

人間佛教對人心的關懷 ——佛教與中醫調心方法之比較研究

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摘要

本文將作跨領域的探討，目的是將佛教及中醫對於人心的關懷就調心方法方面作一比較研究，並探討星雲大師對於心的觀點和調心方法。本論文屬於文獻分析法，透過佛教與中醫調心方面之文獻作分析比較。佛教是一種信仰，中醫是一種醫學。佛學是自力的淨心，中醫是他力的治療。二者有異同之處。人間佛教菩薩道的實踐，需要走入人間，可由佛教最重視的「心來著手」。二者的比較研究開啟了整合的可能性。

關鍵詞：人間佛教、星雲大師、佛教、中醫、調心

Taking Care of Human's "Minds" of the Humanistic Buddhism: A Comparative Study on the Mind-Modification Methods of Buddhism and Traditional Chinese Medicine

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Abstract

The present study aims to: (1) explore and compare the mind-modification methods in Buddhism and Traditional Chinese Medicine; (2) discuss the ideas and mind-modification methods of Master Hsing Yun. By means of literature analysis, the paper compares the literature in Buddhism and Traditional Chinese Medicine for their mind-modification methods. In light of methodological comparisons, it was found that: (1) Whereas Traditional Chinese Medicine is therapeutic, Buddhism offers solutions to inflictions. (2) Whereas Traditional Chinese Medicine relies on outside forces for cure, Buddhism relies mainly on self-regulated mind modification. The practice of the Humanistic Buddhism has to be in the society to care human's "mind." Buddhism and the Traditional Chinese Medicine can be mutually facilitative, and the integration of the two could possibly be more effective in dealing with emotional vexations.

Keywords: Humanistic Buddhism, Master Hsing Yun, Buddhism, Traditional Chinese Medicine, mind-modification

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