LIFE QUALITY ENHANCEMENT OF FEMALE PRISONERS WITH CANCERS BY AROKAYASAL WAT KAMPRAMONG GUIDELINE

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Abstract— This research was a part of the Project for Life Quality Enhancement of Female Prisoners in Udonthani Central Prison by Arokayasal Wat Kampramong guideline, by "Luang Ta" or Phra Paponpat and volunteer team of Wat Kampramong, Pannanikom District, Sakolnakorn Province. Thailand. The objective was to enhance life quality of female prisoners with cancers in physical, psychological and social aspects by Arokayasal Wat Kampramong guideline. The research methods were qualitative and quantitative study including action research. The physical enhancement was cancer treatment using herbs from Arokayasal Practice and other herbs to alleviate suffering. The psychological enhancement was Buddhism practice for mind calmness, stress decrease and understanding the truth of life by listening to Dhamma, praying and meditation. The social aspect was enhanced by music session, group exercise, understanding nature of living with others and forgiveness. The population were 18 female prisoners with cancer. The results of physical enhancement showed the samples were cooperative in treatment and advice, pain decrease and tumor sizereduction. The results of psychological and social enhancementwere better mental health, understanding of life and illness, having hope,life encouragement and anticipation to do benefit for society after leaving prison.

Index Terms—Life Quality Enhancement, Female Prisoners with Cancers, Arokayasal Wat Kampramong.

I. INTRODUCTION

There are more female offenses at present which result in 47,632 female prisoners in Thailand. [1] This makes Thailand to be number four of most female prisoners in the world besides USA, China and Russia. [2] The increasing number of female prisoners has many effects to them: such as the prisons are far away from their homes and families, the prisons are overcrowded due to limited space, inadequate basic services for females and inaccessibility to health care. Her HRH Princess Bajrakitiyabha who concerned with the prisoners' problems has initiated the Encouragement Project to assist the prisoners to have the opportunity to be part of society. The target groups are female, child and adolescent prisoners and disadvantaged group from justice process. Her HRH Princess proposed the Project ELFI: Enhancing Lives of Female Inmates with reference from the United Nations rules for the treatment of women prisoners and non-custodial measures for women offenders or the Bangkok Rules to reflect international standard of practice for female inmates in health care, female vulnerability and their children in prison. [3] Udonthani Central Prison is one of the pioneers of the project. Phra Paponpat, the Abbot of Wat Kampramong has created Arokayasal Wat Kampramong Practice. He recognized the importance of life quality enhancement of female prisoners and initiated Arokayasal guideline to enhance life quality of female prisoners with cancers. Wat Kampramong situates in Pannanikom District, Sakolnakorn Province and serves as a hostel for terminal cancer patients. In 1996 the Abbot had nasopharyngeal cancer and was treated by chemotherapy with no response. He decided to try meditation and herbs from Thai traditional formula. Finally his pain subsided and the cancer was cured. After that people who had cancers came to the Abbot for treatment with no expense. He treated cancer with Buddhism practice by meditation, praying and walking meditation along with musical and natural therapy. He also used herbal medicines to treat cancer and adjust body elements by Arokayasal Practice. The patients' families involved in the therapy and stayed with the patients. At present there are multi-disciplinary teams who volunteer for this project, such asphysician, Thai-traditional medicine, psychologist, nutritionist, nurse, pharmacist and academic staff. [4]

The Project for Life Quality Enhancement of Female Prisoners by Arokayasal Wat Kampramong guideline, aims to holistically enhance life quality of female prisoners in physical, psychological and social aspects. The health dimension emphasizes comprehensive care and family connection. The prisoners were prepared to live in the society, to have jobs, to have mental stability and moral development for immunity after imprisonment. Preliminary data from Udonthani Central Prison showed that there were 18 females prisoners who had cancers. The Abbot and volunteer team gave them the opportunity for cancer therapy while they were imprisoned and life quality enhancement.

Research Objectives

To enhance life quality of female prisoners with cancers by Arokayasal Wat Kampramong guideline

Expected Benefits

Female prisoners with cancers have better life quality in physical, psychological and social aspects. This project would set example to other prisons for care of female prisoners with cancers or other diseases to achieve better life quality and encouragement for living.

II. RESEARCH METHODS

A. Study design

The research methods are qualitative and quantitative study including action research for life quality enhancement of female prisoners by Arokayasal Wat Kampramong Practice. Health dimension includes multi-disciplinary therapy from volunteer team. The therapy consists of health examination and treatment. Psychological aspect is enhanced by Buddhism practice for mind calmness by listening to Dhamma, praying and meditation. The social aspect is enhanced by sharing relationship with other prisoners, music session and Qigong exercise adapted for Thais. The physical, psychological and social enhancements are evaluated by treatment evaluation form, observation, interview and statistics.

B. Participants

The population are 18 female prisoners with cancerswho volunteer to participate in therapy by Arokayasal Wat Kampramong guideline.

C. The research tools

The research tools are

1. Life quality enhancement by Arokayasal Wat Kampramong guideline. For physical enhancement, the samples have health examination and therapy by herbs from Arokayasal Practice and other herbs to alleviate suffering. They are appointed for follow up 1-2 times per month for 12 months. The psychological enhancement includes practice for mind calmness by listening to Dhamma, praying and meditation once a month for 12 months. The social aspect is enhanced by sharing relationship with other prisoners, music session and exercise once a month for 12 months.
2. Evaluation form for each activity
3. Observation form and interview form to reflect from the project.

D.Data Analysis

Data are analyzed from treatment evaluation form, observation and interview using content analysis, frequency, percentage and mean.

E. Ethics

The research takes into account the right of the samples, the objectives of the research. a period of research. The clarification of the right to accept or refuse to participate in this research without affecting in any way. In addition, during the research If the samples do not wish to participate in the research completed on schedule can be terminated without affecting. The learning of information obtained from this research are confidential. Presentation of data will be presented in an overview. There is no disclosure of the name and surname when samples are willing participants. The research samples sign a consent form to participate in the study (informed consent form)

III. RESULTS

1. Life quality enhancement: physical aspect

1.1 Health examination and health screening by volunteer physician showed 18 female prisoners had 1) 5 cancers of cervix, uterus and/ or ovary 2) 5 breast cancers 3) 3 lymphomas 4) 2 thyroid cancers 5) 1 lung cancer 6)1 cervical cancer with lymph node enlargement and 7) 1 lymph node tumor with tuberculosis

1.2 Prior to therapy by Arokayasal Wat Kampramong Practice, the prisoners had cancer pain at cancer site such as: abdomen, pelvis, neck and breast. They also had myalgia, leucorrhea, constipation, numbness, palpitation and dyspnea.

1.3 Therapy by Thai Traditional Medicine and conventional medicine included herbs from Arokayasal Practice, and other herbs to alleviate suffering, such as creat (Andrographispaniculata), turmeric (Curcuma longa), sworn tablets, detox medicine, balsam, etc.

1.4 After therapy by Arokayasal Practice and herbal medicines, the tumor size and cancer pain of all samples decreased.

1.5 The most visits for treatment was 15 and the fewest visits was 3. The average visits were 12.

2. Life quality enhancement: psychological aspect

The Abbot used Dhamma to enhance psychological aspect of female prisoners by Dhamma teaching, praying and meditation from Buddhism practice. They practiced for mind calmness, understanding the truth of life, peaceful sharing, understanding others, forgiving and moral living. The Abbot conducted this session once a month for 12 months. All 18 samples participated in every session. They also initiated moral prison project to pray and meditate every morning.

3. Life quality enhancement: social aspect

The samples participated in music session and Qigong exercise adapted for Thais conducted by volunteer group once a month for 12 months. The result showed willingness of the female prisoners with

cancersto participate the activity. They smiled and voiced in respect to the Abbot. The interview showed that the samples had less stress, were able to participate exercise, felt refreshing, increased appetite and took less analgesics.

4. Overall result of life quality enhancement from observation and interview showed that the prisoners were eager to participate in each activity and regularly attended therapy course. They said that herbal medicines from the Abbot improved their symptoms with less pain and tumor size decrease. They were eager to listen to the Abbot's Dhamma teaching, praying and meditation with happiness. They had hope and life encouragement. They wanted to do benefits for society after release from prison and to become volunteers to help other cancer patients at Wat Kampramong, as the words of the female prisoners;

"Wait for the Abbot to teach Dhamma.
Hope the Abbot teach more often,
listening Dhamma make me relaxed"

"Herbs make me better, listening
Dhamma improves my mental health"

"Example patient to exercise everyday"

"After release from prison, the first thing to do is pay respect to my parents and then become volunteer at Wat Kampramong"

"Do not want to die until I can leave to
see my parents, husband and children"

"After getting out, I want to work at resort in Pu Rue"

"After release, I want to ordain and will not involve in narcotics again"

"Want to go home, go to temple and make merit"

"My intention after release from jail is to ordain to become nun 1 week and become volunteer at Wat Kampramong. I can look for positive side."

"The Abbot makes me accept and
understand life and death, so we
should do good deeds"

CONCLUSION AND DISCUSSION

Result of life quality enhancement of female prisoners with cancers in Udonthani Central Prison by Arokayasal Practice showed that the physical aspect was enhanced from health examination and therapy by herbs. The tumor mass size and cancer pain decreased. Wat Kampramong provided accommodation for cancer patients, therapy with herbal medicines and Buddhism practice for psychological enhancement. There have been more than 1,700 cancer patients and relatives who came for treatment at Wat Kampramongsince it was established in 2004. Nopamas Suntornjaroennont[5] said that Wat Kampramong provided alternative treatment for cancer patients with herbs from the formula originated by the Abbot. There were reported cases of successful results. The National Research Council has supported research funding to the Faculty of Pharmacy, Mahidol University and the Faculty of Medicine, Thammasat University to study and develop anticancer drug formula of Wat Kampramong. Pre-clinic testing and drug toxicity in animal have been passed. It was found the drug could inhibit growth of various cancer cells such as cancer cells from mammary gland, bone marrow, liver, cervix and lung. [6] Another study of pharmacology showed many compositions of the herbs helped some organs function and inhibited cancer cell growth. The herbs, such as creat (Andrographispaniculata) and Curcuma longa. were used in formula of Wat Kampramong. [7]

The results of life quality enhancement in psychological and social aspects showed that female prisoners regularly participated in listening to Dhamma, praying, meditation and sharing with other female prisoners for exercise and music. The result is in compliance with the study of experience from cancer patients using meditation for self-care. Kanjana Sangsingh, UraiHatakij and Angsuma Apichato found that meditation helped decrease stress, understand the truth, have mental strength and less worry of cancer. [8] Saowanee Sankasopon [9] studied music therapy and found that ancient Greeks believed there was God of Music named Apollo who helped treating the sick people. Buckwalter et.al. [10] found that music had effects to body and mind. It could be used with medical treatment to relieve pain, anxiety and fear, increase physical power and motivate consciousness, thought, emotion and great minds. It could help strong body, relax and happiness. Beck [11] studied appreciated music and pain score in cancer patients. He let the samples choose relaxation music they liked such as: classical music, jazz, rock etc. The samples listened to music for 45 minutes, twice a day for 3 days. The result showed pain decreased with statistical significance, and Radziewicz and Schneider [12] studied the

effect of appreciated music and pain decrease in leukemia patients while their bone marrows were punctured. The result showed the subjects had less pain than control group with statistical significance. Wallapa Sangkasopon [13] studied the effect of music to pain and suffering in cancer patients. He found that while listening to music, the patients significantly had less pain and suffering than while they did not listen to music. Smith M., et al [14] found that music could reduce anxiety in cancer patients during radiation therapy. Jirapee Suntornkul Na Chonburi [15] studied the effect of music therapy to anxiety and pain in cancer patients and the result showed that music therapy could reduce the patients' anxiety.For the results of life quality enhancement in social aspects is also in compliance with the study of Surang Chuovanichakan[16] which found that the happiness of adulthood and the Elderly were positive correlation coefficients with social relationship.

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