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Valeology And Philosophy Of Life

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ABSTRACT

The article analyzes the issues of valeology and its theoretical and practical achievements, in particular, the management of individual health, strengthening its self-organization mechanisms with the helping scientific literatures and main sources.

KEYWORDS

Medical Sciences, Value, Valeology, Nature, Profession, Adaptation.

INTRODUCTION

Although valeology has its field of activity, it should be noted that in some cases it is more difficult to distinguish between valeology and medical sciences, which allows to distinguish them from each other, because the interests of valeology are sometimes, say, hygiene, sanology, disease prevention have common interests. The basic concepts that define the laws of human healthy lifestyle are: life, homeostasis, adaptation, genotype and phenotype, health and disease, lifestyle. It goes without saying that in the process of studying these concepts, it is necessary to dwell on a number of other, secondary concepts that describe them.

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METHODS

Life is the highest form of the existence of matter compared to the physical and chemical forms of being. It occurs naturally under certain conditions during the development of matter. Living objects are distinguished from inanimate objects by metabolism, reproduction, growth, active control of their composition and functions, sensitivity, adaptability to the environment, etc., which are considered an inevitable condition of life.

RESULTS AND DISCUSSIONS

Homeostasis or homeostasis is the ability of an organism to maintain its parameters and physiological functions within a certain range under conditions of stability of the internal environment. This indicator - the ability to homeostasis - is often considered the biological basis of health.

Maintaining the biochemical and functional constants of the organism requires maintaining a constant temperature of the whole organism, its parts and systems, even organs, blood glucose, pH level and other physicochemical properties, stability of cell composition.

Body constants are more stable, but there are also relatively mobile constants with a much wider range of adaptation indices. Stable constants are a necessary condition for survival, while moving constants provide support for stable constants [1, p.34].

However, the conditions of existence of the organism are constantly changing, and this in itself leads to a change in the indicators of homeostasis. This property is called the "law of change of homeostasis as a factor of development." According to this law, constant stress, which strengthens the body's endurance, is a factor in improving the mechanisms of homeostasis and maintaining good health. Due to this, it is necessary to expand the range of these indicators of homeostasis. Achieving results that do not disrupt the normal functioning of the body in this regard should in practice mean a new, higher level of health.

Adaptation (adaptation, adaptive reactions) is the process of developing new biological features in an organism. When the parameters of the external environment or biological system change, these properties ensure the vital activity of that system.

Flexibility of life is one of its important features: the vital activity of an organism occurs entirely in accordance with the events of the external environment, and changes in this environment also determine the change in vital activity [2, p.54]. The purpose and content of these changes in the body is to save the life of a particular biological species, to support it and to ensure its development. Adaptation allows maintain the stability of the internal environment, strengthens the mechanisms of homeostasis, communicates with the external environment and ultimately allows to maintain the most important parameters of the organism in a physiological framework that ensures the stability of the system. According to academician P.K. Anoxin, each organism represents a dynamic combination of stability and variability, in which flexibility reactions preserve important constants of the organism for a genetically strengthened life.

The beneficial effect of adaptation is manifested in an increase in the body's ability to resist the damaging effects of external environmental factors, as well as in its level of resistance. Resistance is based on mechanisms that are integrated in the process of evolution and determines the rate of adaptation of an

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individual or biological species reaction in general. Naturally, resistance is a very important indicator of an organism. There are three types of adaptive changes - temporal, cumulative, and evolutionary adaptation.

Periodic adaptation is characterized by adaptive changes that occur continuously in response to continuous changes in environmental conditions.

The following are the characteristics of term adaptation:

- Term adaptive reactions occur only under the influence of external factors, so these reactions are not recorded in the body and disappear immediately after the disappearance of this effect;
- the nature of the term adaptive reaction and the degree of intensity correspond to the nature and strength of the factor acting on the surface;
- With periodic reactions, the organism can respond only to influences that do not exceed the physiological capabilities of the organism in terms of its strength, properties and timing [3].

Cumulative adaptation is characterized by changes that occur in response to repeated continuous external or internal influences. At the same time, the organism will be able to respond with faster, more accurate and more appropriate reactions at the level of functional reserves available to it. If the repetitive effects are consistent with certain laws of affective change (in terms of strength, duration, periodicity, or other characteristics), the organism (in terms of volume, intensity, or number of repetitions) has the ability to do a great job, i.e., the organism's adaptive systems occurs.

The essence of evolutionary adaptation is determined by the fact that if the changed environmental conditions persist for a long time (for a period of at least ten generations), this leads to adaptive changes in gene structure, and as a result such conditions are "natural" for future generations.

Adaptive protection-adaptation reactions are specific and nonspecific. Specific reactions of this type provide the body's ability and endurance to resist only this influencing factor (typical examples are adaptation to these physical stresses during exercise and the body's insensitivity to certain types of pathogens, the formation of immunity). Nonspecific adaptive responses contribute to an increase in overall resistance and resilience to any influencing factors of the external environment. In humans, the nonspecific mechanism of adaptation is significantly developed by the gradual hardening of the will, which ensures the growth of the body's reserves and capabilities. Adaptation cannot always be seen as a positive event. Depending on the type and characteristics of the influencing factor, it can stimulate the body's activity systems to varying degrees, because in the process of adaptation, the activity of these systems is not only likely to increase, but also decrease [4, p.23].

The concept of adaptation is of paramount importance in the health problem. The essence of their interdependence can be described as follows: health is a state of balance between the adaptive capacity of the organism (human potential) and the constantly changing conditions of the environment. This is especially evident in the nature of age-related changes in adaptation. For example, a newborn baby does not have a stable level of adaptation mechanisms, as a result of which the range of adaptation is much wider, and at the same time allows him to survive in a much

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larger range of changes in living conditions. Then the process of formation of stable mechanisms of adaptation occurs not with a decrease in the number of influencing factors, but with an increase - mainly due to socio-psychological factors. For this reason, the number of people with reduced ability to adapt to environmental conditions decreases with age.

In addition to the fact that the threshold of adaptation and the level of stability decrease with age, it is also determined by two interrelated conditions: on the one hand, instead of strengthening the mechanisms of human adaptation using natural factors of existence, adaptation reserves will no longer be needed. As a result, the unfulfilled opportunities for adaptation in the human body are always greater than the number of opportunities realized.

Genotype and phenotype. Genotype is the genetic basis of an organism, a set of genes contained in chromosomes. In a broader sense, it is a set of all the genetic factors of an organism. Genotype is formed as a natural result of genetic development determined by the improvement of the mechanisms of adaptation to relatively stable and changing conditions of the external environment.

A phenotype is a set of all the signs and characteristics formed during the individual development of an organism. In practice, the phenotype is determined by the interaction of the genotype, the genetic basis of the organism, with the environmental conditions in which the organism develops [4, p.56].

Belonging to the genus Homo sapiens does not mean that all its representatives are genotypically similar. In this respect, all humans are distinguished by a number of genotypic and phenotypic traits. For example:

- With adaptive characteristics determined by climatic and geographical location factors; as a result, the adaptation of the Eskimos (and tundra - Ethiopians) to the conditions of Central Africa is very difficult;
- With historical-evolutionary features in the form of ethnos, distinguished by its religious, national, cultural and other peculiarities; for the same reason, say, the Scandinavian ethnos is different from the Mongoloid ethnos;
- With social characteristics that lead to differences in lifestyle, culture, social needs, as well as differences between the educated and the peasant, urban and rural population;
- With economic characteristics determined by belonging to this or that socio-economic group (banker and worker, businessman and clerk).

Thus, the nature of an organism's life activity implies that it is determined by its genotypic program and living conditions. This means that the processes of human self-development and self-programming of one's life take place under the influence of the external environment.

CONCLUSION

It should be noted that the genotypic factor is still not given enough attention in the provision of health and the organization of a healthy lifestyle. For this reason, practical recommendations for health formation are often general in nature and do not take into account individual genotypic characteristics. Individual genotypic traits include the type of body structure, blood clotting properties, type of higher nervous activity, secretary characteristics of gastric juice, the leading type of autonomic nerve activity control, and so on. On the other hand, man himself must know (or be aware of) the characteristics of his genetic nature as he chooses his own individual

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development trajectory, otherwise there can be no question of his valeological literacy and valeological culture. For example, in the field of professional activity, which is an important aspect of human life, not many people choose a profession that matches their genotype. As a result, in most cases, professional activity collides with individual characteristics inherent in its carrier, and as a result, the process of adaptation is interrupted and its transition to the stage of the disease.

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