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## HARMONY BETWEEN HUMAN BODY AND SOUL – BASIS OF ITS HEALTH (results of scientific research)

*Results of scientific research wholly and fully reflects the palette of public life of independent Ukraine, where important and meaningful for today is that fact, that considerable part of People, in the so-called "critical" time of their health state – arousing or existence of illness, direct their thoughts and intentions to Faith in God or other Spiritual forces, herein seeing the rescue of soul and recovering the body.*

*All this together, ultimately, confirms a scientific thesis about unity at Man of soul and body, which actually creates harmony in the state of health.*

**Keywords:** God, Man, Spiritual forces, soul, body, health, illness.

*Результаты научного исследования целиком и полностью отражают палитру общественной жизни независимой Украины, где важным и значимым является на сегодня есть то, что значительное большинство Людей, в так называемом "критическом" времени состояния их здоровья - возникновении или наличии болезни, мыслями и намерениями уходят к Вере у Бога или другие Духовные силы, усматривая в этом спасение души и оздоровления тела.*

*Все это вместе, в конечном результате подтверждает научный тезис о единстве у Человека души и тела, что собственно и создает гармонию в состоянии его здоровья.*

**Ключевые слова.** Бог, Человек, Духовные силы, душа, тело, здоровье, болезнь.

**Currency.** In the Christian world, quite well known today is the Bible postulate that human health should be considered and interpreted by its state of mind [3, 20]. Actually, the Christian religion, which is great science of past civilization, and the ideas which grew up and lives today in Europe, helped in the past and now helps people in acquiring their own mental health [17, 24].

In the context it is necessary pay attention to the preamble of the WHO Constitution, which means that the "...health is a state of complete physical, mental and social well-being and not merely the absence of disease and disability" [28].

In addition, Bangkok's Charter for Health Promotion in a globalized world (WHO, Geneva, 2005) indicates that the "...health promotion... is a positive and general embracing the concept of health as one of the determinants of quality of life, which combines mental and emotional well-being" [2].

Unfortunately today, in the home, society, medical practice and even current medical scientific studies human health in the most cases is interpreted only as the absence of disease, which does not fully reveal the content of its absolute value, which should be detailed as a harmony of body and soul in Earth period of person's existence.

Vacuum of mental health created by atheistic propaganda during the existence of previous country of Councils; non-recognition of para-psychological phenomena in medicine; doctor's wish to deprive man of consequence, not the cause of the disease; direction of dispiriting population on satisfaction immensely growing needs of physical body, in a democratic society, in our opinion, deserve attention, because as we have a need to understand the necessity to judge the integrity of the man health combined with the physical world, and first of all, with its spiritual component.

How in this case don't quote Tyhoplav TS and Tyhoplav VJ (2004) – "...medicine stubbornly does not recognize that the cause of diseases lies in the subtle bodies of man, and treats the physical body" [22]. In our opinion should be important the attitude of modern medical science to religion, that would be based on deep respect for the faith in God and serious evaluation of the role and place of religion in the history of the society health [1], as after the Ottawa Charter for strengthening health (WHO, Geneva, 1986) more attention should be paid to mental "dimension" of health [13].

Actually, all this together determined the currency of scientific research in the course of democratization processes as

freedom of conscience and freedom of speech.

**Aim** of the study is outlining the state of mind as an important component of health.

**Materials and methods.** Scientific research was done on selective statistical samplings on each concrete question ( $p < 0,001$ ) among the faithful of the Ukrainian Greek Catholic Church (UGCC) in the Lviv city ( $n = 140\ 000$  parishioners), which are joined into 49 church parishes [12]. Sociological survey was carried by correspondence method according to sociological program "People opinion about its spirituality during disease".

Among surveyed 41.28% were men and 58.72% – women. The surveyed respondents among Church parishioners were divided on following age groups: younger 20 years – 9.21%, 21-30 years – 37.44%, 31-40 years – 8.72%, 41-50 years – 13.85%, 51-60 years – 10.26%, 61-70 years – 10.77%, 71-80 years – 8.21%, older 80 years – 1.54%.

Higher education had 34.87%, incomplete higher education – 36.41%, specialized secondary education – 17.95%, secondary education – 7.18%, incomplete secondary education – 3.59% respondents among covered by sociological research.

Of the total respondents 1.54% parishioners profess God in the Eastern Catholic Churches which use the Byzantine Rite up to 5 years, 3.59% – up to 10 years, 2.56% – up to 15 years, 4.1% – up to 20 years 1.54% – up to 25 years, 3.59% – more than 25 years and 83.08% – all conscious life.

In the course of scientific research were used following methods: historical and literary synthesis, retrospective, sociological, statistical, mathematical, abstractive, deductive methods of understanding, structural and logical analysis with the accounting of systemic principles.

Achieved sociological data were statistically described and processed automatically on a personal computer using programs “Microsoft Office Excel 2003” and “SPSS”.

**Results and discussion.** Christianity that exists on the Earth more than 2000 years [8, 10], and in Ukraine – 1020 years [5], has always taught and teaches that Man in nature “...belongs to two worlds: body – to the visible, material, earthly, and soul – to the world of invisible, spiritual, heavenly...” [21], that is not only a physical body but the soul that, in fact, creates a psychological basis in earthly period of Man’s life.

Analysis of three different theories of the “soul” origin (the pre-existence theory (pre-existentia), the creationism theory and the transitivity theory) [23] and two theories (dichotomic (two divisible – body + soul) and trichotomic (three divisible – body + soul + spirit)) [25, 26] in explaining the existence of the Man Constitution, in fact, allows to state that the scientific paradigm that the earth periods of human life in its possession is a monolithic unity and harmony between soul and body, making his health an absolute value.

This approach to human health, as to us, is directly related to healthy way of life, the basis of what are “Catechism truth” [7, 11], while rehabilitation/recovery way should be treated as a conversion of Man to God through correction by itself the content of its earth life.

The argument for the above is that 96.92% of the total number of respondents covered by the survey from among the faithful of the UGCC (people

of XXI century!) expressed the view that the basis in human health is primarily the health of the soul, while 3.08% of the surveyed did not express an opinion, but didn’t deny this.

We somehow remember about the health only during disease and treat only the human body in everyday life and professional medical activities, almost in the XXI century, in terms of democratic change and real freedom of speech. Still, when it comes for the human soul – we do not accept it, we do not discuss, as a rule keep silent and even doubt as a whole confirms our backwardness in terms of understanding the content of natural health.

Explanation and possible justification for this situation in the official medicine are Soviet times, where from are most of today’s doctors and teachers. The existence of God himself, and all mental and spiritual were disputed by the ideology of that country where the basis of materialist philosophy was taken in creation of the world.

However, when it has been scientifically proven that substance is not constant, and consist of protons, electrons, etc., energy, materialist philosophy itself lost any scientific value and bankrupted not only in theory or practical conclusions, but the content itself and its foundation in the same “Soviet country” [4]. Established niche of materialistic philosophy wasn’t filled in a society that in this way more complicated so-called “vacuum in mental health of Man”.

As no one else it first understood and picked up so-called “healers”, “psychics”, “quacks”, “sorcerers”, “different charlatans”, who armed with a variety of pseudo-scientific theories and speculating on the objective need to take into account the spiritual aspect of recovery/healing of Man. Explanation for this is that they offer to the population “own” methods of treatment that directly affecting human health in those emotional moments, for which the official medicine doesn’t pay enough attention. Hence, the population in a large majority doesn’t understand that such “spiritual treatment”, which is based on the magical penetration in the human soul, doesn’t bring health/ healing, and had the opposite effect [16].

It is fit to state about scientific fact that language itself and religion of different nations on the Earth clearly show that there are material and spiritual terms among which there is a corresponding relationship [6, 9]. Content of such relationship between earthly and heavenly in a Man is expressed as Spiritual Laws (*Gospel of Luke – 13, 20-21; Gospel of Matthew – 5, 17; 7, 21; 13, 33; 19-16; Epistle of St. Paul to the Romans – 7, 14; to Titus – 2, 10 etc.*) and faith in God as the main feature of a Man soul (*the Second Book of Chronicles – 20, 20; Deuteronomy – 4, 39-40; Gospel of Matthew – 9, 27-29; 15, 26-28; 16, 24; Gospel of Luke – 8, 25,48; 10, 32-33; 18, 8; Epistle of St. Paul to the Hebrews – 2, 17; 3, 4; 10, 38; 11, 6 and the Colossians – 1, 23; Epistle of St. James – 2, 17, etc.*) [15, 20].

Significant is that 100% of subjects from among the parishioners of UGCC convincingly showed their awareness of the existence on Earth Spiritual Laws and Faith in the Creator of Heaven and Earth, and thus determines the relationship between man and God in the earth’s period of life.

Analyzing the results of sociological research is appropriate to note that the respondents (n = 3360, p <0,001) fully aware presence in the content of concept “Man health” its main determinants (**fig. 1**) that actually proved by study of Nikiforov GS (2003) [14].

The first rating place in the content of concept “Man health” surveyed equally divided among physical (74,36±1,4%) and spiritual (74,36±1,4%) human state of a Man according to the results of research. The existence of psychological state in health confirmed 54,36±1,6% persons from among the parishioners of UGCC. In addition, social condition of the body in context of the term “Man health” assessed 34,87±1,53% of investigated; physiological, hereditary, age and sexual parts of body in the term “Manhealth” appropriately 33,85±1,53%, 25,13±1,39%, 24,26±1,38% and 23,08±1,35% respondents.

These results again confirm the existence of the scientific paradigm of interdependence between the physical body and the soul of Man that is accepted by many societies and religions as a universal law of human health [27].

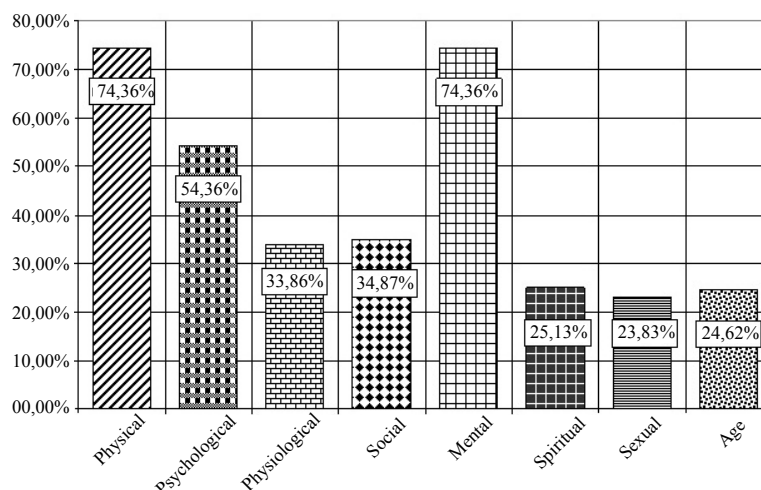


Fig. 1. Respondents' thought (%) about determinants of concept "Man health"

Multifactor content of the term "Man health" as physical (body) and spiritual (soul) state provided by the faithful of the UGCC confirm their understanding of the Gospel existence in the Earth life of Man body and soul [21] that at the end of XX and at the beginning of the XXI century is important in science (the appearance of parapsychology!) and in social life of people around the world.

All this together allows us to regard a Man health as a fair award to a Man from the Almighty for moral achievement that deserves soul. In other words, physical state of a Man is a sufficient barometer to assess its mental health.

However whirl earthly life, social development, political, economic and social ups and downs, and therefore the life consequences of it for a Man greatly contributed to the estrangement of relations between Man and his Spirituality. Otherwise, all this leads

to disruption, rather, inobservance of the laws of God by a Man in daily life, that is causing the fall of a Man to God (*Genesis – 2, 16-17; 3, 1-24; Book of Wisdom – 2, 24; Book of the prophet Isaiah – 14, 13-15; Epistles of St. Peter – 5, 5; Gospel of Matthew – 4, 9; 7, 15; Gospel of John – 3, 1, 19-21; Epistles of St. Paul to the Romans – 5, 12; 7, 19-20; Epistle of St. James – 1, 14-15, etc.*).

According to the sociological data 50,19% of the total (n = 1355, p < 0,001) faithful of the UGCC covered by the study consider this state of Man as sin, 30,99% – transgression of God's will, 16,24% – just lawlessness, then 2,58% of the respondents on this issue didn't express any opinion.

In addition, 32,84% of the total surveyed respondents (n = 2725, p < 0,001) recognizes that Man's fall in public life remove him from God; 27,53% of parishioners of the UGCC

expressed their judgment that the loss of relationships between Man and God in the earthly period of life leads Man to spiritual sufferings; 20,74% of respondents share the view that on this background disease develops in a Man; 17,43% of surveyed people agree that it brings a Man to death whereas 1.46% of the respondents abstained from answer on this question.

Analysis of received answers reasonably reaffirms that 65,7±1,31% surveyed see a negative impact of the process of man's fall before God on the health of the human body.

The study (n = 3245, p < 0,001) found that the first three places among rating factors that are agitating the appearance of disease in a Man in the context of its spirituality (fig. 2) are psychological (62,05±1,55%) factors, dispiriting of a Man (48,21±1,6%), and biological (46,15±1,6%) factors.

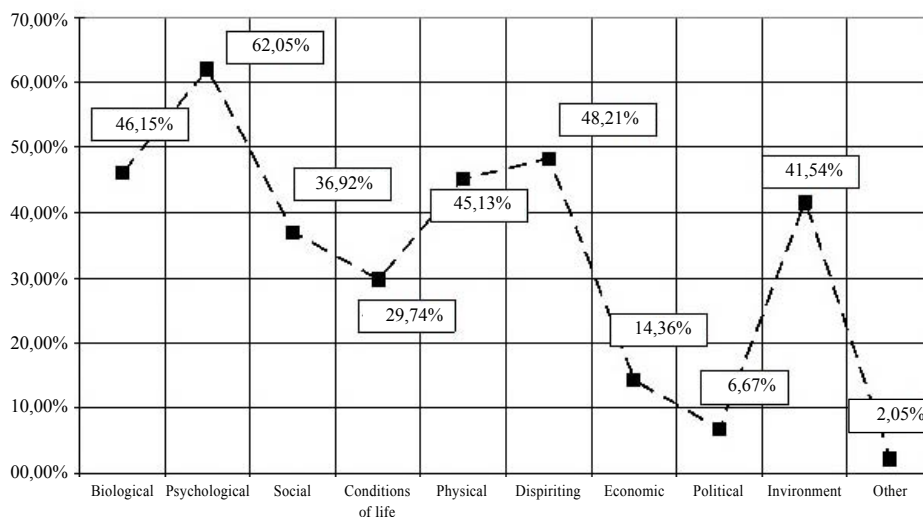


Fig. 2. Study of respondents' views (%) on reasons that provoke arising disease at man in context of its Spiritual condition

51,69% of covered by the survey (n = 1625, p < 0,001) shift responsibility for the developing of the disease in a Man on the Man himself (fig. 3) in the question of responsibility state in the society for the developing of the disease in a Man. In fact, a scientific fact completely approved by studies of Uralnis BP (1975), Solomonova SL (1983), Lysytsyna JP (1973, 1978, 1982, 1986) – USSR, Robbins AJ (1980) – USA, Letourmy A. (1976) – France [18], when a Man's health in the majority depends on his own.

Equally important in terms of spiritual health of a Man (fig. 4) are results of the scientific study investigated expression among the very first thought of help in time of illness (n = 2775, p < 0,001), where 68,81% of respondents first mind for help in time of onset of illness pay to God and other Spiritual forces, while 26,47% surveyed directed to the official medicine, and 4,16% in mind for help rely on family members/family, neighbors/friends, and only 0,19% of the surveyed hope to rescue at the so-called "folk healers". Thus, 0,37% surveyed on this occasion didn't express any opinion.

In addition, hope for recovery during illness 12,1% of respondents put on doctors' qualification, 5,28% – the complicity of the family/family members during treatment, 4,96% – for quality and conscientious service of medical personnel, 3,63% – well equipped facilities and personnel of medical establishment, 2,8% – for quick admission to the hospital of medical establishment, 1,33% – the family doctor and 0,99% – district therapist.

However, 68,91% of respondents from the parishioners and the faithful of UGCC in this question first mind on hope for recovery/healing during course/exacerbation put on Spiritual forces (God – 33,21%, The Most Holy Mother of God – 11,91%; Jesus Christ – the Son of God – 9,09%, Holy Trinity – 6,28%, Holy Spirit – 4,79%, Holy Church of Christ – 3,63%).

Significant in the context of spiritual health are data, where 45,6% of surveyed (n = 1095, p < 0,001) in question of the present interpretation of the ancient postulate agree on mind that direct intervention in time of illness to the patient belong to doctor with using genesis of medical technology,

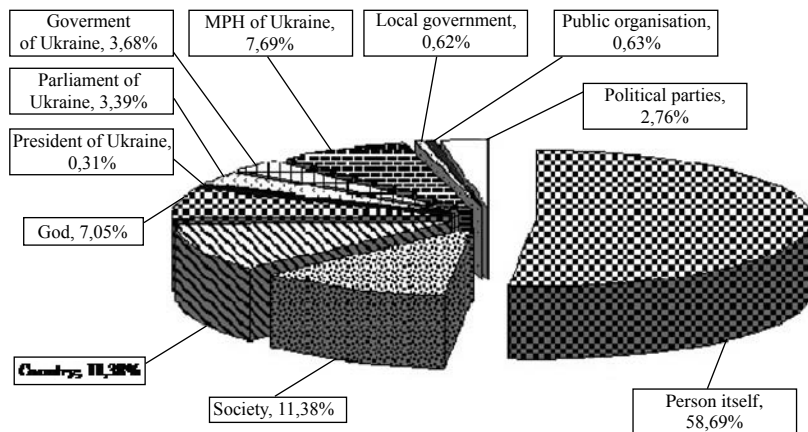


Fig. 3. Respondent's thought (%) about shift Peoples' responsibility in the society for developing diseases

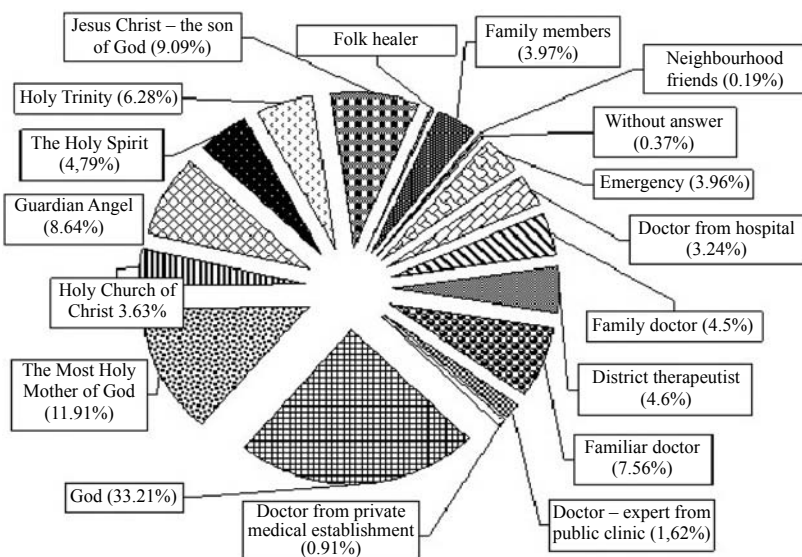


Fig. 4. Results (%) of study of the first mind of a Man fox during developing a disease among the faithful of the UGCC

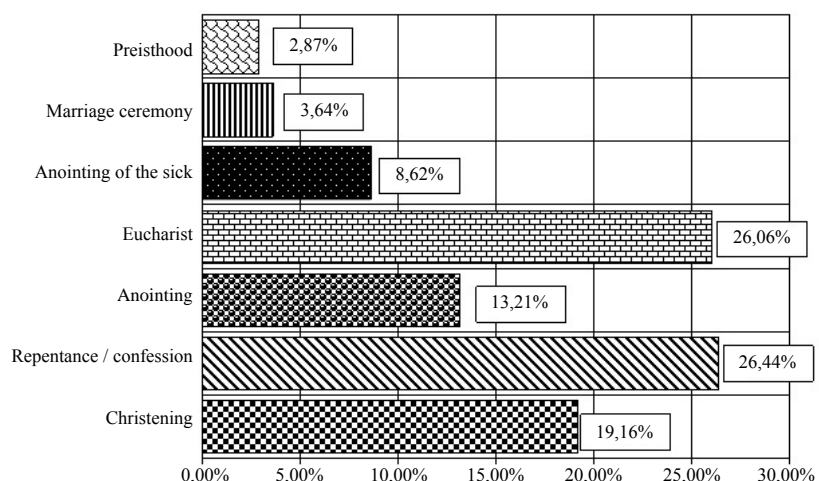


Fig. 5. Respondent's (%) thought on means of Spiritual activation of own body forces during disease

while 54,4% of respondents agree in intensifying their spiritual forces of the body that lead to healing the soul and body of a Man.

The respondents of parishioners of UGCC suppose Church sacraments as the most important way to enhance their Spiritual forces of the body (fig. 5).



However, the content of emotional activation strength of the human body prior to its Spiritual growth, which is based on daily appeal a Man through prayer to God (31,23%), readings the Word of God (13,05%), obedience to God in all (17,95%), witness about Christ by words and deeds all life (10,26%), laying around on God (16,32%), and talent to give the Holy Spirit opportunity to fill a Man of his power and manage it in everyday life (11,19%).

All taken together fully reflects the pallet of social life in the independent Ukraine, where important and significant is that the vast majority of people return to the faith in God or other Spiritual forces through their minds intentions, seeing in it the salvation of souls and recovery of body – as a means of strengthening the state of their health.

**Conclusions.** The results of scientific research clearly show that:

1) The Spiritual state of a Man is an important and significant part of his health, especially in time of illness of the body;

2) Doctors of practical health care and medical scientists should think on this research thesis, which will eventually fill a professional niche of Spirituality in multivector content of the term “Man health”.

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