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 Bruhattrayee, Patanjali Yogasutra, 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. Bruhattrayee with Tika
2. Ashtang Sangraha
3. Patanjali Yog sutra
4. Vipassana and Maitree Vrutti
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:**
2. Observational - Cross sectional study

**Area of Sampling:**
1. Mumbai.
3. Vipassana Mediation 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 practicing 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**

<table>
<thead>
<tr>
<th></th>
<th>group</th>
<th>N</th>
<th>Mean Rank</th>
<th>Sum of Ranks</th>
</tr>
</thead>
<tbody>
<tr>
<td>lovekindScore</td>
<td>Non Meditation</td>
<td>30</td>
<td>24.05</td>
<td>721.50</td>
</tr>
<tr>
<td></td>
<td>Meditation</td>
<td>30</td>
<td>36.95</td>
<td>1108.50</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>60</td>
<td></td>
<td></td>
</tr>
<tr>
<td>MettaScore</td>
<td>Non Meditation</td>
<td>30</td>
<td>21.45</td>
<td>643.50</td>
</tr>
<tr>
<td></td>
<td>Meditation</td>
<td>30</td>
<td>39.55</td>
<td>1186.50</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>60</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Scompassion</td>
<td>Non Meditation</td>
<td>30</td>
<td>19.43</td>
<td>583.00</td>
</tr>
<tr>
<td></td>
<td>Meditation</td>
<td>30</td>
<td>41.57</td>
<td>1247.00</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>60</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pcompassion</td>
<td>Non Meditation</td>
<td>30</td>
<td>18.50</td>
<td>555.00</td>
</tr>
<tr>
<td></td>
<td>Meditation</td>
<td>30</td>
<td>42.50</td>
<td>1275.00</td>
</tr>
<tr>
<td></td>
<td>Total</td>
<td>60</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Table no. (2) - Test Statistics**

<table>
<thead>
<tr>
<th></th>
<th>lovekindScore</th>
<th>MettaScore</th>
<th>Scompassion</th>
<th>Pcompassion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mann-Whitney U</td>
<td>256.500</td>
<td>178.500</td>
<td>118.000</td>
<td>90.000</td>
</tr>
<tr>
<td>Wilcoxon W</td>
<td>721.500</td>
<td>643.500</td>
<td>583.000</td>
<td>555.000</td>
</tr>
<tr>
<td>Z</td>
<td>-2.894</td>
<td>-4.028</td>
<td>-4.921</td>
<td>-5.343</td>
</tr>
<tr>
<td>Asymp. Sig. (2-tailed)</td>
<td>.004</td>
<td>.000</td>
<td>.000</td>
<td>.000</td>
</tr>
</tbody>
</table>
1) Comparison of median Loving kindness score between vipassana meditation and non meditation group (Image no.-1)

[Graph showing comparison]

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

[Graph showing comparison]
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

<table>
<thead>
<tr>
<th></th>
<th>Value</th>
<th>Df</th>
<th>Asymp. Sig. (2-sided)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pearson Chi-Square</td>
<td>15.600a</td>
<td>3</td>
<td>.001</td>
</tr>
<tr>
<td>Likelihood Ratio</td>
<td>18.496</td>
<td>3</td>
<td>.000</td>
</tr>
<tr>
<td>Linear-by-Linear Association</td>
<td>14.904</td>
<td>1</td>
<td>.000</td>
</tr>
<tr>
<td>N of Valid Cases</td>
<td>60</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

a. 2 cells (25.0%) have expected count less than 5. The minimum expected count is 1.50.
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 benefits
By applying the Mann-Whitney Test, The difference between median of Metta (Loving Kindness) benefits 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 physician who have done Vipassana meditation course get the more Metta (Loving Kindness) benefits 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, Man 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 Chatushpad 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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