

## Is Cheewajit English Terminology?

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The word ‘cheewajit’ is unfamiliar to many English language speaking people. As an ESL professor, a number of foreigners, as well as native speakers have asked me what this word means. Cheewajit has become a phenomenon such that one cannot be certain if cheewajit is a fad or faith. Hence, this paper will discuss some of the terminology used in the cheewajit philosophy to help clarify both to foreigners and Thais who would like a clearer understanding of these lexical items. Then they can decide for themselves if cheewajit is a fad or faith.

Part of the remarkable success of cheewajit can be explained by its simplicity to understand what Dr. Sathis Indharakamhaeng has to say. In his 70’s and in excellent health, Dr. Sathis is the man responsible for making cheewajit a success in this country. I attended one of Dr. Sathis’ lectures and spent my own personal finances to listen and receive first hand information from the guru in this field. Cheewajit places an emphasis on the balance of the body and the mind. ‘Cheewa’ in Thai is the body and ‘jit’ involves the mind. Hence, when the two words are combined into one

word it becomes the term cheewajit meaning of *body and mind*. In other words, it can mean self-healing by one’s own body and mind.

I would like to share another reason why I think that Dr. Sathis is a success. He is not only able to explain cheewajit in very simple terms, but he also has a great sense of humor. He said that he can still kick a /peeb/ (เป็บ). A /peeb/ is a large container for water. What the phrase means is that he does not need to take Viagra. The audience let out a good laugh at this comment.

The first term he used is that people need /kwam sud sai/ (ความสดใส), the need to feel alive. The English term to explain /kwam sud sai/ is ‘vitality.’ Vitality is the capacity to live, grow and develop physical and intellectual vigor. This vitality can be achieved by feeling that one is doing something for society and can be seen in a person’s eyes. Furthermore, if a person does not have it, how can one obtain it? There are three steps that can help one to have vitality. First is /ka:n kin/ (การกิน), which means “one’s eating habits.” Second is /ka:n pak porn/ (การพักผ่อน), which is “rest and recreation.” Third is /vi ti kid/ (วิธีคิด)

--one's way of thinking. /Ka:n kin/ includes eating fish only twice a week. There are two types of amino acid that the body needs and that can be obtained from fish. Beef, pork and chicken are to be avoided. Protein can be obtained from nuts, soybeans, and tofu. Cheewajit recommends eating fruits, such as papaya, pineapple, and watermelon and vegetables. High fiber food is also highly recommended.

Besides vitality, if one's /poom tarn tan/ (ภูมิคุ้มกัน) is strong then one will not get sick. /Poom tarn tan/ is the immune system. If there is less air pollution or water pollution, a person's immune system will remain intact. A picture of a Sudanese woman and man was shown during Dr. Sathis' seminar. Both were in their 40's but they looked 20 years younger. Dr. Sathis explained that this is because there is no air or water pollution in their village. Also, in Kashmir, the Hunza diet is fruit and fresh air. These people live to be over 100. One can guess by now that /kh):n pid/ (ของพิษ) meaning "toxin" destroys one's immune system.

These toxins, when in a person's body for a period of time, can cause fermentation. Fermentation can be explained as a state of turbulence. This can be induced by any chemical reactions caused by living or non living ferments that split complex organic compounds into relatively simple substances.

From this a person may feel hypoglycemia, which is when the sugar level in the body is low. However, Dr. Sathis suggested eating fruit to obtain sugar. In addition, a person can have chronic fatigue syndrome. Chronic fatigue syndrome is feeling tired without a reason.

Sleep and body temperature play an important part in maintaining one's health. The body's temperature adjusts itself at all times. However, the body's temperature should remain stable. While sleeping, deep sleep is the best. Before sleeping, Dr. Sathis suggested a few exercises. They include shaking the hands, arms, and legs a few times and rotating the neck a few times. The stomach needs to be exercised too. One does this by moving the belly button to reach the back. Do this 2 to 3 times, then count from 1 to 10 and sleep.

Exercise is also important. A person should exercise until reaching his or her peak. When this occurs (as during sleep) one feels one receives growth hormones. One should exercise on a regular basis.

In summary, the will of wanting to live --vitality, a proper immune system, sleep and exercise, and eating--play very important roles in cheewajit. Based on the above description of cheewajit, it is now up to you to decide whether it is a fad or a faith.

**The Author**

Associate Professor Annabel Bhamani Kajornboon has been teaching English at CULI for over 15 years. She has a wide variety of interests. In ELT her interest is using video in language teaching. During her study in English and Scotland she received training in this area. While her former education was in the USA, recently, she has expanded her interest into holistic medicine and has shared it in this paper.