

## **The Seven Factors of Enlightenment and Their Potential Health Benefits: an Analytical Study of Meditation Practitioners**

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### **Abstract**

The seven factors of enlightenment are the imperative foundation of attainment of the ultimate liberation as well as the Buddha's alternative therapy. Studies on public health from the Buddhist perspective need to be conducted to provide fresh outlooks. This research aims to investigate logical connections between the seven factors of Enlightenment and their potential health benefits in established literature and from health experiences of meditators who are developing the factors through insight meditation. A descriptive analysis of the data from Buddhist literature was employed along with interviews and a survey questionnaire to investigate health benefits experienced by nine selected meditators through development of the factors. The findings reveal that four individuals described in Buddhist literature were completely cured of the diseases just by listening to the seven factors, the six respondents completely cured of the diseases and three respondents gaining partial relief by development of these factors. This research attempted to provide suggestions - alternative measure to conventional scientific remedies by developing factors in meditation in addition to listening to the recitation of the Bojjhaṅga Sutta.

**Key words:** enlightenment, wellbeing, meditation, Bojjhaṅga Sutta

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