

## ICBS 02

# BUDDHIST DISCIPLINARY CODES FOR ENHANCING PHYSICAL HYGIENE AS DEPICTED IN *BHESAJJAKKHANDHAKA*

Ven. Pelawaththe Sirisugatha<sup>1</sup> Ven. Embilipitiye Sasanathilaka<sup>2</sup>

<sup>1</sup>*psirisugatha@gmail.com*

<sup>2</sup>*Research Assistant, University of Sri Jayewardenepura  
sasana92@gmail.com*

*Vinaya* is the lifeblood of the *Buddhasāsana*. It brings about the discipline of any person who enters the *Buddhasāsana*. The progress of any society depends on the customs and values of that society. It is on the basis of these disciplinary rules that the clergy, separated from the laity, is formed. Mainly, in terms of discipline, the clergy is more prominent than the laity. It can be explained from the Buddha's sermons that he wanted to create a *Bhikkhu* Society that would show the direction towards which the laity could lead. Monkhood is a privilege that leads many to the right path. It is a social role on the one hand and a spiritual factor on the other. Although these disciplines are fundamental facts affecting a person's mental development, they are also relevant to a person's physical well-being. Treatments for physical ailments would not have been recommended if Buddhism is limited to a supernatural purpose. Buddhism theorises that physical health contributes to mental health. Therefore, Buddhism contains numerous medications, policies, minor-remedies and treatments that are essential for physical health. Disciplinary rules include matters relating to the maintenance of good health, but very few penalties are recommended for violating them. It is called "*Dukkaṭāpatti*" (offences of *Desanāgāmini*). However, the promulgation of disciplinary rules on health shows the importance of being mindful of those factors. Lack of health, ignorance, and inattention can be pointed out as deficiencies in personal discipline, and the healthy adherence to health-related facts is a superior personality trait. Accordingly, the main objective of this research is to study the methods used to uplift the physical health and hygiene of a person, included in the *Vinayapiṭaka*. There, more attention is paid to *Bhesajjakkhandhaka*. This study also investigates whether any penalties had been imposed for violating the disciplinary rules; if any, what the penalties relating to health matters are.

**Keywords:** Buddhism, Physiology, Hygiene techniques, Disciplinary rules