



EFFECTS OF 'MAITREE' VRUTTI ON PRACTITIONERS WITH SPECIAL REFERENCE TO VIPASSANA MEDITATION TECHNIQUE

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ABSTRACT

Background: Now a day's modern medicine has developed in different ways but importance of the doctor-patient relationship is decreased.

Empathy is most valuable part to improve doctor-patient relationship.

Acharya Charaka has mentioned four attitudes of a physician *Maitree* (loving kindness), *Karuna* (compassion), *Preeti* (joy with others), *Upeksha* (equanimity) with the help of that one can improve and develop a good relationship with the patients and among these *Maitree Vrutti* is described in *Vipassana* meditation as *Metta Bhavana* (the meditation on loving kindness'.

Objectives: To see whether physicians are benefitted by *Maitree* (loving kindness) attitude or not

Methods: Approval from Institutional Ethics Committee and Vipassana Research Institute was taken for this study. Literature like Bruhatrayee, Patanjali Yogsutra, and Buddhist literature was studied. Neurobic machine is used.

Study Design:

Observational - Cross sectional study

Results: On the basis of collected data, efforts were made to throw light on the importance of *Maitree Vrutti* (loving kindness) of practitioner to build up best doctor-patient relationship.

Conclusion: *Vaidyasya Chaturvidh Vrutti* (fourfold attitude of physician) plays a vital role in building doctor patient relationship. *Maitree Vrutti* (loving kindness) is studied and explained in detail in *Vipassana* meditation as *Metta Bhavana*. This study shows that the physicians who have done *Vipassana* meditation course and practising it have developed a *Maitree* (loving kindness) attitude towards self and others.

Keywords: Loving kindness, Physicians and patients group, benefits of loving kindness

INTRODUCTION: To build a good relationship between doctor and patient conversation, care, available time these are important things. A strong relationship between the doctor and patient will leads to, good care of patient, quality information about the patient's disease and health. Accuracy of the diagnosis, good treatment of patient all comes with a good relationship between the doctor and the patient.

Acharya Charaka has mentioned four attitudes of a physician *Maitree*(loving kindness), *Karuna*, *Preeti*, *Upeksha* with the help of that one can improve and develop a good relationship with the patients and among these *Maitree Vrutti*(loving kindness) is described in *Vipassana* meditation as *Metta Bhavana*. (loving kindness)

The meditation of loving kindness is the practice of generating vibrations of

goodwill and compassion. *Metta* practice is taught on the 10th day of a *Vipassana* meditation course. At the end of every *Vipassana* meditation course, or a one-hour sitting, a person is asked to practice *Metta* (loving kindness). *Metta*(loving kindness). vibrations are vibrations whose beneficial power increases as the purity of the mind increases.

Loving kindness is the practice whereby we radiate goodwill towards all beings, from depth of one's mind

The most obvious need for selecting this topic was to highlight the importance of doctor-patient relationship in health care system. This study may also provide information about qualities of an ideal physician according to *Ayurvedic* literature.

This study may also help to study *Maitree Vrutti* (loving kindness) of physician and

its effects on their health, daily routine and behaviour and relationship with their patients too.

So here *Maitree Vrutti* is studied among the doctors who are *Vipassana* meditators and non meditators.

Aim: To study the effects of 'Maitree' Vrutti(loving kindness) on practitioners with special reference to *Vipassana* meditation technique.

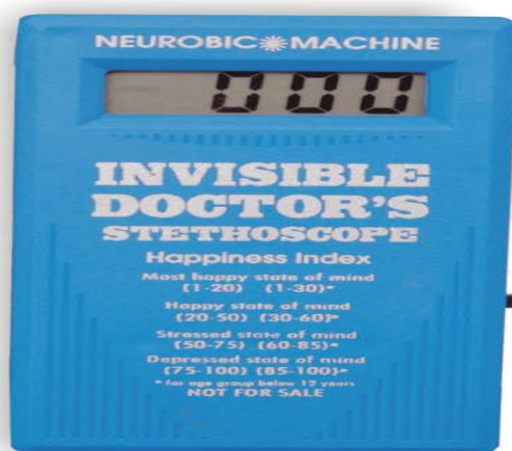
Objectives: To see whether physicians are benefitted by *Maitree* attitude or not.

MATERIAL AND METHODS

Materials

Literature (Research tool):

1. *Bruhatrayee* with *Tika*
2. *Ashtang Sangraha*
3. *Patanjali Yogsutra*
5. Literature and research paper related to *Vipassana* and *Maitree Vrutti*.
6. Neurobic machine



Methods

IEC Approval:

Approval from Institutional Ethics Committee was taken for this study. Reference no.-YMTA/PG/112/2018

Approval from *Vipassana* Meditation Centres:

Approval from Director of Research council, *Vipassana* Research Institute,

Mumbai was taken for this study on 27/03/2017.

Study Design:

1. Conceptual study.
2. Observational - Cross sectional study

Area of Sampling:

1. Mumbai.
2. Navi Mumbai.
3. *Vipassana* Mediataion Centers

Sample Size:

1. Group A – 30 physicians who have done *Vipassana* meditation course and practicing it since one year.

2. Group B – 30 physicians who have not done *Vipassana* meditation course.

3. Group C – 10 patients of each physician of both Group A and Group B total 600 patients of both groups.

INCLUSION CRITERIA:

1. Registered practitioners from faculties like *Ayurveda*, Allopath, Unani, or Dental etc.

2. Age: 35 - 40 years

3. Gender-Both male and female.

4. Practice of 10 years

EXCLUSION CRITERIA:

1. Medical students, interns who has not registered yet.

2. Registered practitioners who are not doing practice of medicine or working in any hospital.

Plan of Work:

Subjects were selected randomly as per the selection criteria.

Three groups were made:

Group A: 30 physicians who have done *Vipassana* meditation course and practising it since one year.

Group B: 30 physicians who have not done *Vipassana* meditation course.

Group C: 10 patients of each physician of both Group A and Group B total 600 patients.

1) They were further subjected to criteria of inclusion and exclusion and data was collected.

2) Plan of the study was explained and written consent from each subject was taken to become a part of the study.

3) Method used for collection of data was survey with the help of questionnaire.

4) All physicians were asked questions on the basis of the questionnaire which is based on SOFI (Self Other Four

Immeasurable), Compassion scale, and self compassion scale includes all the details regarding daily work routine, behaviour with others. (Questionnaire source-Measuring the immeasurable: Development and initial validation of the self –other four immeasurable (SOFI) scale based on Buddhist teachings on loving kindness, compassion, joy, and Equanimity, 2009, by Kraus, Sue; Sears, Sharon Department of Psychology, Fort Lewis College, Durango, CO, USA

5) Ten patients of each physician were selected and were asked questions on the basis of questionnaire which consists of information about the behaviour of their physician. Questionnaire based on Self-Compassion Scale (SCS) by Kristin Neff, Ph. D. Associate Professor Educational Psychology Dept. University of Texas at Austin 1 University Station, D5800 Austin, TX 78712 and the compassion scale Dissertation Abstracts International Section A: Humanities and Social Sciences, 72, 1174 Elizabeth A. Pommier & Kristin D. Neff

6) Collected data was analyzed further with Mann-Whitney U Test,

Chi square test, Independent samples t test,

7) Further observations were noted and conclusion was drawn.

Statistical Analysis of Data

To compare equivalence and comparativeness between *Vipassana* and non-*Vipassana* group of physicians for Gender, Marital status, Children status, Higher education, Addiction status, Physical and mental health problem status Chi square test is used.

To compare two sample means of Age, Working hours per week of physicians of both groups Independent samples t test is used.

To compare Loving kindness score, Metta score, Self compassion score, Compassion towards other score, Patient satisfaction score Mann-Whitney U Test is used.

To compare Happiness score Chi square test is used.

OBSERVATIONS-

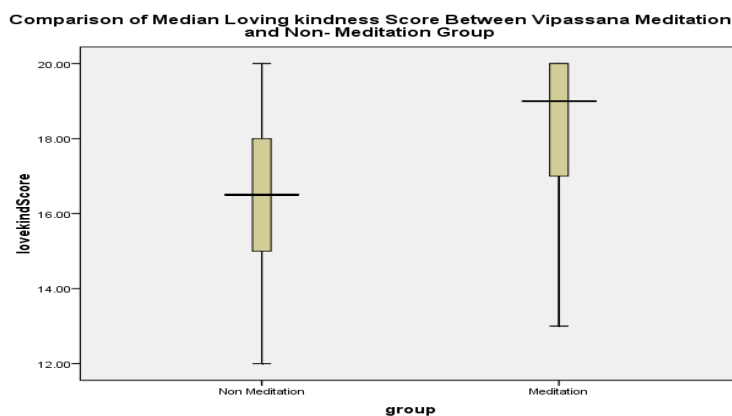
Table no. (1) Ranks

	group	N	Mean Rank	Sum of Ranks
lovekindScore	Non Meditation	30	24.05	721.50
	Meditation	30	36.95	1108.50
	Total	60		
MettaScore	Non Meditation	30	21.45	643.50
	Meditation	30	39.55	1186.50
	Total	60		
Scompassion	Non Meditation	30	19.43	583.00
	Meditation	30	41.57	1247.00
	Total	60		
Pcompassion	Non Meditation	30	18.50	555.00
	Meditation	30	42.50	1275.00
	Total	60		

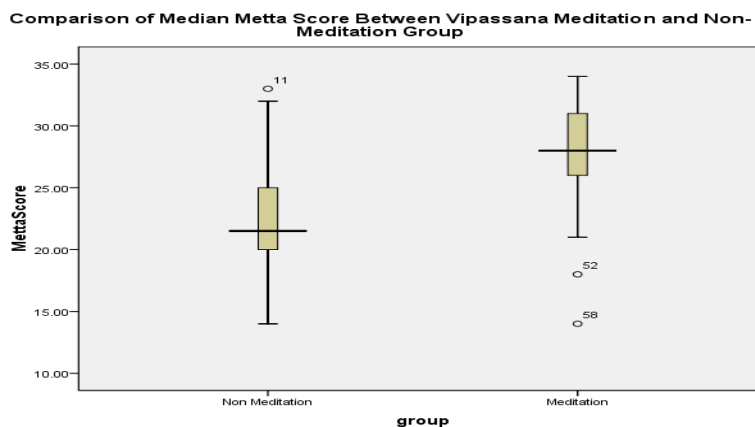
Table no. (2) - Test Statistics

	lovekindScore	MettaScore	Scompassion	Pcompassion
Mann-Whitney U	256.500	178.500	118.000	90.000
Wilcoxon W	721.500	643.500	583.000	555.000
Z	-2.894	-4.028	-4.921	-5.343
Asymp. Sig. (2-tailed)	.004	.000	.000	.000

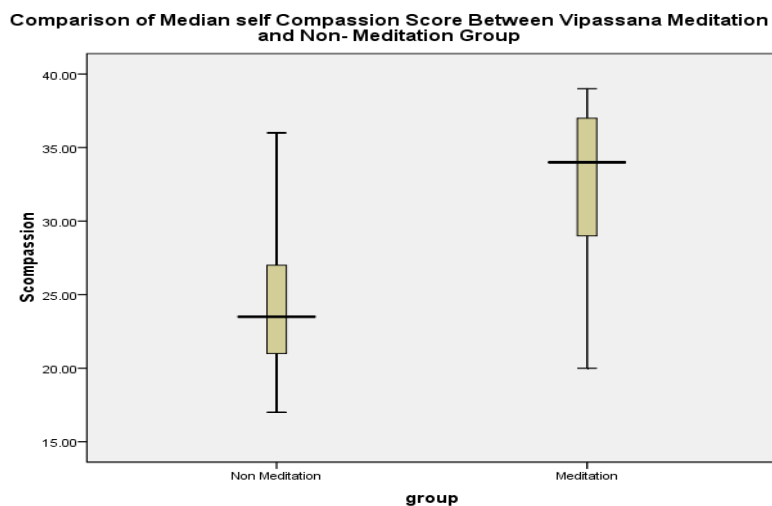
1) Comparison of median Loving kindness score between vipassana meditation and non meditation group (Image no.-1)



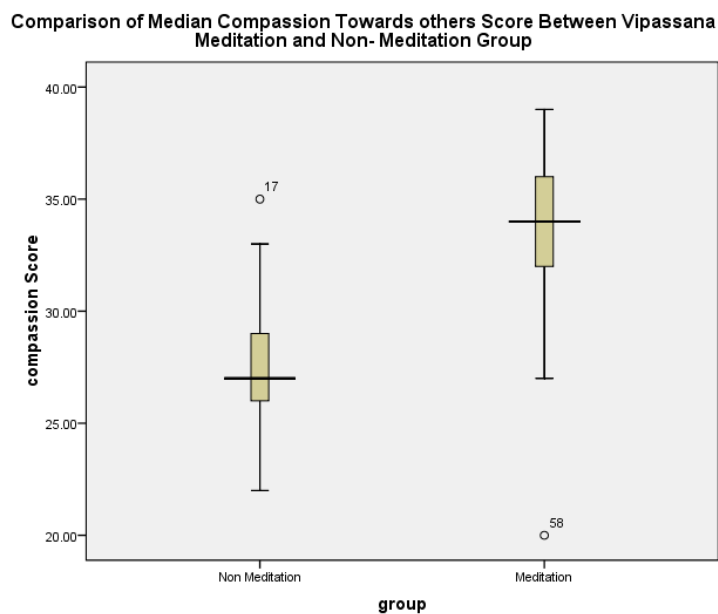
2) Comparison of median metta score between vipassana meditation and non meditation group (Image no.-2)



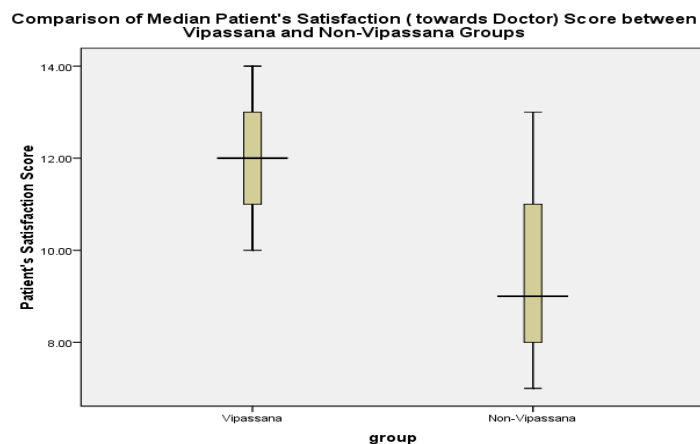
3) Comparison of median Self compassion score between vipassana meditation and non meditation group (Image no.-3)



4) Comparison of median compassion towards others score between vipassana meditation and non meditation group (Image no.-4)



5) Comparison of median patients satisfaction (towards others) score between vipassana meditation and non meditation group (Image no.-5)



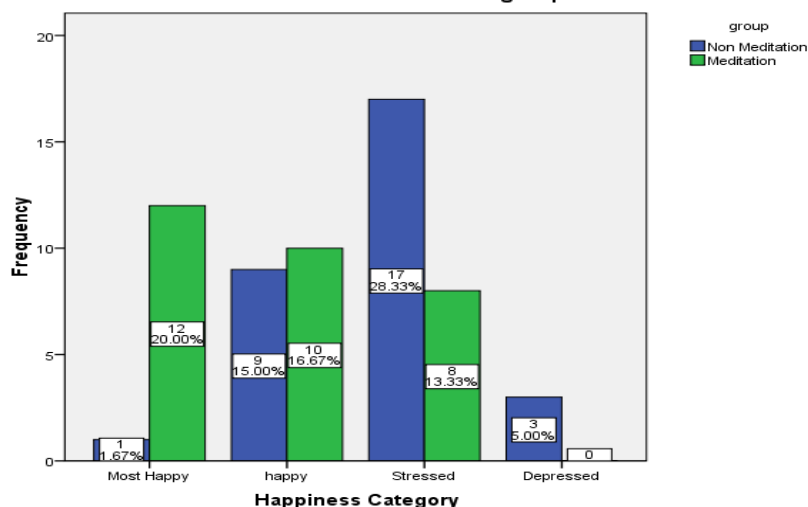
6 Happiness testing score by Neurobic machine.

Table 3 Chi-Square Test

	Value	Df	Asymp. Sig. (2-sided)
Pearson Chi-Square	15.600 ^a	3	.001
Likelihood Ratio	18.496	3	.000
Linear-by-Linear Association	14.904	1	.000
N of Valid Cases	60		

a. 2 cells (25.0%) have expected count less than 5. The minimum expected count is 1.50.

Frequency Distribution of Happiness Category between Vipassana Meditation and Non-meditation group



DISCUSSION

Mean age for non-Vipassana group is 36.86

Mean hour per week for non-Vipassana group is 52.90

All the data like gender, marital status, children status, highest education, addiction status, physical-mental health problem of physician, working hours per week is equally distributed in Vipassana and Non Vipassana group of doctors.

Maitree vrutti (Loving Kindness) is studied among the two groups of physicians. The study of Maitree attitude of physician is done with the help of related literatures. Physicians belonging in *Vipassana* group got the maximum benefits of *Metta Bhavana (Loving Kindness)*

Loving kindness score-

By applying the Mann-Whitney Test, The difference between median of loving kindness score of *Vipassana* group of physician and non *Vipassana* group of physician is statistically significant since p value is 0.004 which is less than 0.05, the conclusion is drawn that loving kindness i.e. *Maitree vrutti (Loving Kindness)* is more among the physician who have done *Vipassana* meditation course.

Metta benefifits

By applying the Mann-Whitney Test, The difference between median of *Metta(Loving Kindness)* benefifits score of *Vipassana* group of physician and non *Vipassana* group of physician is statistically significant since p value is 0 which is less than 0.05 the conclusion is drawn physician who have done *Vipassana* meditation course get the more *Metta(Loving Kindness)* benefifits compare to non *Vipassana* group of physicians.

Self compassion score

By applying the Mann-Whitney Test, The difference between median of self compassion score of *Vipassana* group of physician and non *Vipassana* group of

physician is statistically significant since p value is 0 which is less than 0.05 the conclusion is drawn that self compassion is more among the physician who have done *Vipassana* meditation course.

Compassion towards others score

By applying the Mann-Whitney Test, The difference between median of compassion towards other score of *Vipassana* group of physician and non *Vipassana* group of physician is statistically significant since p value is 0 which is less than 0.05 the conclusion is drawn that compassion towards other is more among the physician who have done *Vipassana* meditation course

Happiness testing score

Since calculated value of Chi-Square Test, for happiness testing score between *Vipassana* group of physicians and non *Vipassana* group physician As p value ($p=0.001$) which is less than 0.05 the difference is statistically significant the conclusion is drawn that happiness is more among the physician who have done *Vipassana* meditation course.

Patient satisfaction score

Since calculated value of Wilcoxon, Mann-Whitney U, The difference between median of patients satisfaction score of *Vipassana* group of physician and non *Vipassana* group of physician is statistically significant since p value is 0 which is less than 0.05 the conclusion is drawn that patients satisfaction towards their physician is more among the physician who have done *Vipassana* meditation course.

CONCLUSION: Maximum value for patients of non *Vipassana* group of doctors is 13 and for patients of *Vipassana* group of doctors is 14.

Median patient satisfaction score for non *Vipassana* group is 9 and for *Vipassana* group is 12.

Mean rank of patients of non Vipassana group doctors is 12.09 and of patients of Vipassana group doctors is 9.52.

The difference between median score is statistically significant since p value is 0.0 which is less than 0.05.

Ayurveda texts explain the importance of Vaidya amongst the Bhishak Chatuspad and also give emphasis on fourfold attitude of physician.

Maitree Vrutti is studied and explained in detail in Vipassana meditation as Metta Bhavana. As Maitree Vrutti increases people gets its benefits and it leads to happy, joyful life and also causes a good impact on others.

This study shows that the physicians who have done Vipassana meditation course and practising it have developed a Maitree attitude towards self and others.

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