

# **An Analysis of the Concept of Psychiatry Related to Buddhist Practices**

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This research study seeks to explore the manner in which practices based in Buddhism can be identified and applied as practical psychotherapy. Psychiatry is a branch of western medicine that recommends treatment for mental and psychological disorders caused by physiological and psychological factors. Psychotherapy can be defined as psychotherapeutic modalities for the treatment of mental illnesses based on psychological approaches and regulations. Hence, due to the many aspects of Buddhist culture such as *bodhi pooja*, meditation, *sila* observance, *dhamma* discourse and pilgrimage, this study argues for the existence of an interconnection between Buddhist practices and psychiatry. Accordingly, this research study attempts to inquire the means across which Buddhist practices can be used as a psychotherapy. The purpose of this inquiry is to portray the value of psychotherapy that is embodied in Buddhist practices, to the present society. The research study takes upon a qualitative research approach where literary and scientific sources were analysed closely. This study concludes that Buddhist practices can be used as a form of psychiatric treatment and healing in overcoming psychological conditions and challenges to mental health such as stress, tension, frustration, depression, and many other ailments that prevail in today's society as a result of social inequalities, and pressures. Therefore, this study depicts the potential for further research on studies centred on Buddhist practices as means of promoting mental health.

**Keywords:** Buddhist practices, Buddhist culture, Psychotherapy, Psychiatry,  
Mental health