

Holistic restoration of total pain – The importance of remembering sanctity of life and prayer for spiritual practice

Minoru Oyama, MD Department of Anesthesiology, Tagawa Municipal Hospital, Fukuoka, Japan

Tagawa Municipal Hospital

田川市立病院

TOTAL PAIN

The human being consist of body, mind and soul

- Relations with other people : social being
- Relations with the Absolute : spiritual being
- Human soul exists in the core of the man

Total Pain (Saunders)

- 1. Physical
- 2. Mental
- 3. Social
- 4. Spiritual

The 4 elements above are not separated but combined and integrated.

All Kinds of Pain = Total Pain

HOLISTIC RESTORATION

All of these may be useful for holistic restoration.:

- physical therapy .
- Mental therapy
- Social approach
- Spiritual approach

Respect the personality of every patient

We often experience our patients' recovery from critical state when the patient is regarded as precious person who has sanctity of life and when the tender hearted medical staff recognize their pain as total pain.

Calling the name of patients is important for holistic restoration.

We should respect the personality of every patient.

SANCTITY OF LIFE (SOL)

- In Moses' Ten Commandments, God said "Don't murder", (the sixth Commandment , first on the second tablet of stone with the human)
- Five commandments of Buddhism , it is written first of all, "Don't kill any life".

Remember the Sanctity of Life

Sanctification

1. Generic meaning :

The state of proper functioning

2. Theological meaning : Things are sanctified when they are used for the purpose God intends

A human being is sanctified, when he or she lives according to God's design and purpose

(Walter A. Elwell, *Evangelical Dictionary of Biblical Theology*)

Personal relationship

All human personal relationship is based on the personal relationship of I and Thou (Buber) between God and man (*Hideo Ohki*)

God created man in His own image, in the image of God He created him; male and female He created them. (*Genesis 1:27*) ---the root of SOL

PRAYER

Holistic respect and prayer for pain patients plays an important role in medical management

Prayer

---there is a kind of intercourse between God and men, by which(prayer), having entered upper sanctuary, they appear before him and appeal to his promises-----
-our heavenly Father declares that our only safety is in calling upon his name , since by it we invoke the presence of his providence to watch over our interests, of his power to sustain us when weak and almost fainting, of his goodness to receive us into favor, though miserably loaded with sin--- Hence, admirable peace and tranquility are given to our consciences; for the straits by which we are pressed being laid before the Lord, we rest fully satisfied with the assurance that none of our evils are unknown to him, and that he is both able and willing to make the best provision for us (*John Calvin: Institute of the Christian Religion III. 20.2*)

Prayer :

- 1. Thanks
- 2. Praise
- 3. Confession
- 4. Penitence
- 5. Plea
- 6. Intercession

Prayer is in large part a matter of creating in ourselves a right attitude with respect to God's will.—Prayer is not so much getting God to do our will as it is demonstrating that we are as concerned as is God that his will be done.—(*Millard J. Erickson*)

SPIRITUALITY

The words represent Total Pain and Holistic Restoration in the Bible

- מַכּוֹב makob: sorrow pain suffering
a man of sorrow (Isaiah 53:3 NASB); our sorrow He carried (Isaiah 53:4 NASB)
- λύπη lype: grief sorrow pain
a person bears up under sorrows when suffering unjustly (1 Peter 2:19 NASB)
- שׁוּב shub: turn back restore
He restores my soul (Psalm 23:3 NASB)
- σοφζω sozo: make sound, or whole
the prayer offered in faith will restore the one who is sick (James 5:15 NASB)

Reconciliation with other person or God:

Spirituality and Religiosity

Prayer is one of the most frequently endorsed pain-coping strategies, and although spiritual and religious beliefs contribute to many positive types of coping behavior, these beliefs can also direct negative coping behavior

(*Pargament et al 2000; Wachholtz and Pearce 2009: Wall and Melzack's Text of Pain 6th ed. P 332 2013*)

Intercessionary Prayer and Spiritual Healing

-----not effective for everyone, for selected patients, particularly those with terminal illness, spiritual healing may be used as an adjunct to conventional treatment if the patient or family requests it. (*Waldman, Pain Management 2nd ed. P 937-8 2011*)

----lower levels of religious beliefs and behaviors had higher rates of depressive symptoms. It has therefore been recommended that health care providers consider ----when they have patients practicing prayer or prayer-like behaviors----to include a discussion on the benefit of this behavior at improving health through the mind-body connection. (*Bonica's Management of Pain 4 th ed. P 678, 2010*)

HOLISTIC APPROACH

1. Respect the personality of every patient
2. Call the name of patient
3. Care for the family and social background of the patient
4. Full regards for the patient's holistic state ,physical, mental, social(with other person), spiritual (with the Absolute)
5. Remember the SOL and pray for every patient
6. Stand by the patient against the devil

Holistic Restoration: To realize the meaning of life and suffering and the mission of oneself in the sight of the Absolute may release from the suffering and it may lead to restoration.

(*Viktor Emil Frankl: Trozdem Ja zum Leben sagen Basic Concepts of Logotherapy*)

Professor Ellul says: 'Healing is always both bodily and spiritual.' Healing and salvation are constantly associated.

(*Paul Tournier: A Doctor's Casebook in the Light of the Bible*)

CONCLUSION

- ✓ Reconciliation of pain patients with other persons or God may lead to social restoration or spiritual restoration of pain.
- ✓ The resolution of individual problems of sin and compassionate respect of sanctity of life may result in holistic restoration for all patients.
- ✓ Turning back to the Absolute may lead to holistic restoration of total pain.

Smile 10 days before death



With men this is impossible; but with God all things are possible. (*St. Matthew 19:26 KJV*)

For with God nothing shall be impossible.
(*St. Luke 1:37 KJV*)