

Plagiarism Checking Report

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Submission Information

ID	SUBMISSION DATE	SUBMITTED BY	ORGANIZATION	FILENAME	STATUS	SIMILARITY INDEX
4281050	May 12, 2025 at 18:44 PM	Nadnapang@ibsc.mcu.ac.th	มหาวิทยาลัยมหาจุฬาลงกรณราชวิทยาลัย	FFMBI_Research_Report_Compressed.pdf	Completed	0.43 %

Match Overview

NO.	TITLE	AUTHOR(S)	SOURCE
1	The relationship between the four foundations of mindfulness (Satipatthāna) and mental health development	Channuwong, Sukhumpong	Kasetsart Journal of So Sciences
2	http://www.smj.si.mahidol.ac.th/sirirajmedj/index.php/smj/article/download/2906/2754	smj.si.mahidol.ac.th	smj.si.mahidol.ac.th_nu
3	CPAP therapy in a young hypertension patient	Phitsanuwong, Chalongchai	Asia-Pacific Journal of Science and Technolog

TEXT FROM SUBMITTED DOCUMENT	TEXT FROM SOURCE DOCUMENT(S)
<p>Buddha emphasizes the supreme importance of this practice The one and only path Bhikkhus leading to the purification of beings to passing far beyond grief and lamentation to the dyingout of ill and misery to the attainment of right method to the realization of Nirvana is that of the Fourfold Setting up of Mindfulness 4 This verse strongly asserts that the practice of the Four Foundations of Mindfulness is the only path ekyano maggo to the realization of Nibbna which is the ultimate goal of Buddhism Similarly in the Satipahna Sutta of the Majjhima Nikya the Buddha expounds a concise</p>	<p>foundations of mindfulness in that The one and only path leading to S Channuwong et al Kasetsart Journal of Social Sciences 43 2022 166172 167 the purification of beings to passing far beyond grief and lamentation to the dyingout of ill and misery to the attainment of right method to the realization of Nirvana is that of the fourfold setting up of mindfulness Pali Text Society 2013 Practitioners can practice meditation through the four foundations of mindfulness There are four kinds of benefits which practitioners can achieve from meditation ie happiness in the current life vision of the truth through special knowledge completion of mindfulness and consciousness and cessation of mental defilement Mahachulalongkornrajavidyalaya 1996 Therefore the four foundations of mindfulness can be implemented to develop mental health In this regard Phrakhrubhavanasangvorakij 2015 found that the practice of selfdevelopment according to the four foundations of mindfulness is one of the main and core teachings of Buddhism that is the direct way to improve mental health and purify the mind to overcome sorrow and lamentation to extinguish suffering and grief and to attain Nirvana which is the ultimate goal of Buddhism Practicing meditation through the four foundations of mindfulness can help improve the mind to be calm free from stress and attain higher state of mental happiness Mental health is one of the hottest issues today because it has a direct impact on life quality and well being of people in the whole world Rungreangkulkij 2010 In Thailand the Thai</p>
<p>There are two guidelines for blood pressure levels including the Seventh Report of the Joint National Committee on Prevention Detection Evaluation and Treatment of High Blood Pressure^{82 82} Chobanian Aram V MD The Seventh Report of the Joint National Committee on Prevention Detection Evaluation and Treatment of High Blood Pressure US Department of Health and Human Services National Institutes of Health National Heart Lung and Blood Institute 2003 p Xiii</p>	<p>and albuminuria are needed to monitor the long-term effects from both OSA and hypertension . However , CPAP therapy is shown to improve left ventricular function and reduce left ventricular / right ventricular volume [16]&[17]. In conclusion , OSA can be the cause of hypertension in young patients and CPAP therapy may be the applicable therapy for successful treatment . 4 . References [1] Chobanian ,A.V., Bakris ,G.L., Black ,H.R., Cushman ,W.C., Green ,L.A., Izzo ,J.L., Jones ,D.W., Materson ,B.J., Oparil , S ., Wright ,J.T., Roccella ,E.J., National Heart , Lung , and Blood Institute Joint National Committee on Prevention , Detection , Evaluation , and Treatment of High Blood Pressure , National High Blood Pressure Education Program Coordinating Committee , 2003 . The Seventh Report of the Joint National Committee on Prevention , Detection , Evaluation , and Treatment of High Blood Pressure : the JNC 7 report . JAMA 289 , 2560 - 2572 .[2] Silverberg ,D.S., Oksenberg , A ., 2001 . Are sleep-related breathing disorders important contributing factors to the production of essential hypertension ? Current Hypertension Reports 3 , 209 -- 215 .[3] Goncalves ,S.C., Martinez , D ., Gus , M ., de</p>

mm Hg or higher For pulse rate or heart rate level the American Heart Association defines the normal sinus heart rate as between 60 and 100 bpm^{84 83} Whelton P K Carey R M Aronow W S Casey D E Collins K J Himmelfarb C D et al Guideline for the Prevention Detection Evaluation and Management of High Blood Pressure in Adults A Report of the American College of Cardiology American Heart Association Task Force on Clinical Practice Guidelines Journal of the American College of Cardiology Vol 71 No 19 2018 127248 84 Mason J W Ramseth D J Chanter

98 sufferings of existence and the one path towards achieving Nibbana as stated in Dghanikya⁹⁵ The one and only path Bhikkhus leading to the purification of beings to passing far beyond grief and lamentation to the dyingout of ill and misery to the attainment of right method to the realization of Nirvana is that of the Fourfold Setting up of Mindfulness Somdet Phra Buddhaghosacariya P A Payutto ⁹⁶ stated that the cultivation of the Four Foundations of Mindfulness is a very popular and revered method of Dhamma practice It is considered to incorporate both tranquillity meditation samatha and insight meditation

noticeable trends and is easy for nurses to follow Thus nurses can continually promote empowerment through text and followup telephone calls These certainly effect on building confidence in blood pressure control REFERENCES 1 World Health Organization Cardiovascular diseases CVDs Fact sheet 2017 cited 25 December 2018 Available from <http://www.who.int/mediacentre/factsheets/fs317/en/> 2 Whelton PK Carey RM Aronow WS Casey DE Jr Collins KJ Dennison Himmelfarb C et al 2017 ACC AHA AAPA ABC ACPM AGS APhA ASH ASPC NMA PCNA Guideline for the Prevention Detection Evaluation and Management of High Blood Pressure in Adults A Report of the American College of Cardiology American Heart Association Task Force on Clinical Practice Guidelines Hypertension 2018 71 6 e13e115 3 Tajew GS Booth JN 3rd Colantonio LD Gottesman RF Howard G Lackland DT et al Incident Cardiovascular Disease Among Adults with Blood Pressure 140/90 mm Hg Circulation 2017 136 798812 4 Nakklung Y Raviworrakul T Tachaboonsarnsak P Satheannoppakao W Effect of selfefficacy theory application on diet control exercise behaviors and blood pressure among older adults with hypertension Journal of Boromarajanani College of Nursing 2012 28 112 5 Udompittayarat K Health Education Program Applying SelfEfficacy Theory to Promote Exercise Behavior in Essential Hypertensive Patients Veridian EJournal

of an investigating (trana pari) and full understanding as overcoming (pahna pari) supports to understand the craving (tanh), conceit (mna) and dogmatic views (ditthi) in the mind . Meantime , the Indriya-bhvan developed and cultivated fulfills the four-foundation of mindfulness (Satipatthna). The Satipatthna Sutta explains four-foundation of mindfulness of contemplation of body , feelings , mind and the mental objects . A detailed treatment of this subject is so important ¹⁸ <https://so13.tci-thaijo.org/index.php/IMJ/index> Intersecta Minds Journal , Volume 3 Issue 1 (January - April 2024) for the practice of the Buddhist mental culture . At the beginning of the sutta explained the importance of the sutta as thus : The one and only path , Bhikkhus leading to the purification of beings , to passing far beyond grief and lamentation . To the dying-out of ill and misery , to the attainment of right method , to the realization of Nirvana , is the Fourfold Setting up of Mindfulness (Bhikkhu Bodhi , 2012 : DN . 22). The basis practice in the Indriya-bhvan sutta is the contemplation of feeling also mentioned in the four foundations meditation in the Satipatthna Sutta . In the contemplation of the feeling : all the feelings arise in the meditator perceives , namely agreeable , disagreeable , both agreeable and disagreeable (neutral) feeling of body and mind , sensual and super sensual feelings , sensual indifferent feeling and super sensual indifferent feeling . According to Buddhism , all the formations are impermanent . Feeling also impermanent . Therefore , the Buddhist attitude shows that there is no such