

# Integrative Model Of Holistic Iridology Principles With The Four Noble Truths For Learning

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## Abstract

The objectives of this research were 1) to study an integrative model of holistic iridology principles with the four noble truths for learning, 2) to create and examine integrative model of holistic iridology principles with the four noble truths for learning, and 3) to propose an integrative model of holistic iridology principles with the four noble truths for learning. Multiphase mixed methods research was used, and it was divided into 3 phases. Phase 1 used qualitative research, 5 key informants were selected from religious expert holistic health assessment by retinal reading alternative medicine and holistic health. Research tool consisted of an interview form and qualitative data were analyzed by content analysis. Phase 2 was quasi-experimental research and the samples were calculated by using Daniel Soper's formula, purposive sampling was used for the selection of participants in 100 samples. Data were analyzed by descriptive statistics and t-tests and focus group discussion by experts obtained from a purposive sampling of 9 experts, and data were analyzed by analytic induction. Phase 3 was quantitative research, the sample group were 100 samples of iris readers, research volunteers of the Iris Readers Club of Thailand. Data were analyzed by using descriptive statistics, Pearson's Correlation Coefficient and analyzed to validate the model with the empirical data, and analyze the direct and indirect effects. Results showed that 1) an integrative model of holistic iridology principles with the four noble truths for learning consisted of the process of holistic iridology principles following Action Research workshop (PAOR) which were Plan, Act, Observe, and Reflect. It was a basic activity conducted through the integration of holistic iridology principles with the four noble truths consisted of (1) Dukkha to know physical and mental disease, (2) Samudaya to investigate disease, (3) Nirodha to finish cause of disease, (4) Magga to cure disease using wisdom. Results can be linked to holistic learning consisted of (1) know and understand level of physical health, (2) emotional agility of disease cause, (3) know the society and having good company, and (4) know spiritual well-being. 2) An integrative model of holistic iridology principles with the four noble truths for learning for the experiment consisted of holistic iridology as the independent variable focusing on theory, practice and field study towards to learning results as dependent variable to enhance understanding, able to analyze, evaluate and advise for applying in daily life. The results of a comparative experiment before and after the workshop on the science of holistic iridology principles with the four noble truths for learning. There was a statistically significant difference at the .05 level. After the workshop on holistic iridology principles with the four noble truths for learning ( $\bar{X} = 49.25$ ), the scores were higher than before the workshop training ( $\bar{X} = 19.15$ ). The overall satisfaction with the workshop was at a high level in 3 aspects, namely the speaker aspect, the content aspect and the outcome aspect. 3) Results of validation the consistency of the developed model with the empirical data. It was found that the model fit with empirical data (Chi-square = 36.94, df = 25, p = .058, GFI = .944, AGFI = .825, RMR = .083), accounting for the variations in holistic learning = 86.70 percent, and the influence of the process of

holistic iridology principles on holistic learning direct and indirect effects through the Four Noble Truths was statistically significant, with direct effect = .181 and indirect effect = .448, respectively. It is noteworthy that the effect size of indirect effect of the process of holistic iridology principles (HIP) on holistic learning (HL) was about 2.5 times the direct effect. It was shown that the Four Noble Truths variable (FNT) was a mediator in the integrative model of holistic iridology principles with the four noble truths for learning.

**Keywords:** Integrative Model, Holistic Iridology Principles, Four Noble Truths

## I. INTRODUCTION

The holistic health care of the World Health Organization (WHO), the National Health Act B.E. 2552 and the 20-year National Strategy (2017 - 2036) are synonymous with prevention, treatment and restoration of physical, mental spiritual health, society, and environment and have a vision "Thailand is stable, prosperous, sustainable, a developed country with development according to the Sufficiency Economy Philosophy. However, the research also found that the three main problems of Thai public health are 1) the number of patients and the severity of the illness tends to increase significantly, 2) the cost of solving the illness increases, and 3) the people. There is less potential for self-care for health problems. If the problem is solved at the root cause will reduce health problems more [1]. As the Buddha said, "Arōgyā paramā lābhā", the absence of disease is a great fortune but to make life free from suffering, free from disease and problems that are low deterioration suffering. Both body and mind must learn the noble truth of life, which is the Four Noble Truths, which the body refers to the mind, the spirit, "Manopubbaṅgamā dhammā, manoseṭṭhā manomayā" The mind is the subject of all things, desires, greed, anger and delusion arising from the mind and emotions, is a serious contagious disease which most of the health circles do not know [2], but even though the health care of the sufficiency economy method of medical care has an effect on physical health, it can reduce health problems by up to 40 percent, reduce disease, reduce expenses, increase self-reliance. If holistic care spiritual disease was cured by 70 percent plus more than 100, while physical or material aspects, whether

drug use or surgery, were about 30 percent effective [3] but there has not been any research on holistic health assessments.

Autopsy, analysis, or health assessment is very important to help doctors diagnose both communicable and non-communicable diseases, especially if the diagnosis is correct and systematically fast. It will promote prevention, treatment and rehabilitation correctly, effectively and efficiently but from research, Thai people still have problems in the screening process and a diagnosis of disease that is not always accessible at all times fairly. There are many steps; the cost of testing is more expensive because effective results are needed, sometimes more than necessary. There is spread or suffering both physically and mentally, waiting for the diagnosis or getting an autopsy late. When the results were known, it was too late, making it still the same treatment at the end of the cause. Therefore, the researcher is interested in studying the diagnosis and analyzing the disease in order to solve the problems mentioned above from the science of retinal reading and holistic health assessment by retinal reading. Iridology has been around for over 3000 years, the father of medicine, Hippocrates said at the time whether it's taking a history physical examination, recording data from all patient observations has been recorded in the eyes of patients already." This science has been widely known for more than 50 years in the United States, spread to more than 50 countries around the world. Holistic health assessment by reading the iris (Holistic Iridology) is a scientific and artistic tool. It is used to assess the structure that appears on the iris interpreting the results on the retina reading chart that there is a complete or

balanced level of Spiritual, Mental, Emotional, and Physical and self-identities inherited from hereditary for 62 ages; and including behavior crystallized from past to present on the retina can tell emotions that cause physical disease in every system, every phase in one examination. It is a method that is simple, painless, non-invasive, economical, safe, and can be assessed at any time in daily life.

Therefore, holistic health care is effective and effective. A holistic health assessment is also required initially but there are still many people who do not have access to basic health assessment and does not have the potential to assess one's physical and mental health in order to prevent disease or solve problems at the root cause in the early stages. Holistic health assessment therefore plays an important role in every medical plan. It is also an option for people to have access to a thorough and fair basic health assessment at all times. Therefore, the researcher is interested in creating an integrative model of holistic iridology principles with the four noble truths for learning by experimenting with volunteers with iris readers of Thailand.

## II. RESEARCH OBJECTIVES

1. To study an integrative model of holistic iridology principles with the four noble truths for learning.
2. To create and examine integrative model of holistic iridology principles with the four noble truths for learning.
3. To propose an integrative model of holistic iridology principles with the four noble truths for learning.

## III. RESEARCH HYPOTHESIS

1. After the workshop, research volunteers have knowledge comprehension and skills in holistic iridology principles with the four noble truths higher than before learning.
2. An integrative model of holistic iridology principles with the four noble truths for learning fit with empirical data.

## IV. RESEARCH METHOD

Multiphase mixed methods researches by using quantitative methods to expand qualitative research results was designed and the research was divided into 3 phases as follows:

Phase 1 Qualitative research with in-depth interview started from data collection and data analysis using qualitative methods to develop manuals and research tools with 5 key informants and 2 Buddhist Dhamma experts, iris health and integrated Buddhist Dhamma.

Phase 2 Action Research using a quasi-experimental research design using the process PAOR, the sample group were 100 participants in the workshop of holistic iridology principles with the four noble truths, and was selected by using purposive sampling. Focus group discussion was also conducted in order to develop research conceptual framework. The target group was from experts of Buddhist experts, and educational administrators, and research methodology, and they were selected by using purposive sampling of 9 experts.

Phase 3: Data collection and data analysis by quantitative methods, data were collected and analyzed to determine the Structural Equation Modeling (SEM) and confirmed with advanced statistics, holistic iridology principles with the four noble truths for learning following the 3<sup>rd</sup> research objective. Research tool was an introductory training manual for holistic iridology principles with the four noble truths, a 50-item pre- and post-training test, a satisfaction questionnaire with the speakers, training content and training outcomes of 15 items. Tools used for the studied variables consisted of 1) Exogenous latent variables, the process of holistic iridology principles with 20 items, 2) Endogenous latent variables were the Four Noble Truths with 20 items, holistic learning with 20 items.

Statistics used in data analysis for preliminary data analysis, content analysis methods were used, inferential statistics compared with mean score differences. Intragroup during pre-experiment and post-experiment with statistical paired sample t-test, content validation (CVI), quantitative analysis of research data from questionnaires. Questionnaire used descriptive

statistics to describe the personal background characteristics (gender, age, status, education, occupation) of the sample by using frequency, percentage, mean, standard deviation and present the form of a table with subtitles. The analytical part to check the quality of the data, such as IOC values and Reliability using Cronbach's alpha coefficient formula. Structural straightness was analyzed by using a computer package program, Confirmatory Factor Analysis (CFA) by program LISREL [4]. The statistics used were mean, standard deviation, (S.D.), distribution coefficient (C.V.), Skewness, and Kurtosis at the distribution of variables.

## V. RESULTS

### 1. The results of a study of an integrative model of holistic iridology principles with the four noble truths for learning.

The results of the study of an integrative model of holistic iridology principles with the four noble truths can be concluded that the model will be successful in allowing people to learn the holistic way of life consists of: 1) assessment process; Holistic health through retinal readings according to the workshop process (PAOR), including planning (Plan), implementing (Act), observing and reflecting by planning. People who want to learn about life or the Four Noble Truths with a practical training process (Act), presenting complete content according to a manual that integrates with Buddhist principles related to theories testing before training to observe, analyze and measure the results obtained from the experimental science of assessment to know the desires, desires, and Upadana (greed, anger, delusion) in the emotions that appear on the iris, practice to be precise to understand oneself and others, Do not suffer even if you find things that are not what you want able to quench one's own suffering as a matter of succession before leading to reflection (Reflect) learning the five nouns that are rational consistent with the scientific process using natural remedies. It is learning about one's life so that they can rely on themselves and help people get out of suffering. 2) Integrating the science of holistic health assessment by reading

the iris and the Four Noble Truths, consisting of (1) knowing suffering, physical and mental disease, (2) Samudaya, diagnosing disease, (3) Nirodha, quenching the cause of disease, and (4) Magga: Path, using wisdom to cure disease. The links to results are 3) holistic learning, which consists of (1) knowing and understanding the level of one's physical health, (2) knowing the mental and emotional state that causes disease, (3) knowing how to socialize and respect good friends, and (4) know spiritual well-being.

### 2. The results of creating and experimenting the integrative model of holistic iridology principles with the four noble truths for learning.

The integrative model of holistic iridology principles with the four noble truths for learning created for the experiment consisted of the relationship between the initial variables, namely Holistic Iris reading emphasizing theoretical activities practical and field to lead dependent variables are understanding learning outcomes able to analyze, evaluate and give advice to apply in daily life. The results of the comparative experiment before and after the holistic iridology principles training with the Four Noble Truths for learning found that there was a statistically significant difference at the .05 level. After the workshop on holistic iridology principles with the four noble truths for learning ( $\bar{X} = 49.25$ ), the scores were higher than before the training action ( $\bar{X} = 19.15$ ), which was consistent with research hypothesis 1 and the results of the post-experimental evaluation. The Four Noble Truths as a whole were at a high level in all three aspects, namely, speakers, content, and results. When considering each aspect, it was found that on the speaker aspect, the item with the highest level of satisfaction was having good relationship and being friendly with the participants ( $\bar{X} = 4.79$ ), followed by giving the participants the opportunity to ask questions and express their opinions ( $\bar{X} = 4.75$ ). The content of knowledge was useful to the trainees ( $\bar{X} = 4.72$ ), followed by the content knowledge that could be integrated into the way of life ( $\bar{X} = 4.70$ ). The item with the highest level of

satisfaction was the model of integration of iris reading with the Four Noble Truths is useful, economical and worthwhile and should be trained ( $\bar{X} = 4.76$ ), followed by satisfaction with the results of a holistic health assessment by reading the retarded iris, self-health problems ( $\bar{X} = 4.70$ ).

### **3. Results of presenting the integrative model of holistic iridology principles with the four noble truths for learning.**

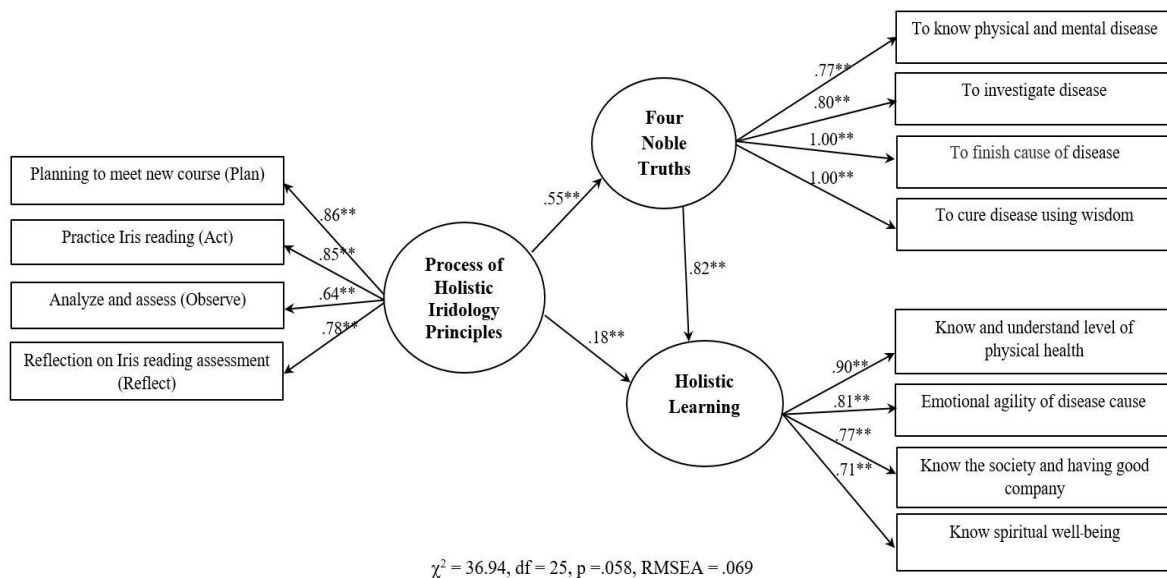
When considering the results of the model analysis of the integrative model of holistic iridology principles with the four noble truths for learning, it was found that the model was consistent with the empirical data. Considered from the statistical values used to validate the model with the empirical data, it showed that the Chi-square value was 36.94, degrees of freedom equal to 25, the probability (p) was .058, This indicated that the main hypothesis is accepted that the integrative model of holistic iridology principles with the four noble truths for learning fit with the empirical data. This corresponds to the analysis results for the Goodness of Fit Index (GFI) of .944, Adjusted Goodness of Fit Index (AGFI) of 0.825, which is close to 1, and Root Mean Square Residual (RMR) is equal to .083, which is close to zero and the residual value in the form of a standard score between the highest variables (Largest Standardized Residuals) was 1.888, which supports that the research model is consistent with the empirical data. When considering the forecast coefficient (R-square) of the latent internal variable structure equation, it was found that the Four Noble Truths Principle

(FNT) had a forecast coefficient of .299, indicating that the variables within the model consisted of the process of holistic iridology principles (HIP) was able to explain the variance of the Four Noble Truths of 29.90 percent. For holistic learning (HL), the predictive coefficient was .867, indicating that the variables within the model consisted of the process of holistic iridology principles by reading, iris and the Four Noble Truths can explain the variance of holistic learning by 86.70 percent when considering direct and indirect influences between variables in the model, it was found that the relationship between variables in the holistic health assessment process by reading. The iris (HIP) and holistic learning (HL) (correlation size = .630) were separated into direct influences, .181 and indirect influences, .448, a total influence of .630, statistics is noteworthy that the magnitude of the indirect influence of the process of holistic iridology principles (HIP) on Holistic Learning (HL) was approximately 2.5 times that of the direct influence. It was shown that the Four Noble Truths Principal Variable (FNT) was a mediator in the integrative model of holistic iridology principles with the four noble truths for learning. It indicated that the research model developed in response to the second hypothesis supports that the research model is consistent with the empirical data as shown in Table 1 and Figure 1.

**Table 1** Results of statistics analysis of correlation coefficient between latent variables and effect size analysis

Variables	FNT			HL		
	TE	IE	DE	TE	IE	DE
HIP	.547** (.118)	-	.547** (.118)	.630** (.104)	.448** (.086)	.181** (.063)
FNT	-	-	-	.820** (.101)	-	.820** (.101)
<b>Statistics</b>	Chi-square =36.94, df=25, p =.058, GFI=.944, AGFI=.825, RMR=.083					
<b>Variable Reliability</b>	FNT1	FNT2	FNT3	FNT4	HL1	HL2
	.588	.638	.999	.999	.805	.657
<b>Variable Reliability</b>	HL3	HL4	HIP1	HIP2	HIP3	HIP4
	.596	.510	.740	.730	.407	.606
<b>Squared Multiple Correlations for Structural Equations</b>						
<b>R SQUARE</b>	FNT		HL			
	0.299		0.867			
<b>Correlation matrix between latent variables</b>						
<b>Latent variable</b>	<b>FNT</b>	<b>HL</b>	<b>HIP</b>			
FNT	1.000					
HL	.919	1.000				
HIP	.547	.630	1.000			

**Remark:** The number in the parentheses is the standard error, \*\*p < .01  
 TE = Total Effect, IE = Indirect Effect, DE = Direct Effect



**Figure 1** Integrative Model of Holistic Iridology Principles with the Four Noble Truths for Learning

## VI. DISCUSSIONS

To discuss the findings, the researcher has identified three issues for discussion as follows:

### 1. Discussion issues concerning the integrative model of holistic iridology principles with the four noble truths for learning.

From the research findings on the integrative model of holistic iridology principles with the four noble truths for learning, it can be concluded that the integrative model of holistic iridology principles with the four noble truths for learning consisted of the process of holistic iridology principles according to the workshop Process (PAOR), Plan, Act, Observe and Reflect. It is related to the research by Pramote Polarajhom (2016) can bring the results to develop teacher leadership in using the research process to improve learning among students of Dong Phayung Songkhro School under the Kalasin Elementary Educational Service Area Office 1, it is a participatory research PAOR based on the concept of Kemmis & Mc Taggart (1990). This time, it is a basic activity that is transmitted through integrative model of holistic iridology principles with the four noble truths: (1) Dukkha, knowing suffering, physical and mental disease, (2) Samudaya, diagnosing disease, (3) Nirodha, quenching the cause of disease, and (4) Magga: Path, using wisdom to cure disease. The link to the result is the holistic learning consisted of (1) knowing and understanding the level of one's physical health, (2) knowing the mind and the emotions that cause disease, (3) knowing the society and respecting good friends, and (4) knowing the spiritual well-being. These findings are consistent with the research of Norachai Na Wichian and colleagues on the Four Noble Truths and organizational development by applying this principle in comparison with processes and tools for developing organizations including human processes structure and technology, human resource management and strategic change planning for change and development 1) Dukkha, suffering should be identified (degree) which is identifying problems, collecting information, and making

judgments, 2) Samudaya should be liberated the process of finding the cause, 3) Nirodha should make it known (Sacchikiriya); eliminating the cause in order to quell suffering, the cause of problems follow the solution to the end of suffering, 4) Magga should make progress or practice (Prayer) using various tools Follow the solution to the end of suffering. If you understand the process and steps in particular, the cause or any factor that causes the problem can be solved from the individual level to the organizational level. This results in the survival of business, technology, society, and the environment for continuous and sustainable development. [6] The application of cause and effect in the Four Noble Truths can be used as a basis for solving problems and developing life and society or organization according to the context. If integrated with modern science or science has developed into a form or innovation as well. This will make the problem that the cause is correct, and Suthit Sawasdee (2020) has studied the development of a learning model in the field of Buddhahood according to the Four Noble Truths for educational institutions under the Office of Secondary Education integrated Secondary Education Service Area, results indicated that 1) Dukkha, the stage of suffering: Identify problems, persuade and reinforce students' awareness see the importance express opinions and participate in lessons; 2) Samudaya, make assumptions linking reasons and solve the problem at the cause, 3) Nirodha stage, experiment and collect data having students work in groups and record the data, and 4) Magga where learners are involved in data analysis, establish guidelines and draw conclusions. The components of cognitive 6 are knowledge, understanding in terms of use (Application), Analysis, Synthesis, and Evaluation, develop a model as a creative learning paradigm. On the Buddhist field according to the Four Noble Truths, students have knowledge of the Four Noble Truths and understand the learning process able to apply knowledge and experience in daily life. Students can analyze causal relationship subcomponents. Students are able to synthesize the subsections

together to form structures and draw logical conclusions. Finally, students know the appraisal of things come out in the form of virtues before practice during the practice and knowledge gained after the practice [7] from the results of development with the PAOR process and the integration with the Four Noble Truths will lead to the result: The holistic learning consisted of (1) knowing and understanding the level of one's physical health, (2) knowing the mind and the emotions that cause disease, (3) knowing the society and respecting good friends, and (4) knowing the spiritual well-being. An interesting variable is Kalyanamitta, which is consistent with the research of Prateep Phuetthonglang (2013) research on "A model of Buddhist counseling according to the Kalyanamitta principle". A good friend is a model of good merit, body integrity, speech honesty, and mindfulness are the cause of the Noble Eightfold Path, which is the noble path in Buddhism and the integration of a counseling model based on psychology and Buddhist principles led to the discovery of a Buddhist counseling model [8].

## **2. Discussion issues concerning the results of creating and experimenting the integrative model of holistic iridology principles with the four noble truths for learning.**

The results of creating the integrative model of holistic iridology principles with the four noble truths for learning can be concluded that the integrative model of holistic iridology principles with the four noble truths for learning created for the experiment consisted of the relationship between the initial variables, namely Holistic Iris Reading emphasizing theoretical activities practical and field to lead dependent variables are understanding learning outcomes able to analyze, evaluate and give advice to apply in daily life. This finding is consistent with research by Bhaskaran Sathyapriya and others who have studied Iridology- A Review. Iridology is known to be science-based. Anatomy of the iris, the eye is round 1 inch in size, the iris is the color part of the cornea, the dome covering the iris, the pupil is the circle that opens the iris to let in light, the sclera is the sclera, the conjunctiva is the thin

tissue cover the front of the eyeball with the iris reading chart. It is like a map that tells the location of the organs in the body. The iris can be divided into 7 layers as follows: the first circle is the gastric circle, the second circle is the intestinal system, the third circle is the endocrine system, the heart, the kidney, the pancreas, the fourth circle is the trachea, the pituitary gland, the pituitary gland. The pineal ring is the fifth ring of the brain, the reproductive organs, the sixth ring, the spleen, the liver and the thyroid, the seventh ring is the skin system, lymph nodes. The circulatory system, sweat glands and the sensory system in general. The tools used to read the iris are a lens and a flashlight or a microscope. Photographing the iris to assess changes in the structure of the iris, color, with an iris reading chart that is divided into 80 to 90 segments, for example, the kidneys at 6 o'clock, is an examination technique of alternative medicine practitioners in naturopaths in the United States while in Germany it applies to alternative medicine 80 percent including homoeopathy, telling the level of former physical and mental health. Current and Future University of Johannesburg, several studies have found that 6 to 7 retinal readings are indistinguishable in certain diseases including cancer, gallbladder disease, kidney disease, ulcerative colitis, asthma, coronary artery disease, and psoriasis. 6 Other studies found it helpful in diagnosing hypertension and hearing loss 6 to 8 studies. This study examined the benefit of screening symptoms for appendicitis prior to surgery. Usually after surgery, the organs are not visible because the nervous system is damaged by surgery and during general anesthesia [9] and research by David J. Pesek, Ph.D. and psychologist Research and development in the United States [10] found that holistic health assessments by reading the iris (Holistic Iridology) affect the organs of our feelings, such as emotions, anger and hatred affect the liver and gallbladder, thyroid, and parathyroid. Anger affects the liver, gall bladder and thyroid. Grief affects the pancreas. Grief affects the pancreas (causing the pancreas to produce and abnormal hormone secretion),



unwillingness to let go affects the colon, not letting go affects the colon. Affects the adrenal glands and thymus (endocrine glands) Fear affects the adrenals and thymus affects the function of the hormone cortisol, anxiety affects the function of cortisol, affects the pituitary gland, pain affects the pituitary struggle unnecessarily enthusiastic affects the lungs, respiratory, malice, unforgiving, affects the kidneys and bladder. Unforgiveness affects the kidneys and bladder. Irritability, annoyance, disinterest, lack of intelligence unconsciousness affects the prostate, uterus, ovaries. It affects the prostate, uterus, ovaries, etc. Dr. David J. Pesek has found more than ten emotions that affect illness in the body assessment was found in the iris which the researcher has integrated with the Four Noble Truths to find the causes of emotions arising from the 10 inevitable sufferings and can be avoided suffering from supply aggregates, 5 causes of suffering, problems of sickness, sin, causes of unwholesomeness, namely 5 lust, 5 novena, 5 sensual desires, lust, up apathy 16, Lobha, Dosa, Moha, etc. Results of the experimental the integrative model of holistic iridology principles with the four noble truths for learning, it can be concluded that the results of the experiment were compared before and after the training in holistic iridology principles with the four noble truths for learning. There was a statistically significant difference at the .05 level. After the workshop on holistic iridology principles with the four noble truths for learning ( $\bar{X} = 49.25$ ), the scores were higher than before the training workshop ( $\bar{X} = 19.15$ ). The overall satisfaction with the workshop was at a high level in 3 aspects, namely the speaker aspect, the content aspect, and the outcome aspect from these findings Distinguished on understanding learning outcomes. Able to analyze, evaluate and give advice to apply in daily life. This is consistent with the research of Nittayaporn Surasai [11] who studied the model of integrating health care culture with dharma medicine and the research of Phramaha Udon Suthino who researched Buddhist holistic health. It was found that the components of holistic health consisted of physical, mental, emotional,

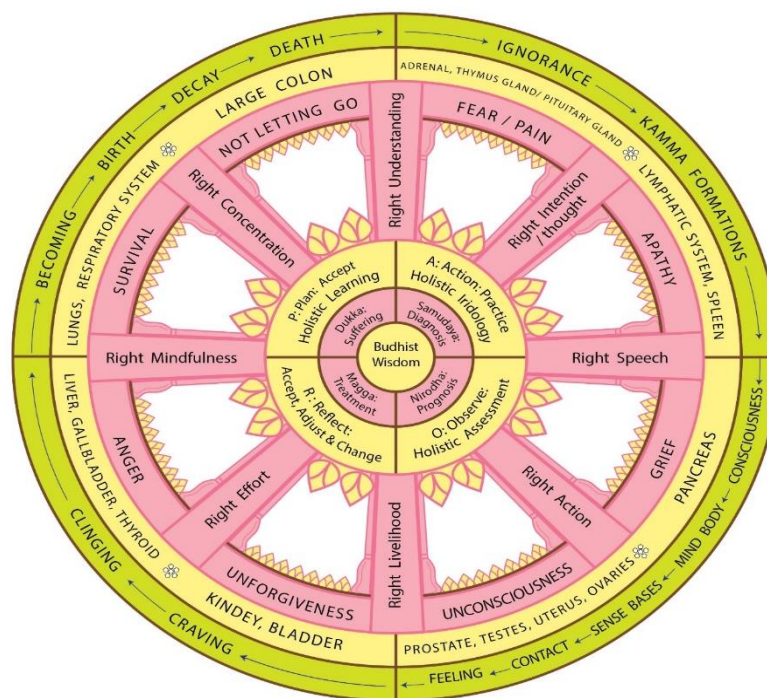
social, spiritual (Wisdom) dimensions. Wisdom is also associated with creative learning that is atop the Bloom Taxonomy pyramid and refers to people with intelligence and consciousness for learning life by applying it to everyday life.

### **3. Discussion issues concerning the results of the integrative model of holistic iridology principles with the four noble truths for learning.**

The results of validation of the integrative model of holistic iridology principles with the four noble truths for learning with empirical data were summarized as: 1) The causal relationship model fit with empirical data (Chi-square = 36.94,  $df = 25$ ,  $p = .058$ , GFI = .944, AGFI = .825, RMR = .083) describe the variability of cognitive learning. Total was 86.70 percent, and the influence of the process of holistic iridology principles on direct and indirect effect towards holistic learning through the Four Noble Truths was statistically significant with direct effect = .181 and indirect effect = .448, respectively. It is noteworthy that the magnitude of the indirect effect of the process of holistic iridology principles (HIP) on holistic learning up to about 2.5 times the direct effect. It was shown that the Four Noble Truths main variable was the mediator in the integrative model of holistic iridology principles with the four noble truths for learning. From these findings, this is consistent with the research of Jaipetch Klachaon, who has studied Buddhist medicine volunteers for mankind. The results of this research have created new innovations for the health industry that integrates many sciences into a health care technique (9 pills) to be followed in order Emphasis on the practice of precepts, abandonment, greed, anger, delusion, and learning to know the defilements in the soul and using the Four Noble Truths and the Eightfold Path as a guideline until equanimity, [12]. There is no dislike, no hatred, even if there is no sickness or not, he does not focus and researcher agree with the Buddha who said the soul is the subject of all things, and emotions are the cause of disease. If you know the root cause, you can fix the problem on the spot can be self-reliant be

your own doctor until helping people to get out of suffering, reduce disease, medicine, and expenses, apply to lifestyle and be sustainable by being able to create enlightenment in oneself at the same time with the benefit of mankind by weaving the power of good friends and good friends in society and the environment is good. Each ethnic group is able to rely on themselves to create well-being and to be able to pass on their knowledge and be able to help others to build their well-being. It is an ethnographic approach to develop community health care for mankind [13] and from the findings of this research, it was found that the Four Noble Truths are the transmission variables in the holistic health assessment integration model by reading the iris and the Four Noble Truths for learning. This is consistent with the research of Sermsri Chawanisakul and his team. A study of the

application of the Four Noble Truths in daily life according to the practice of Dhamma Medicine. The results of the research concluded that the application of the Four Noble Truths in the daily life of the Dharma Physician has the idea that the wise will know that the most valuable thing in life is the cessation of suffering, only those who clearly understand the matter of Kamma and Kamma thus being able to give up, alleviate, and put an end to that desire, starting from the practice of precepts in order and the application of the Four Noble Truths in daily life according to the practice of Dhamma medicine consistent with the Four Noble Truths in Buddhism because it focuses mainly on the cessation of suffering by steadfastly practicing the precepts with wisdom until the desire to be steadfast causing wisdom to know clearly that steadfast craving is the real cause of all suffering [14].



**Figure 2** Knowledge from the research “HFH Model” “Your Eyes Reveal Your Health”

**Source:** Sukanya Manoban (2022)

The “HFH Model” or Your Eyes Reveal Your Health is the knowledge gained from this research. H: Holistic Iridology Principles, F: Four Noble Truths, H: Holistic Learning. The eyes are the window to the heart. The iris is like

a spiritual circle that drives Kamma like the wheel of the Dhamma Chakra.

Life is born with ignorance, which is the first factor in the cycle of suffering or (Paccasamupbat), therefore the Buddha taught the Four Noble Truths to enable people to learn

about suffering and to get rid of suffering from the cause like a doctor who treats patients. Basically, it must be distinguished when experiencing suffering (Suffering): Let it be distinguished from suffering, disease, physical or mental problems and find the cause with Samudaya: Diagnosis, after analyzing the problem, or quelling the emotion that causes the disease, is called Nirodha: Prognosis : Treatment is the practice of following the 8 precepts, or summed up called morality, concentration and wisdom.

Life is learning holistic learning that learns physical, spiritual, social and environmental for wisdom of Buddhism that illuminates the world, and related to the Holistic Iridology Principles, which is a science and art as a strategy to help people learn the truth of life through the iris, able to assess the balance or completeness of the body and mind at what level. This is consistent with Buddhism and the science that emotions are the cause of physical disease by using the process of learning by cycle (PAOR), treatment is integrated with the Four Noble Truths, which is to solve problems at the cause and correspondingly that begin to heal the soul, mind, emotion, and body respectively, because “the soul is the subject of all things” sums up the emotions that cause disease as follows: If a person with good physical health will be a person who is kind, compassionate, has a long life, sleeps well at night, but if he does not forgive, hurts the kidneys and bladder, or if he is overbearing, does not let go, carries the burden of rubbish into the intestines, if he is hurt, hurts the pituitary gland, if he is angry (hate), squeeze the liver, gallbladder, thyroid. If you are still afraid, worried, shaken, panic down the adrenal glands and thymus glands. If you still think about the loss, sorrow, regret, not as you wish, hurting the pancreas, if you are still bored, sarcastic, compare, it is a silent threat to the lymph nodes, allergy and anemia. If life is full of aggression or despair, close to death bad relationship, there is a great burden on the respiratory system and lungs, and if there is ignorance, disbelief, and ignorance, it goes into the uterus, ovaries, breasts, testicles and prostate. Moreover, the

results of the research confirm that the Four Noble Truths, the more you study and study, the more you will know, and understand holistic learning is to learn one's own life and understand others more. No matter what happens in what we did not expect, training to be someone who is ready to accept, adapt and change all the time, can be used in daily life as well.

## VII. RECOMMENDATIONS

### A. Recommendations for Applying the Research Results

1. From the integrative model of holistic iridology principles with the four noble truths for learning, it can be applied both at the individual and corporate level. The iris readers who already have a regular job, able to apply knowledge to work in religion and health, such as merit-based health, 8 A.D., Physicians with the Dhamma, Thai traditional medicine, modern medicine, and folk medicine by evaluating service recipients and provide holistic care for the soul, mind, emotion and body, respectively.
2. From the research results, it is found that the Four Noble Truths are the transmission variables of the developed model. Therefore, the Four Noble Truths should be used as a guideline for integrating practical activities to give retina readers the opportunity to learn both holistic iridology principles and understanding the Four Noble Truths.
3. From this research, it was the pilot experiment on the integrative model of holistic iridology principles with the four noble truths for learning. For further cooperation, it should link the networks on holistic iridology and should be expanded by retinal readings with organizations or agencies involved in health care by designing collaborative workshops to open up more accessible areas for the general public.

### B. Recommendations for Future Research

1. From this research has developed a basic manual as a tool for organizing action activities in the area of quasi-experimental research. For further research, the approach of integrative model of holistic iridology principles with the four noble truths should be developed into a Level 2 and Level 3 training manual.
2. Based on the findings of this research, the emphasis is on the study and development of the integrative model of holistic iridology principles through retinal reading only. For further research, experimental research should be designed to examine iris reading theory and modern medicine focusing on only the important organs or only interesting non-communicable diseases.
3. This research was designed by using mixed methods research with a multi-stage approach to develop an integrative model of holistic iridology principles with the four noble truths for learning. For further research, EDFR technique should be designed to study the direction or trend of integrating the science of holistic iridology principles with Buddhist doctrine and modern science to achieve integration continue to link interdisciplinary knowledge.

### VIII. CONCLUSION

The integrative model of holistic iridology principles with the four noble truths for learning consisted of 1) the process of holistic iridology principles following Action Research workshop (PAOR) which were Plan, Act, Observe, and Reflect. It was a basic activity conducted through the integration of holistic iridology principles with the four noble truths. The integrative model of holistic iridology principles with the four noble truths focused on (1) Dukkha to know physical and mental disease, (2) Samudaya to investigate disease, (3) Nirodha to finish cause of disease, (3) Magga to cure disease using wisdom. Results can be linked to holistic learning

consisted of (1) know and understand level of physical health, (2) emotional agility of disease cause, (3) know the society and having good company, and (4) know spiritual well-being. 2) An integrative model of holistic iridology principles with the four noble truths for learning for the experiment consisted of holistic iridology as the independent variable focusing on theory, practice and field study towards to learning results as dependent variable to enhance understanding, able to analyze, evaluate and advise for applying in daily life. Results of validation the consistency of the developed model with the empirical data, it was found that the model fit with empirical data. It was also shown that the Four Noble Truths variable (FNT) was a mediator in the integrative model of holistic iridology principles with the four noble truths for learning.

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