

An Analytical and Creative Study of the Buddhist Theory and Practice of Psycho-therapy

The teachings of the Buddha originally delivered to the people in India in the 6th Century B. C. have been further analyzed and interpreted over a long period of time in many countries such as Sri Lanka, Burma, Thailand, China, Korea and Japan. The purpose of this noble endeavour was to provide people with a right understanding which is beneficial for their wellbeing in this life, life here-after and final freedom.

The Buddhist traditions though vary in terms of interpretations commonly accept that the mental aspect of human personality plays the most important role in human behavior. According to the Buddhist analysis of five grasping groups (*pa~ca-up@d@nakkhandha*)¹ mentality is explained under four groups and physical aspect represents only one group. The Abhidhammic analysis of the five groups ascribes 89 or 121 types of consciousness and 52 psychic functions to the mentality in relation to the feelings, perceptions, dispositions and consciousness. The physical or material aspect is analyzed into about 14 parts in early Buddhism and its Abhidhammic interpretation into 28 material elements. Mental and physical aspects though analyzed as two separate groups for the sake of easy understanding their mutual inter-dependent nature is emphasized.²

The interdependent process of psycho-physical function of human personality in relation to the external world is explained in the early Buddhist discourses as follows: