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Psychological Aspects Of Human Health And The Power Of Love

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ABSTRACT

The treatment of this theme is demonstrated by addressing the complex theoretical issues of love and health. And a clear definition on human moral character from the point of view of love in all spheres of human interrelationship is given. The article thoroughly analyses the relevance of adhering to the rules of leading a healthy lifestyle through the eyes of a specialist in medicine and psychology. The sayings of the classics and philosophers of ancient times are professionally quoted.

KEYWORDS

Love, the power of love, health, human health, feeling, happiness

INTRODUCTION

The complexity and importance of love is dictated by the fact that it focuses in an organic connection the physiological and the spiritual, the individual and the social, the personal and the universal, the understandable and the inexplicable, the intimate and the common. There is no

developed society and no human being who has not been familiar with it at least

in a small measure. Moreover, without love, no human moral character can be formed, no normal development takes place.

People who believe that a happy relationship is good for your health are right. And it's not

just because sex can be seen as a type of physical activity comparable in intensity to light aerobic exercise, especially beneficial for people at high risk of developing cardiovascular disease. Love relationships are not limited to intimacy, and their different types have different effects on the human condition.

“Love makes the rhythm of your heart more harmonious. When you feel love, your love affects the water of a hundred trillion cells in your body”[1]. As a medical doctor, I have always been concerned about the question of whether it is possible to form the “golden foundation” of health in the earliest stages of a person's life. Unfortunately for me, people go to doctors when they are already sick. Illness doesn't occur spontaneously, it's always a process. We have to treat the consequences, while the causes go unheeded. But the human body is a unique system, which has a property of self-recovery and self-healing. Often it is necessary to pay attention, for example, to the diet and give the body the necessary vitamins, minerals and amino acids, and the grateful body itself will begin the process of recovery without medication intervention. “Feed a man properly, and he will not need to be treated” - says our contemporary Amosov. And did you know that according to research by scientists at the California Heart Math Institute, it was found that “feelings of love, gratitude and appreciation in your heart significantly strengthen the immune system.

These feelings increase the production of vital body chemicals and compounds, increase vitality and energy, lower stress hormone levels, normalize blood pressure, reduce anxiety levels alleviate feelings of guilt and fatigue. Diabetics have lower blood sugar levels..” [1]. In our opinion, even conceiving a child will be more beneficial if there is a great sense of love between the couple.

The most common symbol of love is the heart. And perhaps not surprisingly, love and mutual sympathy are both literally and figuratively associated with one of the vital organs in the human body. In some studies, scientists have concluded that people who are in a satisfying relationship have better survival rates after aortocoronary bypass surgery, an aggressive treatment for coronary heart disease, than their single or unhappy peers. And dissatisfaction with current relationships is as significant an influence on patient survival as other traditional risk factors, such as obesity or smoking. Perhaps the results can be explained by the fact that people with the right partner are more likely to adhere to a healthy lifestyle, stop smoking, and strive to stay fit.

Even minor displays of affection are beneficial to a person's overall well-being. Thus, in one study, researchers at the University of North Carolina (University of North Carolina), Chapel Hill, USA, were surprised to find that the response to public speaking was better in those couples who previously held hands for 10 minutes and 20 seconds of cuddling than in those who relaxed during this time. In particular, brief warm social and physical contact led to lower blood pressure and heart rate. The changes were comparable in both men and women. Researchers have noted that strong relationships and having a loving partner can help reduce the body's reactivity to stressful situations. This means that a happy, close relationship reduces the risk of cardiovascular disease, since hypertension is a leading risk factor for heart failure, stroke and heart attack. In addition, lowering blood pressure is beneficial for cognitive abilities in the long term. However, the positive effects of a happy relationship on cognitive function are not limited to its hypotensive properties.

Sometimes love works wonders. Let us outline in our work the importance of love in relationships, as the foundation for the formation of the spiritual component in the

conception of a child and as the basis for the formation of a healthy fetus. In the search for love today, love itself has been completely forgotten. People have become consumerist in their attitudes toward one another. As a result, in return they receive a consumerist attitude toward themselves, often leaving them unsatisfied, both physically and spiritually. Related to the concept of love are intimate and deep feelings, a special kind of consciousness, state of mind, and actions that are directed toward another person, society, etc. American sociologist E. Fromm, in *The Art of Loving*, writes: "Love is the only affirmative answer to the problem of human existence... However, he continues, most people are unable to develop it to an adequate level of maturity, self-knowledge and determination.

Love in general is an art, requiring experience and the ability to concentrate, intuition and understanding, in a word, it must be comprehended. The reason why many people do not recognize this necessity is, according to Fromm, the following: 1) most people look at love from a "how to be loved" position, but not from a "how to love", not from a position of love possibility; 2) the idea that the problem is in love itself, not in the ability to love; 3) the concepts of "falling in love" and "love state" are mixed, with the result that the idea that nothing is easy to love, while in practice it is quite different.

To overcome this condition, one must realize that love is an art (as well as human life in general), and that art must be comprehended [2]. We would add that love is the solid foundation of a happy marriage, and of the continuation of the family. This is where, in our view, the level of "adequate maturation, self-knowledge and determination" is already taking shape. E. Fromm emphasizes that love is an active human force, a force that breaks through the walls separating one person from another and unites him with others: love helps a person to overcome the feeling of isolation and loneliness, at the same time he can

remain himself, preserve his individuality. Intimacy has also been recognized by scientists as an activity that can improve mental well-being. In a small study evaluating 46 men and women, the authors concluded that sex, like any other physical activity, reduces stress levels. To do this, the scientists conducted a series of stress tests, in which they asked participants to perform mathematical calculations in their minds, and found that having sexual activity in life helped people cope with stressful situations more easily.

In a larger study of 3,000 people between the ages of 57-85, scientists obtained evidence that sex has a significant impact on overall well-being. After evaluating the results in detail, the authors of the study concluded that it was not just the presence of intimacy that was important, but the satisfaction of the relationship as a whole. Participants who were in a strong, happy relationship were more likely to describe their feelings as "wonderful" or "very good," rather than as "good" or "bad. Experts from the Mayo Clinic, USA, believe that such positive thinking significantly reduces the risk of colds, depression and other pathological conditions. Moreover, it reduces the risk of overall premature death[8].

Commenting on these findings, Dr. Larry J. Young (Larry J. Young) from Emory University (Emory University), USA, stressed that the impact of a good relationship on health is easiest to assess by the changes that occur to the person who lost them. It is known that the loss of a loved one leads to suppression of the immune system, increased risk of depression, cardiovascular disease and even premature death.

It is known that a sharp decrease in oxytocin levels associated with social loss can lead to the development of depressive experiences. In 2012, the journal *Psychopharmacology* published a paper by American scientists in

which they separately analyzed studies related to the study of addiction and social attachment. They noted that the psychology of human love and drug addiction develop in the same patterns from the first meeting to the breakup. Oxytocin is known to play a modulatory role in many aspects of addiction, and at the same time, it influences the processing of memories and information involved in social attachments[5].

The relationship between this hormone and the development of addiction was studied by researchers from the University of Adelaide, Australia, who suggested that impaired synthesis of oxytocin in early childhood could explain the immunity of individuals to addictive behavior. Scientists stated that the fact that the emergence of love and addiction follows the same scenario may indicate that treatment for one condition may also be effective for the other. For example, methods that are practiced to alleviate drug addiction can be used to improve the condition of people who have lost their partner.

Lonely people may feel unhappy from time to time, reading about the positive effects of strong relationships and observing couples in their environment experiencing love experiences. But loneliness does not necessarily mean eluded joy and happiness. Researchers have determined that having friends has the same positive impact on health as a romantic relationship. In one study they analyzed the health of 1,500 people over the age of 70, and it turned out that the more friends a person has, the longer his life. It is possible that this observation is related to the fact that close friends have a positive influence on lifestyle choices.

The absence of sexual activity, despite all the positive properties of the latter, does not have a significant impact on health either. In a longitudinal study, scientists evaluated the health of 648 nuns aged 75-107 who had taken a vow of celibacy. It turned out that most of

them maintained an active lifestyle and d In antiquity Plato made an attempt to reveal the essence of "pure" love, to understand and comprehend what distinguishes this side of human life from the physiological instinct, sensual satisfaction. The sexual instinct differs from love in that it corresponds to our psychophysiological organization, depends on our sensuality, and its intensity depends on the degree of our satiation. The sexual instinct is easy to satisfy, and its monotonous repetition causes only fatigue [3]. In the search for love, each person chooses his own way, his priorities to one or another kind of love. But we want to note the importance of this way, because, choosing love for the opposite sex, we must not forget about the children who appear in love. Carlos Castaneda wrote: "Every path is only a path, and there is nothing in you or in others that forbids you to leave it, if this is the dictates of your heart... Look at every path closely and carefully. Examine it as many times as it seems necessary to you. Then ask yourself, and only yourself, a single question: does this path have heart? If so, this path is good; if not, it is useless" [4]. Therefore, in order not to find yourself in the position of disintegration of a couple in love, of a relationship, of a family, you must take your partners seriously, the fate of children who must be born in love and preferably in marriage is at stake. You may ask, "Why in love and marriage?" It's very simple: we lay down the destiny of a child long before he or she is conceived. We look for a partner whose traits we will want to read in our child. Even though this often happens on an unconscious level, but it happens. After all, there is no point in a great and great love if that love will not continue in children. A family is created to meet not just one or two needs, but a whole set of vital human needs. emonstrated high cognitive abilities at such an advanced age.

The family, therefore, unlike other small groups, unions and corporations, unites the whole integrity of its existence, whereas, for

example, members of the production team unite only their professional interests. The entirety and measure of responsibility for the physical and spiritual and moral health of the child lies with the parents from the moment they reach out to each other, just thinking about creating a family union, about the birth of a new life - their future child.

So, conception determines the beginning of pregnancy. It is necessary to prepare for this important step in advance. It is necessary to take into account many factors, such as age, the existence of hereditary and acquired diseases, diet, bad habits, etc. To all this you should pay attention not after the onset of pregnancy, but before conception. At least three months before conception, the man and woman should begin the process of preparation. The understanding of being a natural, physically and spiritually perfect human being should be inculcated in the child even before conception, through intrauterine education, prenatal inculcation of health culture, that is, through sustainable purposeful relationship of mother and father with the unborn baby.

CONCLUSION

Let us finish our theses with the words of the Indian politician M. Gandhi (1869-1948): “The law of love can best be understood and comprehended by the example of small children. Revitalize your body with a feeling of love, as children do instinctively and limitlessly. Watch your diet. A grateful body will respond to you with health, which is established in human beings, even before conception.

Thus, good health and a long life can be enjoyed by everyone, regardless of their marital status.

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