

“Apparently healthy human being” – the necessity to refine the notion

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Abstract. Any illness is caused by impairment of the human organism's compensative-adaptive capacities to environmental exposure, its detraining, body defenses depletion, and, inevitably is accompanied by the damage in normal physiological proceeding. Almost every modern human being suffers from either genetic or acquired diseases. That is why, it is reasonable to subscribe to the opinion that unhealthiness is a normal state for people. A person feels like healthy, when the body state coincides with the high quality of vital activity. So, it is important to refine the notion of “apparently healthy human being” for the work on preventive measures directed to support fine life activity. This very notion means a person having no complains of any weakness, or disease, and demonstrating high working ability. The man can have some structural and functional changes in inner organs and their systems, however the compensative-adaptive mechanisms provide standard vital activity throughout all his existence.

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Introduction

Human health protection, provision of possibilities for self-actualization and support of real social proof are nowadays among the most important global tasks of the mankind. The urgent character of this very issue is being raised due to an increase in the senior citizens' prevalence all over the world [1, 2, 3, 4, 5, 6]. A human being acquires knowledge and experience, though loses his health with aging. Moreover, the polymorbidity also affects young people these days [7, 8]. The sick ones should be healed. However, in order to never become sick, the healthy persons should be provided with preventive treatment directed to the strengthening of the ecological readiness to body adaptation to forthcoming environmental changes. It will provide the improvement of the body defenses, its adaptation capacities, together with preservation of the high quality of vital activity, i.e. health [9, 10, 11]. In fact, the perfectly healthy state of the human organism is almost unattainable, it comes from time to time only. That is why, the task of refining the notion of “apparently healthy human being” is set. This very group of people could be provided with preventive treatment directed to health improvement only after their separation.

Main points

The concepts of “health” and “illness” have already been studied since the ancient times. More than a thousand years ago Avicenna, a therapist and philosopher from the Middle East, conceived the classification of six grades of the human organism's state, concerning the opposition “health” vs. “illness”: 1. A maximally healthy body; 2. A non-maximally healthy body; 3. A body neither healthy,

nor sick; 4. A body in a nice state, becoming healthy quickly; 5. A body suffered from mild illness; 6. A maximally sick body [12].

In the middle of the 20th century Academician I. V. Davydovsky identified the concept of “health” both with standard physiological proceeding and availability of compensative-adaptive reserves [13]. The scholar denoted “illness” as the result of reserves decrease and impairment of the body defenses [14].

Academician Yu. P. Lisitsyn has given 15 various definitions to the term of “illness” depending upon four types of them – biological, managerial, energetic and psychological. He acknowledged the illness as a functional damage caused by either inefficiency, or redundancy of any given manifestations within the considered limits of definitions [15].

As far back as 1981, Academician N. M. Amosov defined “health” as the ability to live and work to the utmost. The illness progresses as a consequence of organism's detraining. At the same time, the body training provides the reverse processes: the higher the training is – the organism functions are of a better quality, and the health is on a higher level [16].

P. I. Kalyu has reviewed 79 various definitions of the term “health” conceived by the scholars from various countries and stated that this notion is considered as some functional perfection providing the harmony between all parts of the human organism, including psychological and social aspects of his existence [17].

In 2008 N. N. accentuated three principal approaches among all existed definitions of the concept “health”: 1. The health as an absence of illness; 2. The health as a successful adjustment; 3.

The health as a standard, including physical and psychological-social aspects [18].

The concepts of “health” and “standard” are usually equalized. In 2007 N. N. Scherbakova accentuated that clinical medicine was further guided by the statistical values of population “standards”, but not the individual norm [19]. The famous “Golden Rule” of self-regulation discovered by the famous Russian physiologist and Nobel Prize Winner I. P. Pavlov states that the aberration of any indicator is a motivation to return to the standard value [20]. These days the clinical science never possesses the data allowing to describe the health of any individual in a proper way. The defining of the very notion of “health” has taken no effect due to the absence of the methodological basis, universally admitted criteria and methods to research the health condition [19, 21].

More than 100 years ago pathologist V. V. Pashutin argued that no human organism could be in a perfect health status permanently, but only from time to time [22]. Those days, in the 19th century, the English natural scientist and philosopher Th. Huxley wrote that due to the progress in the medical explorations there was no healthy human being anymore [23]. Furthermore, while claiming that almost each man in the earth suffers either from genetic, or acquired diseases, it is reasonable to agree that the ‘sick’ status is a standard for the mankind today. Thus, almost every human being is sick to one extent or another. So, concerning the study of the issue on health, it is possible to distinguish two principally different states: “*sick human being*” and conventional notion “*apparently healthy human being*”.

A. D. Stepanov, D. A. Izutkin, V. P. Kaznacheev, V. Hamedi, A. Ameri, E. Swinnen, J.-P. Baeyens, S. Pintens, R. Buyl et al. [24, 25, 26, 27, 28] determine the healthy human being as a person capable of fulfilling his functions to the utmost, possessing appropriate working ability, social activity and maximal life time. In I. I. Brekhman's opinion, the sick people suffer hardships of functional reserves to surpass not only diseases, but also their consequences, while a healthy human being possesses functional reserves for full-fledged fulfillment of all vital functions [29]. Thus, an “apparently healthy human being” should possess the key sign of health – adaptive reserves for fulfillment of his functions to the utmost [20]. The notion of “apparently healthy human being” is applied as a diagnostic decision in the medical practice, when “the aggregate of the clinical anatomical data obtained from maximum available examination does not detect any diseased state...” [30]. The medical testing proves that an individual is not sick, but never confirms the one is healthy. This definition does not

contain the main factor of health – the presence of adaptive reserves [20]. That is why, it is reasonable to agree with the second definition of the notion of “apparently healthy human being”, which is more impartial, according to our reckoning – “an individual without any complains of any weakness, or disease, and demonstrating high working ability. The man can have some structural and functional changes in inner organs and their systems, however the compensative-adaptive mechanisms provide standard vital activity throughout all his existence” [30].

Summarizing, it is reasonable to draw the following conclusions:

1. These days the health status of the population is envisaged applying the morbidity rate, as there can be no perfectly healthy people.
2. Illness is an impairment of the human organism's reserves, and body defenses depletion. It is caused by the scarcity of the adaptive capacities, detraining and is accompanied by the damage in standard physiological proceeding in the organism.
3. Human health is the organism's status conforming to the high quality of vital activity. It is provided by the presence of the compensative-adaptive reserves to environmental exposure.
4. The definition of the notion of “apparently healthy human being” should be based upon the key factor of health – the presence of adaptive capacities in the organism to provide dynamic and excellent life activity of an individual.

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