analyzes the ways in which Chinese Buddhist writers understood and custom-made Indian medical data and healing practices and explained them to native audiences. The book

moves on the far side issues of accuracy in translation by exploring the resonances and social logics of intercultural communication in their historical context. Presenting the Chinese reception of Indian medicine as a method of negotiation and adaptation, this innovative and knowledge domain work provides a dynamic exploration of the medical world of medieval Chinese society. It's an appreciation of the creativeness of individual writers as they created sense of disease, health, and therefore the body within the context of regional and multinational traditions. By group action spiritual studies, translation studies, and literature with the history of medicine, it reconstructs the crucial role of translated Buddhist data in the spirited medical world of medieval China.

*Lessons for the health-care practitioner from Buddhism written by Karla et. al. (2018)* describes that from its earliest days, Buddhism has been closely tangled with the application of medicine, each worrying within its own manner in the alleviation and hindrance of human suffering. However, whereas the association between Buddhism and health care has long been noted, there's scarce literature on however Buddhist philosophy will guide health-care practitioners in their skilled moreover as personal lives. Within the sutras, we discover analogies that describe mystic as a doctor, data of Dharma because the treatment, and every one lay folks as patients. The prevalence of illness is closely relating to one' mental, physical and religious health, society, culture, and environment. It is not enough to approach medicine in a very manner that merely eradicates symptoms; the psychosocial aspects of illness and its mind primarily based causes and remedies should be a primary consideration. Holistic care involves harmonization of these elements, and therefore the Buddhist philosophy offers nice insight for the physician. The Buddhist medical literature lays out ethical tips and ethics for a health-care practitioner

and this has corollaries within the principles of medical ethics: no maleficence, benevolence, justice, and autonomy. There's stress on loving-kindness, compassion, empathy, and temperament as key attributes of a perfect physician. The application of medicine could be a stressful profession among medical practitioner which is typically neglected problem. Heedfulness meditation, as developed in Buddhism, will facilitate health-care professionals cope up with the strain and develop the essential attributes to enhance patient care and self-care. This text outlines the religious and moral values that underlie Buddhist concern for the sick and offers an outline of lessons which health-care practitioners can get aspiration from Buddhism.

*Illness, Cure, and Care: alternatives from the Pāli Canon written by Jones, 2017* It presents translations of some discourses and discussions on the theme of medication and healing from the Pali canon, the sole complete assortment of early Buddhist scriptures that survives in its original Bharatn language. A short account of Pali language and literature can facilitate explain the historical significance of those discourses. Gautama Siddhartha would have tutored the Hindu deity in one or a lot of the dialects of Middle Indo-Aryan, or Prakrit, spoken in northern India within the fifth century BC. His followers then preserved these teachings orally, committing them to memory and spending them on in communities of recites. They might have translated the teachings into the accent of Prakrit spoken in their own region, so into the dialects of the regions to that they took the Dharma. These teachings we tend tore eventually written down in country in a very language that we currently decision "Pāli" (literally which means one thing like "language of the texts"). Though some Buddhists believe that Gautama Siddhartha spoke Pāli, the linguistic proof suggests that it's basically a

synthetic literary language supported a specific dialect of spoken Prakrit, significantly worked over by scribes aware of Sanskrit, the nice literary language of India. The Buddha's teachings were also preserved in other Indian dialects still as in Sanskrit, and also the Tibetan and Chinese translations were made up of one or other of those versions. Whereas the opposite Indian versions of the first Buddhist scriptures survive solely partially, the Pāli canon unambiguously survives complete.

***Buddhism, Health and Disease written by (Ratnakul, 2004)*** Describes the Buddhism in holistic manner, based primarily on a belief in the interdependence of all phenomena and a correlation of those phenomena in between causes, effects and treatment of disease this belief is formulated by the principle of dependent origination. , also known as the law of conditionality, the causal relationship operating in all physical, psychological and moral phenomena. In the physical realm, for example, all things in the universe are intimately connected as causes and effects with no beginning or end. And the world is an organically structured world in which all its parts are interdependent. Similarly, in human society, each component is interconnected. The same is also found in the psychophysical realm, where mind and body are not separate entities but an interdependent part of the overall human system. Part of the Buddhist worldview is the belief in kamma, the interrelationship between action and its consequences. As in the moral realm, this principle of dependent co-arising operated under the name of the law of kamma, which establishes the conditionality of this causal relationship. This implies that the Buddhist law of kamma does not imply complete determinism. If such determinism were accepted, there would be no possibility of eradicating suffering. A person would be bad because his kamma is

supposed to be bad. But this is not so, and the effects of kamma can be mitigated not only in one life but even beyond, since life, according to Buddhism, is not limited to a single individual existence. Present life is only part of the cycle of existence. (samsara) that extends through space and time. A single existence is conditioned by others which precede it and which in turn conditioned one or a series of subsequent existences. So existence is simultaneously effect in one aspect and cause in another. This imprisonment in the wheel of existence is the result of one's actions (kamma), good or bad. Conditioned by the facts, the present form of existence can be changed or dissolved by the facts. This is possible because the present is not the total effect of the past. It is cause and effect at the same time. As an effect, we are conditioned by the causal matrix. Formed by the social and biological continuities of life itself and is therefore the effect of our past actions. What we are now is the result of what we were before. But as a cause we are absolute masters of our destiny. The present, though elusive, is the cornerstone of the future. What we will be depends on what we are and do, with our own choice.

***The curative virtues of Buddhist practice are as old as Buddhism itself written by Salguero CP in 2016*** , he argues that Buddhism's connection to health dates back to the Pali Canon, the main collection of early scriptures first published in Sri Lanka were written in the 1st century BC. C. and is said to represent an earlier oral tradition in India. While medical knowledge is by no means the primary concern of these texts, it is mentioned in passing in a variety of medical metaphors, similes, and analogies, such as the frequent comparison of the Buddha to a doctor and his teachings to medicine. Several parables and tales concern doctors, surgery, medicine, and other health issues, such as the famous "parable of the poisoned arrow," in which the Buddha discouraged questions that would distract a

doctor. Person dealing with the existential problem in question. Meditation texts such as the influential Satipatthana Sutta describe the body's physical components, organs, fluids, and elements (earth, water, fire, wind, etc.) in a manner strikingly similar to the lists that appear in Indian Ayurvedic medicine. . Additionally, the Pāli Vinaya, or monastic code, lists numerous contemporary medicines and procedures and indicates whether the Buddha approved or rejected them (spoilers: he generally agrees). Finally, several stories in the sutta literature speak of the healing powers of thinking or contemplating certain aspects of the Dharma, such as the seven factors of awakening. These stories do not appear to refer to any structured meditation practice, but rather claim that even simply remembering the Dharma has a healing effect on the body.

***Buddhism and Medical Ethics: Principles and practice written by Keno, 2002*** argues that drugs bearers such significance for certain great strains were placed upon the physical successfulness of monks because of their austere life and strenuous pensive practices. Since illness and its indisposition tend to weaken the mind, typically inflicting it to lose its specialise in its operate as a liberating faculty, the interference and correct treatment of illness control is one of the excellent practices among Buddhist monk.

***Nursing with Dignity part 2: Buddhism written by Northcote in 2002*** describes that there's a fervent Buddhist jail spot of quite forty visiting 'ministers' and an efficient chaplain ought to be able to find native Buddhists or Buddhist teams to help patients and staff. There is not any universal Buddhist sacrament or initiation into the religion; you cannot 'join' however favour to enact the teachings voluntarily. There aren't any babe or childhood rituals, comparable to circumcision or head-shaving, but Buddhists might like a peaceful birth atmosphere to permit amusing state to

arise. Most strategies of contraception aren't a great concern to Buddhists, who may apply any of the standard methods. However, most wouldn't consent to abortion on the grounds that it compromises the holiness of living beings. Most Buddhists don't have any further desires however those we tend to all have - to be cared for with all respect with relation to our bodies. However, in accordance with their vows, ordained monks and nuns could also be prohibited from being within the presence of a member of the other sex while not a chaperone of their own gender. They will even have specific needs related to their vows, thus raise them. Buddha commends a harmless life, and though it doesn't seem within the teachings several Buddhists like an eater or vegetarian diet. Ordained and strict Buddhists may decline something however a vegan diet and should refuse food when noonday (unless for medicative purposes), acknowledging that we regularly indulge a looking for food by ingestion quite we tend to need. The use of intoxicants, comparable to alcohol and hallucinogenic medicine, are possible to be resisted as they mar judgement. Buddhists also are likely to refuse opiates, sedatives and tranquillizers as these drugs may have a control on their awareness and consciousness. Most Buddhists would take into account blood donation a superb chance to convey to a {different} person. Equally, requests for organ and tissue donations are possible to be received favourably, however bear in mind the individual nature of Buddhists and their families, who might have different non secular views. Research given to the 2001 annual conference of the Royal faculty of Psychiatrists found that victimization Vipassana (Buddhist meditation) as a medical aid will profit prisoners and other people with psychological state problems. The US National Institute of Health is additionally funding a study to work out whether or not Vipassana can facilitate patients with drug and alcohol addictions, and a few US specialists advocate

'mindfulness' as the simplest way of reducing pain in patients with cancer, HIV associate degreed psoriasis. Most Buddhists would acknowledge the organic reason for mental illness and therefore they would suggest varieties of treatments available. However, they could see anxiety and psychoneurotic disorders as arising, in part, as results of violating a moral method of life through indulgent cravings and desire. With relation to treatments, Buddhists are possible to favour psychological feature approaches in conjunction with a balanced lifestyle, including a healthy diet, exercise, regular sleep times, and the rejection of alcohol and tobacco as well as meditation and relaxation techniques. Buddhists recognize the worth of equanimity, or mental composure, and the importance of a modest lifestyle. Regrettably, the pace of contemporary life and therefore the competition and expectations it creates place impossible burdens on most people, {which can/ which may/ which may} create to mental illness and stress-related issues. Buddhists believe that 'phenomenon and content and attachment cause suffering'. Those with psychological state problems might wish to meditate to assist them seek for the means of well-being. The application of meditation produces calmness, peace, contentment, confidence and strength. This might lead them to bring about a modification in self. The term practice of medicine and practice of medicine are used interchangeably, worldwide; and 'medicine', itself, might mean modern or traditional. Ancient drugs are sometimes outlined as that that relies on what's practiced among the country of origin. Among the complementary ways that of active medicine, however, some are thought-about in medical circles to be resembling the fashionable or allopathic medicine that's tutored at universities (Sada, 2010). There are many traditional medicine systems in Kingdom of Nepal such as Amchi and different which are beneath Buddhist medicine system. The health system of Nepal is

committed to incorporate these all system in Nepali national health system (Koirala, 2007). So, the teaching of Lord Buddha and Buddhist drugs system is applied as various medical system and Buddhist health system can be a chance to stop diseases and promote health among individuals of Nepal.

## 5. CONCLUSION

After surfing the books and article describe above, Buddhist medical system was the application by Lord Buddha himself and his discipline that was passed to their next generations of Buddhist followers. It's found that Buddhism [Buddhist literature or teachings of Gautama Buddha were initially] written in Pāli, Prakrit and Indic languages. It's developed loads in health prosperity and medicine. The reviewed literature argue that Buddha' teachings has direct reference to healthy living socially, mentally and physically determines on whether or not person gets healthy or has had a disease. Religion and spirituality play necessary roles in the lives of immeasurable Indians and therefore, physicians ought to with all respect acknowledge non secular problems and address the spiritual wants of their patients because it has been delineated within the case of India. Buddhist teaching has described each side of human health and prosperity. Buddhist teaching enlists health problem together with birth, aging, and death because the four nice torments that inevitably accompany life in an exceedingly human body. Since Buddhist belief at its very core is concentrated on the relief of all varieties of suffering. Buddhist medical system had developed considerably in China and different countries. Their application is still in United States of Americae in China and different countries which may be helpful for everybody. Buddhism has been closely tangled with the application of medicine, each caring within their own method in the alleviation and hindrance of human suffering. Buddhist belief shows the affiliation of cause and result along and that



cased health or illness. It had been found that several literary works are found Pali languages that were written Indian landmass by the Buddhist society. It builds us clear that there was a development of Buddhist medicines system once the death of Lord Buddha as well. It make us clear that Buddhist medication information and apply had flourished within the medieval times. The affiliation between Buddhism and attention has long been noted, there's scarce literature on however Buddhist philosophy will guide health-care practitioners in their skilled likewise as personal lives. Furthermore it appears necessary on how the large knowledge of Buddhist medicine may be incorporated in gift Nepali health system. Amchi is an example that has currently been incorporated in Nepali health system.

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