



HUMAN HEALTH, SANOCREATOLOGY AND THE NECESSITY OF ITS DEVELOPMENT

Teodor FURDUI

Institute of Physiology and Sanocreatology,
Academy of Science Republic of Moldova, Chisinau, Moldova
Corresponding author: Teodor Furdui,
Honorary First Vice-President of the Academy of Science Republic of Moldova,
Chisinau, Moldova

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This short paper is a introduction to the several volumes devoted to the new chapter of the preventive medicine entitled “Sanocreatology”. The readers will appreciate the great value of the practical informations necessary for understanding the best ways leading to the maintenance of our health. Everything that is written in this and following volumes of the treatise “Scientific and practical bases of sanocreatology” refers to all and sundry as we will talk about health, the most valuable thing belonging to the man. Alas, the reality is that it is possible neither to buy nor to sell it, and it is remembered only when it is already lost. Moreover, nowadays quite often people write and organize scientific forums on health but in reality talk about diseases.

It is obvious today that the public attitude towards health on the whole does not correspond to its value. It is still formed spontaneously and has not become a topping priority in public activities. That explains the population's present critical health state threatening its further existence. It has become indisputable that by its importance and priority for further existence and development of the modern civilization the problem of general health, including germane sanogenic reproduction and sanocreatological nutrition, must be regarded as a global problem threatening the mankind along with energy, food, demography, ecology, atom issues etc. Unlike the mentioned global problems, this issue worries people from ancient times but, unfortunately, is still unresolved, crucial. The ground for that conclusion is not only the fact that the modern society, in essence, is stricken by diseases and subject to general biological precocious degradation but also

the unfavorable prognosis of public sickness rate for the near future.

According to the present-day World morbidity statistics, about 770 out of every 1000 people suffer from non-invasive diseases; practically every 40-year-old person – from 3–4 diseases; more than 40% of the global population are affected by allergic diseases; more than 26% – by arterial hypertension; every third inhabitant of the planet – by acute respiratory diseases. In conformity with the World Health Organization (WHO) data, cause of death. Every year about 500 million people fall ill of malaria.

As regards mental illnesses, it should be mentioned that they have affected a considerable part of the planet's population too. In the USA, these diseases are considered the number one national problem of public health. The WHO Mental Health Committee have found that in Western Europe and the United States 10% of the population suffer from severe mental disorders while another group (about 10%) – from non-psychotic mental disorders, and the total incidence of all mental diseases is more than 200 causes out of every 1000 people; about 450 million inhabitants of the planet suffer from a mental illness.

The researchers of the Institute of Physiology and Sanocreatology of the Academy of Sciences of Moldova have shown that functional disorders of the cardiovascular system are present in more than 80% of school age children¹, and a greater part of the society are under chronic stress causing precocious psychic and physiological degradation²⁻⁸.

The prognosis of the population's sickness rate for the future is unfavorable as well: according to the WHO data, whereas 17.3 million people died of cardiovascular diseases in 2008, about 25 million

will die in 2030; whereas 14 million individuals on the planet suffer from oncological diseases now, in 2025 – about 19 million, and in 2035 – already 24 million; whereas 150 million people were ill with diabetes in 2000, 300 million suffered from it in 2010, and in 15 years the number will be twice greater; whereas at present every 4th–5th inhabitant suffers from mental disorders, by 2020 depression will come out on top in the morbidity structure and become the number one illness among non-infectious diseases.

In addition, “*rejuvenation*” of chronic diseases take place: in 63% of children a high level of dysfunctions of the nervous system has been revealed. By Soroko S. I.(9), a well-known Russian physiologist, 1,129,188 children aged from 0 to 17 years inclusive addressed to children's health centers of the Russian federation in 2014; only 37% of them were found to be healthy and 63% – with functional disorders whereas at the moment of birth about 40% of children were ill. Moreover, while 20% of children are considered completely healthy when entering the school, by graduation those are only 3%^{1,10}. The growing tendencies of the number of young men of the call-up age who are unfit for military service, malignancy incidence, chronic heart failure rate in children and teenagers have been established.

In a word, the health state of the modern society threatens its further existence.

As early as in 1999, within the book “*Stress, adaptation, functional disorders and sanocreatology*”, in the chapter “*Symptoms of physiological, psychic and biological degradation of man as a biological species*” (11), and then in other papers^{12–26} the Institute of Physiology and Sanocreatology of Academy of Sciences of Moldova presented cogent data on precocious general biological degradation of the species *Homo sapien*. The principal causes of this degradation are sympathotonic, stressogenic mode of life, abrupt changes of life activity conditions, spontaneous formation and maintenance of human health, the absence of natural selection law as a driving force of evolution in the human society.

The adduced data are an indisputable evidence for the conclusion that the modern society is sick and generally biologically degrades.

Moreover, it should be acknowledged that from the position of existing strategy of spontaneous formation and maintenance of health modern medicine can not solve the problem of health. The ground for this opinion is at least that, in spite of the

incontestable progress in early diagnostics and treatment of illnesses and in creation of new high-performance pharmaceuticals as well as of the possibility, knowing disease diagnosis, to appeal any time of the day to the *Guidelines International Network*, thanks to which it is possible to organize cure procedures on the basis of World Data Bank of the recommendations for diagnosis and treatment, the prognosis of general sickness rate for the near future remains highly unfavorable.

The following question is natural: at the civilization which has achieved unbelievable successes in engineering, technologies, nano- and biotechnologies, space exploration, jet technology development etc, why has the creator of all that found himself within the limits of biological degradation threatening his further existence?

There is a lot of causes for that: complexity of the health phenomenon, deficiency of our knowledge in this domain, the opinion formed in the society according to which the issue of health will be solved by itself as a consequence of solution of the disease problem, lack of generally accepted notion on the essence of health, nosological priority of modern medicine orientation, focusing of modern financing strategy of the health system on treatment of diseases, sympathotonic mode of life, the impetuous rise of the number of stress-factors and abrupt environmental changes, accumulation of noxious mutations because of the sharp attenuation of natural selection in the human society etc. Nevertheless, very likely, the principal cause is that the man has not realized that, when everything around was simultaneously changing, he should not have left formation of his health to the mercy of fate and was required to form it purposefully so that the organism could withstand and adapt itself to the new conditions of life activity.

It should be kept in mind that the weakening of the laws of natural selection and struggle for existence in the human society as driving forces of evolution ensuring survival of the fittest with excellent health, leaving to operate as before another evolutionary mechanism – accumulation of chance mutations most of which are negative, by the strategy of spontaneous formation and maintenance of health and under the intensification of stress-factors action, has caused premature development of general biological degradation and gradual extinction of *Homo sapiens*.

For the purpose of solution of the health problem and self-perfection of the human organism, Sanocreatology proposes to elaborate scientific

bases and practice of purposeful formation and maintenance of human health in conformity with its life activity conditions. Topicality and urgency of this new science are also determined by the fact that, although during human development history some attempts to self-improve the organism and its health by virtue of hygiene, sport medicine, diverse kinds of physical exercises and other influences have been made, the problem of health remains far from being solved and alarming.

Obviously, one more questions, perhaps the most important one, seems very relevant – how is it possible to solve the problem of human health? Attempts to ground the creation of new disciplines – sanology and valeology – have been recently made. The object of their study is health, around which a symbolic struggle for monopoly of competence to carry out research projects, expert examination and to make recommendations to medicine as a whole, hygiene and sport medicine takes place. In addition, it has become a tradition for some authors to compete for the right to determine tasks referring to health, to write manuals on health not exposing even what they mean by this term, using at that various strategies of self-legitimizing, offering solutions of the health issue at a level of quasi-specialists!

There is only one way to solve the problem of health – to abandon the existing strategy of spontaneous formation and maintenance of health and reproduction of descendants and to elaborate theory and practice of its purposeful formation and maintenance in compliance with conditions and factors the man will face in his life. It would be a fatal mistake for future generation and those who continue to conquer space to rely on their spontaneously formed organism which will not be able to adapt itself to rapidly changing conditions of its life activity under sympathotonic stressful lifestyle. That will inevitably lead to accelerated general biological degradation and deep dissanogeny.

Theory and practice of purposeful formation of human health from gametes formation to extreme old age, taking into account specificity, complexity and ultimate importance of the tasks, are to be developed by a special synthetical science. That is the mission of sanocreatology (Latin *sanos* – healthy; Latin *creato* – to create; Greek *logos* – studies, science). Concrete tasks, basic principles which have neither been posed nor been in the process of solving by other sciences are presented in

this volume. Here are also proofs of the reality of their implementation:

1. Facts of morphological parameters' and systems' modifications in the process of ontogenesis under the impact of nutrition, ecological, social conditions, physical exercise etc.
2. Genotype exteriorization – genetically determined potencies and abilities are qualitatively realized or not realized, completely or partly developed depending on the individual's habitation environment characteristics.
3. Formation of morphophysiological status and public health, as considered, by 65% depends on socio-economic and ecological factors, nutrition and mode of life.
4. Natural capabilities to voluntarily and purposefully influence functions of such vitally important physiological system as nervous, cardiovascular, respiratory, locomotor, digestive, immune, urinary etc.
5. Historical attempts of the society to purposefully modify shape of particular organs of human body.
6. Cloning techniques which enable to create organisms with genetically identical structures in asexual way.
7. differentiation of pluripotent cells (*stein cells* and so named induced pluripotent stem cells “*iPS*”) into various types of specialized cells.
8. the man's all daily activities, except for unconditioned reflexes, in essence, are not inborn but acquired through training.

The health problem, from the position of sanocreatology, presumes a new approach to its solution in comparison with the pathogenetic one used by modern medicine when studying regularities of disease development, which is mainly based on investigation of mechanisms of functions and other biological processes disorders development under the action of a factor of diverse intensity and duration that provokes disease development. Meanwhile, revelation of the health phenomenon per se is grounded on the sanogenic approach, which *provides for* non-spontaneous, purposeful formation of somatovisceral, sensory-distant, immune, psychic, social, reproductive and integral health and *implies determination of*:

- sanogenic limits of functions of the vitally important organs and systems;
- factors and mechanisms inducing organo- and functiogenesis and regulating sanogenic

morphophysio-logical state of organs and systems, their coordination and integratedness;

- factors and mechanisms ensuring reproduction of sanogenic offspring;
- sanocreatological role of various nutrients in diverse periods of ontogenesis;
- vulnerable stages of sanogeny in the process of ontogenesis and their conditionality;
- mechanisms forming and maintaining life potential etc.

and elaboration of:

- methods, technologies and algorithms of purposeful formation and maintenance of morphophysiological sanogenic status of particular organs, systems and organism as a whole, its life potential as well as sanogenic mental health, social behaviour etc;
- methods of purposeful formation of individuals with distinctive creative abilities.

In general, it should be noted that there are more than enough alarming data warnings that the modern society is on a dangerous path of its development as the biological species *Homo sapiens* and yet more than enough proofs of real possibility to avoid precocious general biological degradation, to ensure the man's progressive general biological and psychic development in constantly changing conditions of life activity. Solution of the problem depends on timely realization of its severity and importance, on efficacy of the elaboration by sanocreatology and allied sciences on the man of theory and practice of purposeful formation and maintenance of health in conformity with current and future conditions of life activity, reproduction of sanogenic descendants and enhancement of life potential. If we do not exploit the potentialities sanocreatology opens in the way of purposeful formation and maintenance of health, it is doubtful that humanity **will** survive this millennium.

As there is no other way of solving the health problem than by means of its purposeful formation and maintenance, and taking into account crucial significance and severity of the issue in respect of evolution of the society, its common human nature, we consider it appropriate to organize international cooperation through creation of a corresponding international scientific program. Such an interaction would enable to involve scientific potential of various countries in working up of the program. Otherwise, on manifestation of indifference, failure to act, on reasoning that the problem will be solved by itself, there will be no justification to future generations.

Thoughts and suggestions expressed in this preface are not spontaneous, but mature as a result of a long-term contemplation and scientific investigations on the problems of health, stress, adaptation, functional disorders etc. Apparently, those thoughts have crossed minds of other scientists and specialists in the field of human sciences. Evidently, they have similar feelings. If so, then the problem will be solved.

The workers of the Institute of Physiology and Sanocreatology of the Academy of Sciences of Moldova, realizing importance of the problem of purposeful formation and maintenance of health, reproduction of sanogenic descendants, prevention of precocious general biological degradation, have decided to colligate the results of research within this direction and publish the treatise "*Scientific and practical bases of sanocreatology*" in several volumes.

The first volume is a «roadmap» featuring factors and causes of premature general biological degradation of the society and the high level of chronic diseases incidence, proofs of the health problem solution via development of sanocreatology, which is aimed at the elaboration of scientific and practical tasks of health purposeful formation, historical attempts of the society to purposefully influence structure of particular organs. In a special chapter, prerequisites of sanocreatology beginnings, its object and specific tasks, methodological principles, methods, basic notions and its relations to other sciences are described. In another special chapter, the essence of health phenomenon, existing concepts and a new conception on health as a starting point of sanocreatology arc considered.

Within the second volume will be presented as scientific and practical bases of psycho-sanocreatology: the conception on mental health; its sanophenomenology; individual levels of mental health and methods of its determination; factors influencing psychosanogeny; ways and methods of purposeful formation of mental health etc.

The third volume will comprise scientific and practical bases of general sanocreatology: its object and tasks; the conception on integral, somatovisceral, sensory-distant, immune, psychic, social and reproductive health; principles of their formation and maintenance; genetic and ontogenetic bases of health; main stages of health formation and maintenance; scientific bases of sanogenic reproduction of descendants, sanocreatological nutrition and sanocreatological

influence on morphofunctional state of the organism's vitally important systems etc.

The fourth volume will include scientific and practical bases of cardiosanocreatology, a new field of sanocreatology. Will be analyzed factors and conditions causing heart dissonogeny, vulnerable stages of intrauterine development, individual levels of heart health, algorithm of cardiosanogeny individual level determination etc.

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