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## HISTORICAL AND PHILOSOPHICAL APPROACH TO IDEAS THAT CONCERN DIFFERENT ASPECTS OF HUMAN HEALTH

**Abstract.** *The article brings a light on the concept health, its norms and pathologies. The article defines the main approaches to the study of concept of what is health and the main tendency of the philosophical though development. Socio-philosophical approach to analysis of human health problems have been depicted in the article. It has been emphasized in the article that ancient philosophers didn't make any division between the process of treatment and the idea that the any disease is deeply rooted in ideas closely related to morality principles and the way how people keep to them.*

**Key words:** *health, philosophy, goal of life, doctors, philosophers, healthy life style, mental health.*

Since the times immemorial it has always been interested for the man what is health. Thinking about health, about its norms and pathologies, ancient philosophers noticed that health depends on a person's lifestyle and behavior. Various philosophical trends influenced the development of ideas concerning health and a healthy lifestyle. In ancient times, the following concepts about the origin of diseases were formed: realistic (spontaneous-materialistic), ontological, anemic and the concept related to the influence of evil forces. Consequently, cures for diseases depended only on supernatural forces; hence the spread of amulets, spells and conspiracies that protect against evil forces [1].

The socio-philosophical analysis of the human health problem includes an adequate understanding of the impact on the consciousness, intellect and emotions of people, which has always been the task of philosophy and humanitarian knowledge. It was already in the Code of Hammurabi, that the state schools of healers were mentioned, whose task was not only to treat the sick, but also to prevent diseases of healthy people. The greatest doctor of ancient medicine – Hippocrates considered philosophical approach as the most necessary component of successful healing. A letter from Democritus addressed to Hippocrates testifies about his beliefs that were based on the idea that understanding the essence is more important than knowing the facts. He also said that mere erudition did

not guarantee insight into the essence of phenomena. According to the views of Democritus, every person can live a happy life if he lives according to his nature, observing a sense of proportion with the help of wisdom, striving for justice and taking responsibility for his actions.

The concept of beauty is comprehended through the process of study and by making big efforts, the concept of bad is assimilated by itself, without difficulty.

The goal of life is a good state of mind (euthymia), in which the soul lives serenely and calmly, not disturbed by any fear or any passion.

What our body really needs is easily achievable for everyone, without much work or effort. And on the contrary, the things which require labor and great effort, and the acquisition of which is not good for our life turns out to be not needed for our happy life, but occur to be just is an object of desire of our spoilt thought.

Aeschylus, in the tragedy dedicated to Prometheus, saw his main feat not in the theft of fire, but in the fact that he taught people to provide healing assistance to each other, without passively relying on the mercy of the gods. In ancient Greece, where philosophers were doctors, and doctors were philosophers, medical and philosophical thought was oriented towards man as the ultimate goal of the universe, as the center of material and spiritual nature." It was in ancient Hellas that the integral concepts of European civilization emerged -

“healthy lifestyle” and “culture of health.” Ancient philosophers often acted as a kind of private consultants who served as advisers in everyday affairs and at the same time contributed to the establishment of social balance, resolving disputes, leading politicians to informed decisions. But one of the most important functions of philosophy, in addition to finding truth and justice, was caring for the human soul. Epictetus, for example, viewed his school as a kind of psychological hospital, where each of his students had to recognize their mental state as pathological in order to “heal mental ulcers by bringing thought to rest. Plutarch believed that the doctor was mistaken if he thought he could neglect philosophy.

Representatives of the Vedanta school in Ancient India also had some thoughts about health and illness. The ancient Indian thinker Badarayana, the Brahma Sutra compiler, noted that health depends on a person’s lifestyle. In ancient India, health was considered as the result of the normal state of the three principles of the body: air, mucus and bile. In Ancient China, the body was compared to the world in its miniature, and all processes in it were made similar to the relationship of the five primary elements: fire, earth, water, wood and metal. In the body, as in the outside world, a struggle between two polar forces was assumed: Yin (female) and Yang (male), health and illness were determined by their ratio.

According to the views of Democritus, every person can live a happy life if he lives according to his nature, observing a sense of proportion with the help of wisdom, striving for justice and taking responsibility for his actions. Ordinary consciousness understands well-being as the absence of problems. It is believed that by “freeing ourselves” from any problem, a person gets the opportunity to more full development and functioning. The attitude towards human psychological problems is changing in the humanistic paradigm. A. Maslow believed that self-actualization (which he associated with a certain level of personal development) “is not the absence of problems, but a movement from temporary and unreal problems to real problems.” “Real” or “essential” problems are existential problems that have a fundamentally different nature that distinguishes them from other problems experienced by a person. They cannot and should not be eliminated, since it is the “living” of problems that constitutes the essence of the life process, and their constructive solution at different stages of human life has enormous creative potential.

“Mental health”, as a category of concentration, the quintessence of the philosophy of health, is based on the phenomenon of patience. He assumed that the essence of humanity lies in patience. The gap between stimulus and response, provided by developed self-awareness, like a “hole” in existence, explains the essence of patience. The ability to “hold a pause”

between stimulus and response is freedom. Patience, as well as its moral equivalents such as tolerance, are closely related to mental health. The mentally healthy person is patient. He is not in a hurry, but he is not late for anything. According to some modern social philosophers of our time, the vulgarity that dominates the modern Western world is the antithesis of patience. The phenomenon of future shock is evidence of vulgarity, resulting from a lack of patience (vanity, fear of being unnoticed, falling behind fashion). Vulgarity is manifested, for example, in the so-called speed reading, mass communication. If we recall Plato’s myth about the cave, we can formulate the essential conditions for the possibility of exiting the cave to the world of eidos. You need to turn towards the light slowly so as not to go blind. Therefore, education related to the health of the body and the health of the soul should be long-term, organically corresponding to the rhythms of personality development.

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### Світлана Чмихун, Микита Куликов

Історико-філософський підхід до ідей, що стосуються різних аспектів здоров’я людини

**Анотація.** У статті висвітлено поняття здоров’я, його норми та патології. У статті визначено основні підходи до вивчення поняття здоров’я та основні напрямки розвитку філософської думки. У статті висвітлено соціально-філософський підхід до аналізу проблем здоров’я людини. У статті наголошується, що стародавні філософи не робили жодного поділу між процесом лікування та ідеєю про те, що будь-яка хвороба глибоко вкорінена в уявленнях, тісно пов’язаних із принципами моралі та тим, як люди їх дотримуються.

**Ключові слова:** здоров’я, філософія, мета життя, лікарі, філософи, здоровий спосіб життя, психічне здоров’я.

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