

PHILOSOPHICAL SCIENCES

HUMAN HEALTH IN A PHILOSOPHICAL ASPECT

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DOI: <https://doi.org/10.30525/978-9934-26-309-5-18>

*A person should know how to help himself in illness,
remembering that health is the greatest wealth of a person.
Hippocrates*

Relevance of research. Life is one of the main topics of philosophical research, which for a long time remained the prerogative of natural science and theology, not philosophy. The living conditions of modern man pose urgent tasks of improving the scientific analysis of his health problems. A person is the highest value of society, and health, which is its carrier, determines the harmonious development of the individual, and therefore is the guarantee of comprehensive development of society. Human health is a social value, a component of public wealth, and how to use, protect and improve health depends on society. Analysis of human health becomes a necessary condition for identifying and improving human abilities and capabilities as a driving force and the highest goal of social progress. We consider this research relevant and necessary.

This topic was studied by the following scientists: Yu. Boychuk, O. Bilanov, L. Lavrov, S. Putrov, and others.

The purpose of the work – research of the category "health" within the framework of philosophical teachings about man.

Formulation of the problem. In particular, health is a whole multidimensional dynamic state that develops in the process of realizing genetic potential in a certain socio-ecological environment and allows a person to fulfill his biological and social functions to varying degrees; the process of preservation and development of physiological properties, mental and social capabilities; the process of maximum life expectancy with optimal working capacity and social activity. This definition can be considered the most successfully presented from the point of view of the target functions of any society.

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To understand the meaning of health, it is important to understand the human cosmic phenomenon from the point of view of a new philosophical and worldview platform of world perception, based on the transition from Newton's material-mechanical paradigm to Einstein's model. The energy-informational aspect of the recognition of being, the idea of a person as a multi-level cosmic being with physical and energy-information plans.

The preamble to the Charter of the World Health Organization (WHO) states that health is a state of complete physical, mental and social well-being, and not merely the absence of disease or mental defects. However, complete physical and mental well-being can only be determined by ideal health, which is a great rarity for a modern person. In addition to this definition, there is a wide list of approaches to the definition of the concept of "health", which began to be formed by the thinkers of ancient India and China.

Aristotle is a philosophical genius of antiquity, the son of a doctor and a doctor himself. His concept of health is presented in his ethical works: "Nicomachean Ethics", "Eudemian Ethics", "Great Ethics". The essence of these views is as follows: every person has a soul, in the structure of which passions, vices and ethical principles, virtues (courage, majesty, generosity, etc.) stand out.

Eastern philosophy is based on the understanding of a person as a psychological and physiological whole, inseparably connected with the environment, nature, space and oriented towards a healthy lifestyle. Developing these ideas, ancient philosophers emphasized the harmonious combination of physical and spiritual components of human existence, orderly internal unity, and the balance of oppositely directed activities. The ancient sages paid attention to the personal responsibility of each person for his own health, offered a model of treatment: "Do no harm!". (Hippocrates). For a long time, the above-mentioned ideas were the theoretical and methodological basis for understanding and solving the health problem.

In Western European philosophy, human nature is represented as a sinful body and a divine soul. Demonstrating spirituality as the main thing in a person made it possible to determine the problem of the moral dimension of human existence. The philosophy and culture of the Renaissance show man as an active individual in learning about the world. It was this Renaissance that laid the foundations of philosophical humanism – the foundation of respect for the dignity of man, his right to a happy life on earth. Man is no longer a sinner, but is understood as a higher value in the unity of his physical and spiritual being. Modern philosophy is based on a rational understanding of human nature. In the context of the mechanical picture of the world, man was imagined as a perfect machine, a type of mechanism. The view of the human body as a real machine was developed by French philosophers of the 18th century.

P. Holbach, K. Helvetia, D. Diderot. The Age of Enlightenment created the image of an "autonomous person", capable of rational and deep evaluation of ideas, moral actions and their consequences. Modern philosophy interprets health as a quality of a person, which is the basis of his life activities and provides opportunities for socialization, disclosure of important forces, self-realization of the individual in the context of the realization of personal goals and social values.

Researchers define human health as follows: good – health is a positive value, and its absence is a negative value; public wealth; well-being (full): physical, spiritual, social; primary non-alienable property of a person; normal functioning and development of the human body; compatibility type; full life; the law of human existence and development; a means of ensuring human life and activity; optimal physiological, psychological and social functioning, holistic, integrative behavior, aimed at meeting the personal needs of a person; the goal of economic and social development of the country; dimension of a person as a biosocial personality; subjective and psychological sense of health; biochemical, physiological norm as a necessary condition of health; human condition (human body): physical (physiological), mental (emotional) and mental (intellectual); optimal functioning of the human body; balance of all functions in the body, interaction with the external environment; complete state of physical, psychological and social health; completeness of adaptation, absence of diseases, physical disabilities, labor and social activity; performance of social functions, etc.

Health must be interpreted not only from the point of view of medical and biological indicators, but also from the point of view of its spiritual-ontological and socio-cultural essence. The epistemological aspect of the "health" category stems from the vale-philosophical definition of the human body as a microcosm. The essence of health is connected with two fundamental and contradictory needs of the body, which are in an inseparable unity: on the one hand, in the process of constant development and change, to maintain a stable (homeostatic) state, and on the other hand, to counteract the negative effects of the external environment.

Health should be explained not only from the point of view of medical and biological indicators, but also from the point of view of its spiritual-ontological and socio-cultural content. The epistemological aspect of the "health" category arises from the pre-philosophical definition of the human body as a microcosm. The essence of health is connected with two fundamental and contradictory needs of the body, which are inseparable: on the one hand, in the process of constant development and change, maintaining a stable (homeostatic) state, and on the other hand, resisting the negative influence of the external environment.

Conclusions. Thus, health is a multidimensional phenomenon and manifests itself at the individual and population levels. The health of an individual is understood as the dynamic state of preservation and development of a person's psychophysiological functions, his optimal working capacity and social activity during the maximum duration of his life. Population health (health of the population, collective, social or community) is the process of socio-historical development of biological and psychosocial vitality of the population living in a certain territory, over a number of generations, increasing its working capacity and collective labor productivity, increasing environmental dominance and improvement of man as a species.