

CONCRETIZATION OF ESSENCE OF THE CONCEPT "HEALTH" AS A METHODOLOGICAL BASIS FOR THE PRACTICE OF HEALING THE HUMAN BODY

Mikheenko O.I.

A.S. Makarenko Sumy State Pedagogical University

Annotation. Basic descriptions, signs and factors of health of organism of a man are considered. Formulated definitions of concept "health". The ground of major signs is given, processes and phenomena which determine vital functions and predetermine the state of health. The holistic model of construction of organism is analysed. It is set that a health of man is a difficult multicomponent structure. It is well-proven that treatment can not be equated with making healthy. The complex of various facilities, directed on making healthy of corporalness, psychical, spiritual, cultural, social spheres of vital functions of man can provide most efficiency of health influence. It is marked that holistic approach is given by possibility it is correct to estimate the general state of man, role of health in his life and it is adequate to pick up the most effective methods of influence on an organism.

Keywords: health, holistic, approach, efficiency, improvement.

Introduction

It is well known that definitions are one of the main conditions of any research. Sophistication and terminology prudence is not only a sign of the degree of scientific disciplines, an indicator of professional competence and professional qualifications, but also the foundation that defines the general characteristics and nature of the problem, determines the objectivity of research, allows us to formulate the basic methodological principles and to guide further work in the right direction. Successful recovery of a person depends largely on the understanding of health factors and processes that shape this state. Specifying the essence of individual health – one of the most important methodological problems, whose solution will solve the ways and possibilities of practice healthy human body.

In scientific usage there is a wide variety of interpretations – from the reduced to the level of technical or biological knowledge and to the philosophical and religious. Today, there are over three hundred definitions of health, the authors have used a variety of criteria that, in their opinion, characterize the essence of health. This diversity of definitions indicates the absence of a common approach to this problem. Repeated attempts to "measure" health difficulty encountered the phenomenon of a man.

The charter of the World Health Organization (WHO) states: "Health - a state of complete physical, mental and social wellbeing, but not merely the absence of disease or disability". In a large glossary of modern Ukrainian language "health" is defined as the condition of the body in which all the normal functioning of its authorities, or that state of well-being. Functional health is defined as a social concept, which is the ability to perform social roles and responsibilities [3]. However, the given definition can not be considered adequate. During adequacy in this case, the ability to understand concepts are more fully reflect the phenomena and processes that essential to human health.

Failure of attempts to reach an agreement is explained as follows – health is a complex conceptual structure, so it is difficult to succinctly and clearly distinguish its multifaceted aspects. Another reason is that each definition reflects a particular position from which it is viewed. Thus, health has been and remains a phenomenon, difficult integrative categories that modern researchers examined from different, sometimes diametrically opposite positions.

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Purpose, tasks of the paper, material and methods

Purpose of research – to formulate a definition "health" considering the complexity and variety of factors, processes and phenomena that form this condition.

Tasks – to identify the main features and characteristics of the human factors of health; to formulate the concept "health" and justify its semantic content; outline the most effective ways and means of influence on human health according to the definition of the term.

Methods of research – analysis and synthesis of scientific-methodical literature.

Results.

In vivo occurring continuous synthesis and breakdown of substances, the atomic structure of the body is constantly updated. Today science experimentally proves self-renewal process using the technique of so-called tracer. For layman it is difficult to imagine how fast it happens. Some authors even argue about the "metabolic whirlwind" of metabolic processes in living matter. Some cells are constantly dying, and their place is taken by billions of new. Although foreign person does not change, but in fact the body is like a house where an old brick continually replaced by new ones. These processes are in a state of relative equilibrium, providing vital functions and restore energy and structural resources of the body. Even during the ancient times doctors have been saying that for a sustainable recovery must create an environment in which the body as a system capable of self-regulation and self-healing, self-will to

normalize the function of organs and systems, enhance tissue repair and thus overcome the disease. The body itself seeks harmony and balance, you only need his help.

In support of this we give an example. Cardiologist in San Francisco Dr. Ornish has shown that blocking the coronary vessels in patients with severely heart disease can be prevented. Keeping one's nose to the grindstone medicine and surgery, Ornish's group resorted to simple exercise, psychotherapy and a strict diet that lowers cholesterol. When arteries of forty patients began to open, fresh oxygen getting to the heart, making it easier for chest pain, the fear disappeared, decreasing the risk of complications [6].

Methods Ornish aroused great interest, because for medical practice such approach is not typical. Earlier medicine is not assumed and thought that the course of heart disease can make slow or even reverse. Any chronic illness was seen as a stable entity that can change the status of an organism only downside. Instead, the practice has denied such an approach. Current opinion suggests that the disease should be viewed as a process, the direction of which is possible both one and the other way. Most of the living tissue can regenerate, it is only necessary to create the necessary conditions for this. Postponing plaque is a serious symptom. But these plaques also living and constantly changing, as well as other parts of the body. They penetrate new molecules and then leave them to it gets oxygen and nutrients and constant metabolism take place. Ornish study confirmed the fact that the human body always creates a new body. "Flow our bodies as streams and matter eternally restored to them like water in a stream" (Heraclitus).

Thus, health is not permanent and unchanging, it is a dynamic state of human life, which is characterized by the body's ability to regulate and heal itself.

The body is formed by the relationship of its parts. Coordinated interaction of the elements of the body is the first and basic condition of life and health. The word "heal" literally means "to make whole". Any mismatch of the processes in the cell, leading to disruption of homeostasis and ultimately to the destruction of the cell as a whole, because in dealing with health problems is the most effective holistic (integrated) approach.

Typical for new thinking holism (from Greek holos - whole) is based not on detail, but on a holistic view of the human body, in which everything is interconnected and interdependent. Character of displays a marked new, emergent properties that are not inherent in individual parts or elements, but there are those that arise by combining these elements into a single, integrated system and as a result of their interaction for a communication system. For example, it is possible to study in detail the properties of atoms of hydrogen and oxygen, but did not understand what a water molecule is, because for the formation of water occurs entirely new potential niche that is filled with new energy levels in the new range, new characteristic frequencies, creating a fundamentally different quantum level of nature [7]. The study found that the action of one enzyme, taken separately, is quite different from the action of the same enzyme in complex combination with other [8]. The conclusion: the tendency to detail hinders understanding of the phenomenon as a whole. When the doctor finds the presence or absence of disease only within their competence, the psychologist defends mental health and physical education teacher way to health sees sports and wellness course, is ignoring the holistic approach to the problem of human health.

The basis of health is the principle of interaction and interdependence of every cell, tissue, organ, organ systems. "Golden Rule of Health" is that the human body has stored "healing harmony". The result of information failure is the lack of harmony that disease. The word "disease" can be used only in the singular, as well as the word "health". Name of the disease, as rightly contended Hippocrates, has for the doctor only secondary importance. And sickness, and health - a phenomenon related to the human condition as a whole, rather than individual organs and body parts. It is meaningless to treat any one organ specific "disease", we must heal the whole body in general, integrative.

Thus, health – Is not merely the absence of external manifestations of the disease, but also the state of the internal and external harmony, when the structure of the body without conflict and functioning optimally. The normal functioning of the body involves the maintenance of homeostasis, self-preservation and self-improvement of physical and mental status of optimal and harmonious interaction of all cells, organs and systems of the physical body.

According to the holistic approach human organism is a part of Nature and subject to the laws and processes of planetary and cosmic levels, being in close relationship with climatic, meteorological, biorhythmic and other natural factors. It will be a great mistake to think that the human body is separated from the environment. I.M. Sechenov noted that the functioning of the organism is impossible without protection, which ensures its existence, and therefore scientific definition of the body should be formulated taking into account the role of the environment [2]. Characteristically, that today the whole unit of living considered not only the body – life arises "at the intersection" of external market influences and future living organism. Man as an integral part of nature associated with it thousands of seemingly invisible bonds. However, all these connections, as streams, feeding the body by a variety of forms of energy.

Some environmental impacts, so-called strong ecological connections, are so important that without them, life is impossible. It is well known that life is impossible without breathing. Life requires a systematic flow of food and water. Serious violations occur in case of lack of vitamins - important regulators of metabolism in tissues. In addition to nutrients, food has also information-energy value, which is the most important characteristic of food, especially when talking about food as a medicine rather than as proteins, fats, carbohydrates and calories. Any plant can be regarded as a concentrate of information that is recorded on the structures of its environment and has a regulatory effect on the human body. The most valuable vitamins, minerals and other biologically active substances (as well as information, energy and matter) contain only products of natural origin. Man-made vitamins and chemicals do not contain natural healing information, so abuse them dangerous.

However, external influences - not only factors without which life can not last long. In severe ecological relationships, there are other external influences (poor environmental relations), which also absolutely essential for healthy living organism. On the human body affects a number of factors: the electromagnetic field of the Earth and the flow of cosmic radiation, solar radiation, air temperature, its humidity, barometric pressure, the movement of air masses, biosphere and lithosphere processes. In addition, most of our planet's biosphere forms a uniform field environment that also produces a specific effect on the body. All these influences acting on the body from the outside interact with the field uniform organization of cellular structures of a man. In this case, the disease is a process that occurs as a result of disruption of normal relationships and relationships both within the body and between the body and natural factors.

Various environmental factors have a strong influence not only the physical, but also the mental state of a person. As evidenced by numerous cases, prolonged isolation from the environment is not only physical, but also mental illness of people, not to mention the fall of their morality. Therefore not surprising that in large cities there is the largest number of diseases on various neuroses and depression is a direct consequence of the isolation of man from nature. Thus, health is determined by adequate and harmonious information, energy, material exchange between the human body and nature (environment).

A clear distinction between the criteria "norm" and "pathology" is almost impossible. Between health and disease there are a number of intermediate states, which are determined by the level of decrease (increase) the functional capacity of the organism and determine the appropriate mode of life, similar to health or to disease. This transition state which is neither health nor disease. Many people are in that state, caused by various factors of physical, chemical, biological and psychological nature, which contribute not only to the development of chronic diseases, but also disorders such as neurasthenia, loss of appetite, irritation, headaches, depression and so on. If you do not pay attention to them and do not change the way of life - the risk seriously ill may be. This is a possible reserve-compensatory mechanisms of the body. For example, systematic physical exercise contributes to the accumulation of reserve capacity of the organism, and thus raise the level of human health.

Health is not only a complex medical and biological category. It reflected social nature, social conditions and the results of human activity [4]. Making efforts to achieve the goal, person realizes the need for internal activity. Lack of activity, initiative contrary to human nature. Satisfaction (dissatisfaction) life, his social position, chosen profession or occupation, marital status determines the harmony of the information and energy processes, which in turn affects health. "To fill the meaning of life, it is important to put a difficult and lengthy task. We should strive for the goal, whose achievement requires hard work. The lack of such purpose - one of the most powerful stressors that causes stomach ulcers, heart attack, hypertension or simply doomed man joyless existence," - said Canadian scientist H. Selye.

Consequently, the performance of their individual biological and social functions can also serve as an indicator of health.

To summarize, we can propose the following definition: health - the dynamic state of human life, which is determined by: the body's ability to self-regulation, self-healing, maintenance of homeostasis, self-preservation and self-improvement of physical and mental status of optimal and harmonious interaction of all cells, organs and systems of the physical body, adequate and harmonious information, energy, material exchange between the human body and nature (environment), between man and society, the possibility of reserve-compensatory mechanisms, the level of performance of biological and social functions.

Taking into account the above information, the most important mechanism of health influence should be considered to achieve balance and harmony between the enormous number of different life forms that are inherent in man, and increased reserve capacity of the body. According to the holistic approach leading role in the process of recovery have not medicines. There are many health factors, since all that surrounds us, one way or another affect on people, changing the balance in the body, disrupting and restoring harmony. "Everything is poison, and all medicines," - said the ancients. Drugs can serve as anything: a glass of water or juice, regular walks, chive or decoction of herbs, climate change or control thoughts and emotions, correct posture or use of water treatments - all these simple elements of daily life can effectively work as a cure [5].

The above suggests that the use of pharmacological agents and good health are incompatible. The current practice of treating configured to battle with the disease, where the patient is a kind of "battleground" and suffers the greatest losses. Medications are struggling with the disease, but can enhance health. All substances synthesized artificially distort the normal physiological functions of the body, causing disintegration energy processes, violate homeostasis because of their use threatens health in the long run. Rescue the patient from a disease physician often observes the patient suffers from another (one treat, another crippling) [1]. WHO says that the practice of treating the official medicine and pharmacology is too expensive and is not very effective. Much cheaper and more effective prevention is associated with improved nutrition, welfare and recreation of everyone.

Scientific and technological progress of mankind creates the illusion of omnipotence. The mechanical view of the universe and the human body fueling hopes to invent a "miracle cure". The pharmaceutical industry manufactures and markets daily huge number of different drugs. What is the result of this progress? Perhaps the decreased incidence? Is increased life expectancy? No. On the contrary, the number of allergic reactions, cardiovascular system, malignant neoplasms. Medications followed by a long list of side effects may not be beneficial to the body.

Use of modern medicine can be justified in the case of extreme critical situations: poisoning, trauma, burns, acute illness and so on. This emergency medical care in such situations usually give medicine 8-10% of the total

number of factors that determine health. Exerting a powerful influence such means activating the body to fight for survival. However, such mobilization should be only temporary with subsequent restoration of functional capacity, bringing its own bioenergy in a harmonious state configuration for self-regulation. In other medications, replacing the function of the immune system, suppress and weaken it. Medications generally are only the symptoms by taking pain as a consequence of the disorder. If people continue to follow a lifestyle that led to the disease, does not change their habits, do not change as a person, the disease returned and become stronger. This practice "treatment" makes people dependent on the drug and leads to the degradation of humanity.

The main objective is to improve the professional play, study and correction of health as a method and the result of human activity, a special form of integrity. Noteworthy is the fact that all oriental medical doctrines have several common features. They interpreted medicine as preventive art and is an integral in the broadest sense. According to these doctrines every human - a microcosm with its own circulation of substances and multicomponent force balance tuning. A person is considered as part of the Universe, where her inner life and external relationships and relationships are unity. Following these ideas, doctors try to identify the disturbances in the pre-integrated system, which is closely intertwined soul and body. They see their task in the following – to restore balance and bring harmony by influencing both the physiological system (nutrition, physical activity, breathing exercises) and on mental health (meditation, relaxation, strong-willed spirits, autogenic training) that are equally important to maintain internal equilibrium. For example, in ancient China, saying: "Only bad doctor treats." Traditionally, the Chinese have paid your doctor to have it looked out of their health, and if you fell ill - stop paying as such, is not doing his job properly. As a result of China's population now reaching far beyond the billion and growing and gaining momentum in Ukraine depopulation processes.

According to statistics, every 10 years there are an average of 3-4 chronic diseases. Pathology develops gradually over the years. Hippocrates wrote that the disease is not dumped on his head, like a bolt from the blue, it is the result of long-term violations of the laws of nature. Gradually expanding and accumulating these violations suddenly erupt in the form of the disease, but the suddenness only imaginary. Modern scholars believe that the origin of most chronic diseases before they expire diagnosing physician for about 20 years. Thus, the roots of ailments are coming of age in childhood and adolescence, so recovery should begin as early as possible without waiting for symptoms of disease.

Conclusions

The problem of health is one of the most difficult complex biomedical, social, philosophical, psychological and educational problems of modern science. Analysis of the holistic model of building the human body suggests that the most effective health impact assessment can only provide a diverse range of products aimed at improving both bodily and mental spheres of human activity. The close relationship of mental and somatic component of the human body provides impact on the activities of the body as part of physicality (exercise, diet, treatment, hardening, etc.), and by the consciousness and mental (focus on spiritual values, mood, positive emotions figuratively and volitional mood, auditory training, prayer, meditation, etc.). Certain emotions affect the relevant physiological processes in the body, and, conversely, certain physiological processes causing the mood and emotions. Since health is a very complex multicomponent structure, holistic approach makes it possible to properly assess the overall state of human health role in her life and adequately choose the most effective response to the organism.

Universal and the most effective method of prevention and treatment of all diseases is a healthy way of life, based on a respect for the laws of nature.

Prospects for further study is to detail the factors and processes that shape the health of the human body in the context of its applications.

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Information about the author

Mikheenko O. I.: OMikheenko@yandex.ru; Sumy State Pedagogical University; Romenskaya str.87, Sumy, 40002, Ukraine.

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