

T'ien-tai's Doctrine of *Śamatha-Vipaśyanā* as a Therapeutic

There is of late an increasing interest in Buddhist medical thought. Buddhist medical thought, especially Buddhist thought as psychotherapy, is being studied from a scientific standpoint by specialists among the medical doctors.

Medical history shows that Indian medical thought has one of the oldest traditions in the world. As early as the time of the Buddha, i. e. 500 B. C. brain surgery and other surgical operations using anesthetics were performed. There is a legend that the Buddha himself acquired medical knowledge as a part of education he received as a crown prince.

With the arrival of Buddhism in China during the Latter Han Dynasty, this Indian medical thought was received by Chinese physicians. However, since a characteristically Chinese medical thought belonging to the I-Ching and Taoist traditions was already present, this new thinking gave rise to assimilation as well as friction.

The present thesis was motivated by my intention of making a basic attempt to clarify and understand Chih-i's medical thought with special reference to the contents of his psychotherapy, which bears a vital significance in the *Śamatha-Vipaśyanā* practice in the T'ien-tai doctrine.

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